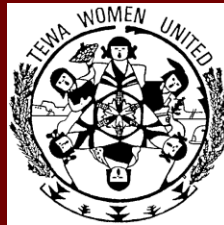


Women, Voices, Healing

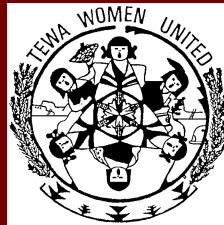
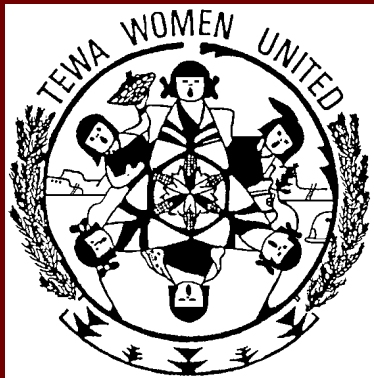


Corrine Sanchez, MA - Director

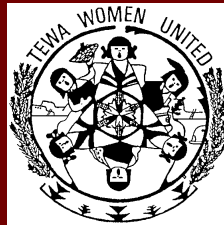
Tewa Women United



Welcome to Tewa Homelands



Tewa Spheres of Influence



Securing Sacred Space

Space becomes sacred...

When it honors those who came before us and provides safe harbor today,

When it reminds us of larger realities and leads us to inner truths,

When it cradles the musician's prayer and the poet's melody, lifting our hearts,

When being there proves healing, nourishing and satisfying.

Sacred space for all peoples and faiths is secured...

When the door is open to all, in mutual respect and good will,

When every sacred symbol and spiritual story is welcomed,

When the truths that nurture us do not hinge on making others wrong,

When--bridging culture, race, and faith to be human with each other—

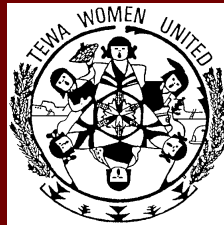
We creatively appreciate life's blessings and

Work collaboratively to improve life for all.



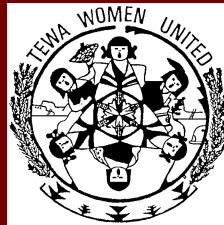
VISION

- Sovereignty is living truth from the heart



MISSION

- To provide safe spaces for Indigenous women to uncover the power, strength and skills they possess to become positive forces for social change in their families and communities.





2007/01/11 08:48 am

■ Wina ta yay

■ Wowatsi

■ Kwee wa-sen wa vi
tuu

■ Together we live these
values

■ Living life as a prayer,
What you give comes back,
purposeful living,
reciporcity

□ female and male,
ancestral knowingness





2007/01/11 08:48 am

□ Agin

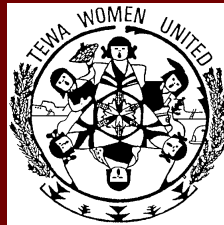
■ Nan ochuu Kweeyo

■ Seegi ma vay i

■ Respectful caring of self and others, respect

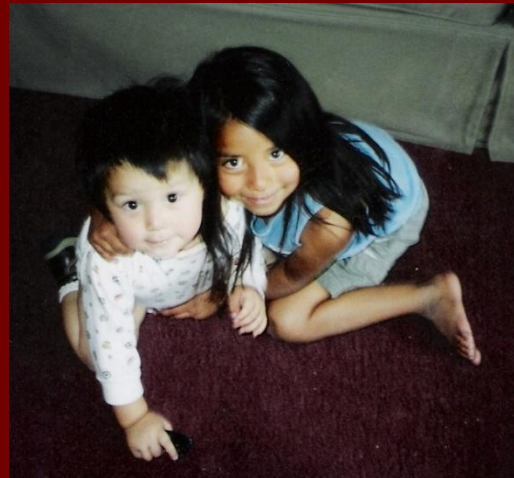
■ Mother Earth, living as Tewa

■ Loving, caring, looking out for each other



Why are we here today?

For Women, For Children
For Families, For Our Future



In Indian Country...

- The average annual rate of rape and sexual assault among American Indians is 3.5 times higher than for all races.

(American Indians and Crime 1999)



We Must Find the Courage
to Challenge
the Violence
and
Speak the
Truth with Honesty



- *"Cowardice asks the question, Is it safe? Expediency asks the question, Is it politic? Vanity asks the question, Is it popular? But conscience asks the question, Is it right? And there comes a time when one must take a position that is neither safe, nor politic, nor popular, but he must take it because his conscience tells him that it is right."*

- Dr Martin Luther King Jr.



To Understand Prevalence Of Violence in Indian Country

- Historical trauma/ Inter-generational
- Isms and oppression

Are

- Internalized



White Bison

Wellbriety Movement: Journey to
Forgiveness

www.whitebison.org

Trauma Rocks



What is historical trauma?

A combination of immense losses and traumatic events that are perpetrated upon an entire culture. For Native Americans, these losses include:

- Culture
- Language
- Land
- People (deaths due to diseases and war)
- Way of life
- Religion
- Family structure (forced into boarding schools)

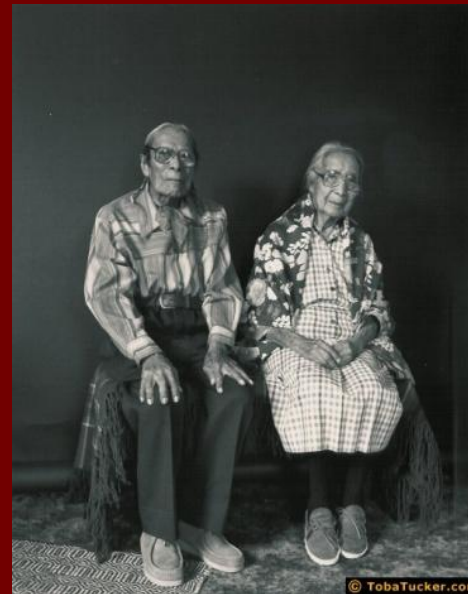
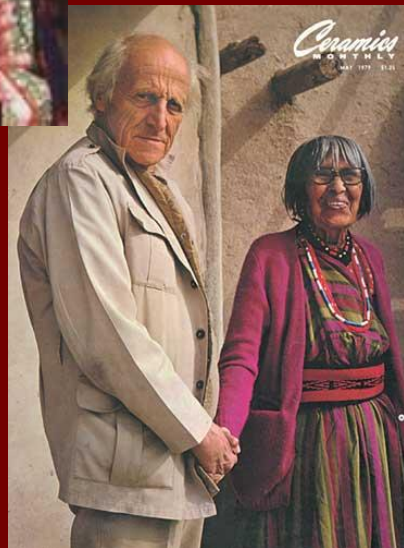
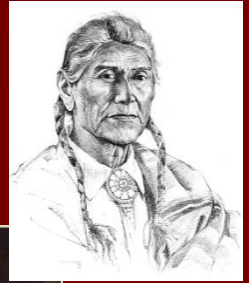
What is Intergenerational Trauma?

- the effects of harms that have occurred but have not been resolved and have been transmitted from one generation to the next. We recognize it as the hurt, suffering and pain of trauma/injustice that when left unresolved continues to cause harm until it is finally addressed.

What is Complex Trauma?

- Complex traumatic exposure refers to children's experiences of multiple traumatic events that occur within the caregiving system – the social environment that is supposed to be the source of safety and stability in a child's life.
- Typically, complex trauma exposure refers to the simultaneous or sequential occurrences of child maltreatment—including emotional abuse and neglect, sexual abuse, physical abuse, and witnessing domestic violence—that are chronic and begin in early childhood.

Intergenerational Trauma



What Is Internalized?

- Self-Doubt
- Inferiority, I Am Not Worthy, A Nobody
- Self-Hate, I Cause Bad Things to Happen



Breakdown of the Indigenous World View System

1. Alcohol
2. Reservations
3. Non-Indian Spiritual Beliefs
4. Federal Policies

Indian Parent Experience

- Indian parents are faced with the challenge of helping their children learn to survive in two different worlds.
- Indian parents who are confused about their cultural identity may find it hard to give their children a firm sense of self.

(Cross Cultural Skills in Indian Child Welfare: A Guide for the Non-Indian, NICWA, 2004)

Melissa Clyde, NICWA, National Symposium on Child Protection in Indian Country, March 9-11, 2010. *Substance Abuse and Related Crimes Against Children in Indian Country.*

Indian Parent Experience

- Parents who are worried about where the next meal will come from will not be thinking about giving praise.
- The single mother who has no extended family cannot be all things to her child and sets herself up for failure when she tries.
- The alcoholic parent will be concerned with personal needs than with their children's personal need, and the children will learn to suppress feelings and withhold trust and the expression of needs.

(Cross Cultural Skills in Indian Child Welfare: A Guide for the Non-Indian, NICWA, 2004)

Melissa Clyde, NICWA, National Symposium on Child Protection in Indian Country, March 9-11, 2010. *Substance Abuse and Related Crimes Against Children in Indian Country.*

PTSD and Complex Trauma

- Need to sensitively adapt treatments to make them relevant and meaningful for diverse populations.
- Cultural integrity in the development and dissemination of treatments is essential.
- cultural beliefs and norms are likely to factor significantly in the therapeutic process.

Dolores Subia Big Foot and Susan R. Schmidt, JOURNAL OF CLINICAL PSYCHOLOGY: IN SESSION, Vol. 66(8), 847--856 (2010) & 2010 Wiley Periodicals, Inc., Published online in Wiley InterScience (www.interscience.wiley.com). DOI: 10.1002/jclp.20707

Culturally Responsive Programs and Methods

- Cultural adaptation of Trauma Focused-Cognitive Behavioral Therapy that supports AI/AN cultural views of well-being.
- CBT principles are complementary to many traditional tribal healing and cultural practices.
- AI/AN traditional teachings typically rely on thoughts, feelings, and behaviors, and the interplay between these domains.

Cultural Continuum

Traditional

Dominant

An individual may fall somewhere on this continuum based on how federal policies affected them.

(Remember the historical experience of Indian Peoples)

Melissa Clyde, NICWA, National Symposium on Child Protection in Indian Country, March 9-11, 2010. *Substance Abuse and Related Crimes Against Children in Indian Country.*

Systems of Care Principles

- Family Focused
- Culturally & Linguistically Competent
- Youth Guided
- Community Based
- Accessible
- Individualized
- Least Restrictive
- Accountable
- Coordinated & Collaborative

Melissa Clyde, NICWA, National Symposium on Child Protection in Indian Country, March 9-11, 2010. *Substance Abuse and Related Crimes Against Children in Indian Country.*

Family Driven

- Means families have a primary decision making role in the care of their own children as well as the policies and procedures governing care for all children in their community, state, tribe, territory and nation.
- Family includes extended relations, spiritual families.

Melissa Clyde, NICWA, National Symposium on Child Protection in Indian Country, March 9-11, 2010. *Substance Abuse and Related Crimes Against Children in Indian Country.*

Youth Guided

- Our children are our future. We must take time to listen to their voices, too.
- Youth are our true experts and primary consumers in child serving systems.
- Respect their voice
- Youth are equal partners in creating systems change at the individual, state, and national level.
- It can be done in a culturally respectful way-with elders, talking circles, presentations, etc.

Melissa Clyde, NICWA, National Symposium on Child Protection in Indian Country, March 9-11, 2010. *Substance Abuse and Related Crimes Against Children in Indian Country.*

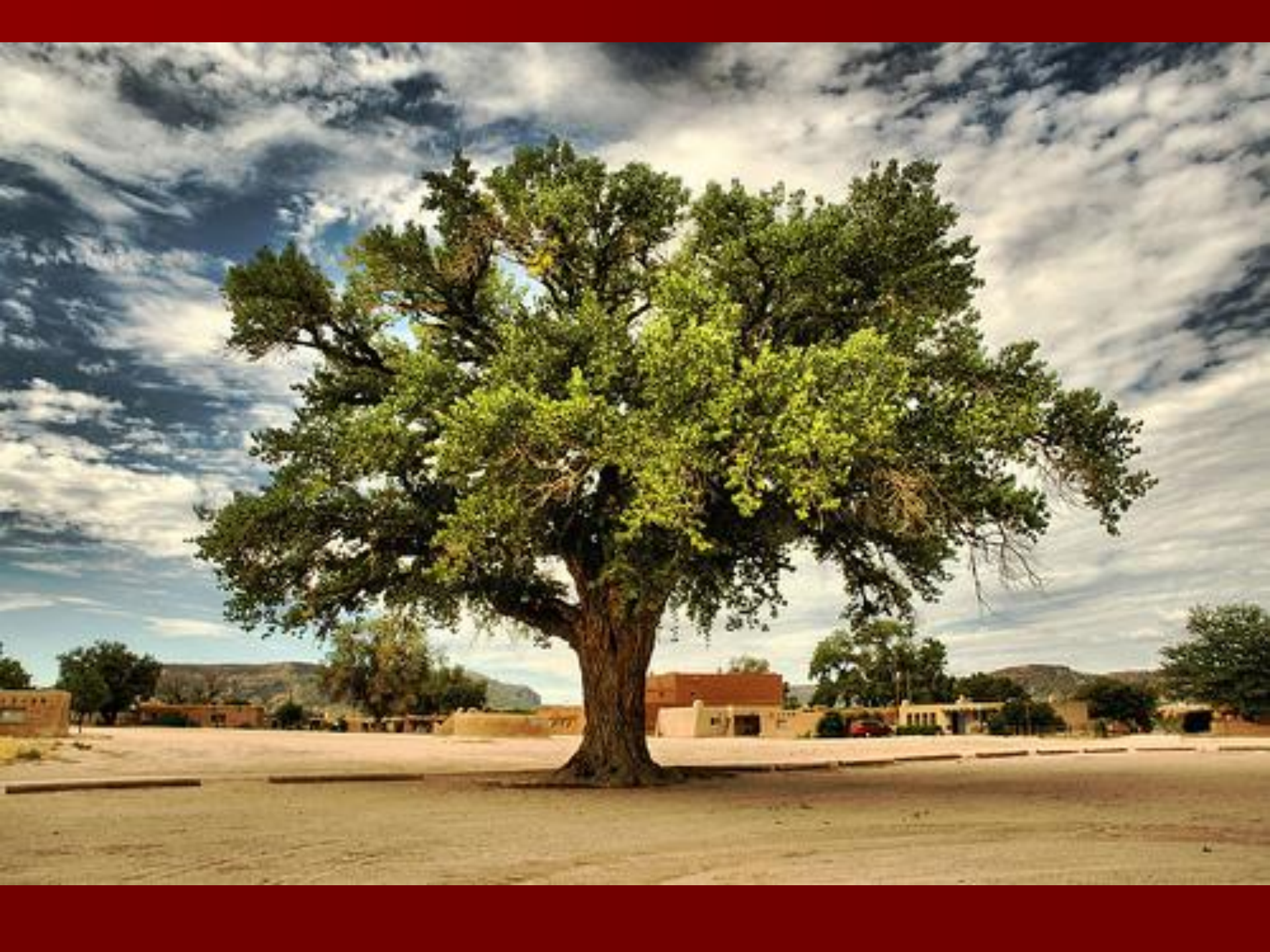
Cultural Strengths

- Remember the strengths are embedded in each individual, family, and community.
- Every individual, family, and community has the capacity to be empowered.
- Individuals and families are the experts.
- Culture is important.

Melissa Clyde, NICWA, National Symposium on Child Protection in Indian Country, March 9-11, 2010. *Substance Abuse and Related Crimes Against Children in Indian Country.*







The World is Made Up



Of Many Pieces

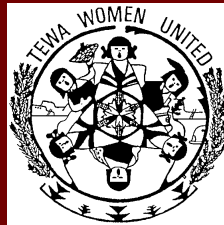




We are . . .



"One piece of the puzzle"



Principles of Spirit-Rooted Activism

- **1. STILLNESS AS AN ACT OF POWER**

Cultivate a quiet mind is an effective antidote to chaos.

- **2. ENVISIONING AS AN ACT OF POWER**

-Transform the world, through the power of thought.

- **3. INTERPERSONAL HEALING AS AN ACT OF POWER**

The Circle is a sacred circle. It holds the pain, as well as the possibility for transformation



Principles of Spirit-Rooted Activism

❑ 4. DEPTH OF INSIGHT AS AN ACT OF POWER

Depth of a conversation vs- number of people.

❑ 5. RADICAL GOOD WILL AS AN ACT OF POWER

Recognition and affirmation of the spiritual innocence in all.

- \$ is not as powerful as prayer, imagination, or love.

❑ 6. CREATING SACRED SPACE AS AN ACT OF POWER

People gathered in a circle, casts a web of healing power.



Principles of Spirit-Rooted Activism

□ 7. SPIRITUALLY CENTERED ACTION AS ACT OF POWER

By standing for what could be, as opposed to fighting what is, we wield power. By making a stand for a new possibility, we attain the power to create it.



Tewa Women United's Approach

- Tewa Braiding Way of Community Engagement "Opedi"
 - A Social Justice framework and embedded with the Cultural Values, Beliefs and Language of the Tewa Peoples.
 - An intersectional analysis approach.
 - An intergenerational, multi-cultural approach.
 - Gender-specific yet family/ community embracing.



Supporting the Healing Journey of Children and Their Families

“IT WAS NOT YOUR FAULT”

Provide a safe environment

Promote Opportunity for secure attachment

Praise the child

Relaxation Techniques

Name Your Feelings (Feeling Identification)

Practice Positive Self Talk

Enhancing Problem Solving and Social Skills

(WSU Area Health Education Center, 2007)

Supporting the Healing Journey of Children and Their Families

“IT WAS NOT YOUR FAULT”

Create Structure

- allow child to know you are in charge and that your decisions are fair, caring and trustworthy
- establish and maintain boundaries
- Focus on positives/ firm limits on negatives

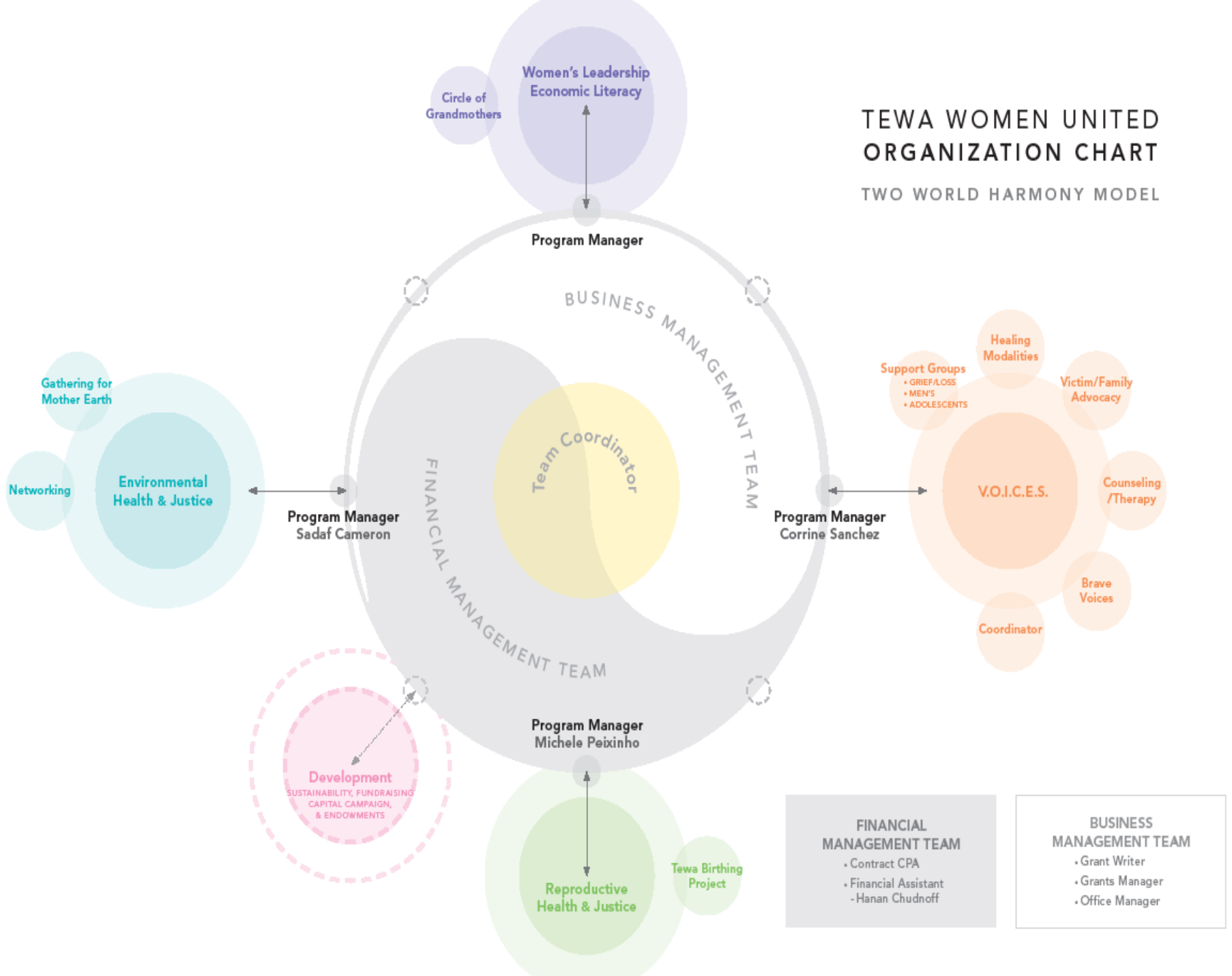
Reduce Isolation

Consistency of Approach, Responsiveness and Availability

(WSU Area Health Education Center, 2007)

TEWA WOMEN UNITED ORGANIZATION CHART

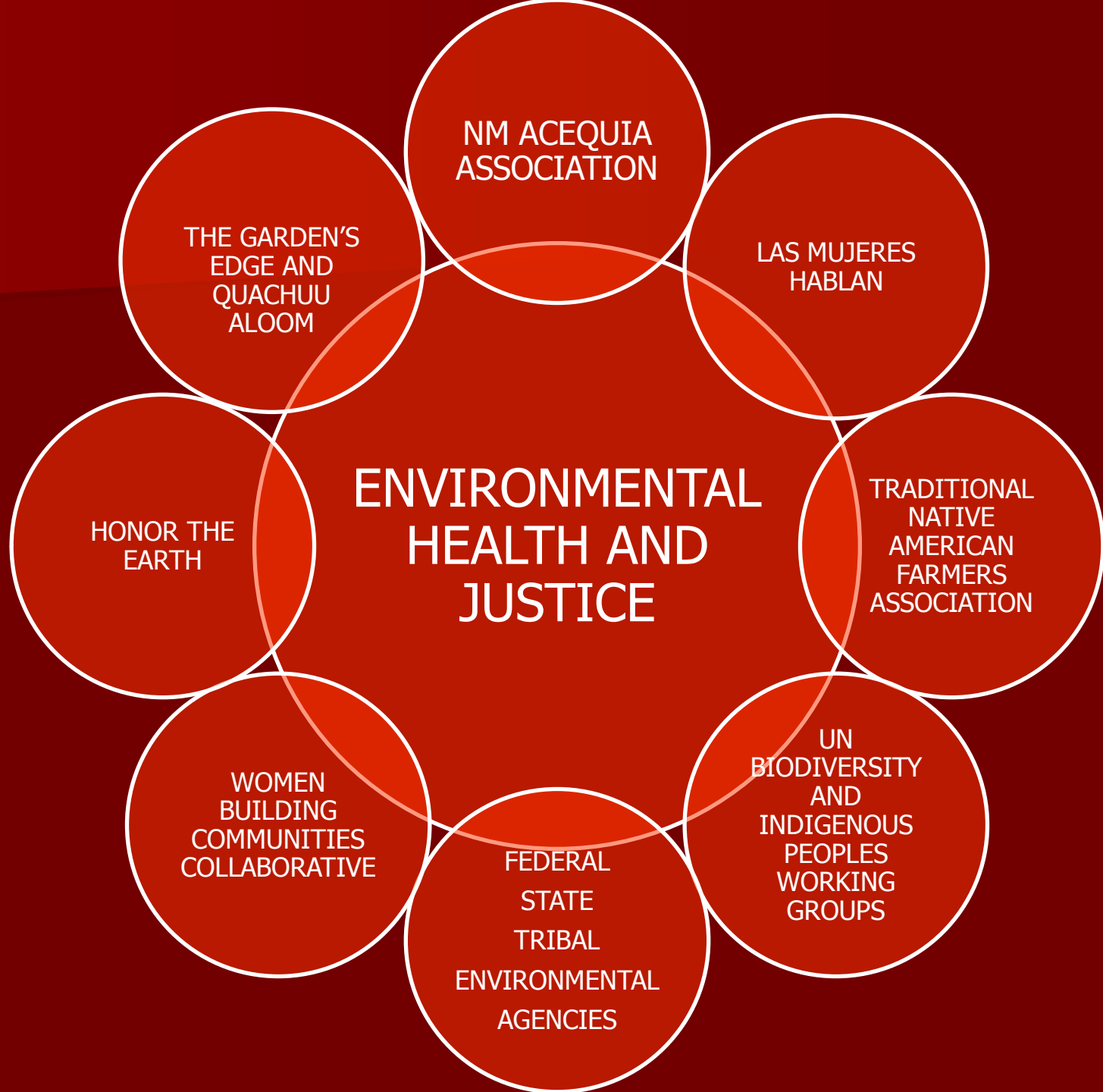
TWO WORLD HARMONY MODEL



Environmental Health & Justice:

- Gathering for Mother E.A.R.T.H.
- LANL Accountability
- Santa Clara Solar Project
- Biodiversity





V.O.I.C.E.S.

- Brave Voices



- Spirit of Butterfly



2009 VOICES Stats

- **80% sexual assault/ sexual abuse, 19% DV, 1 % Stalking**
- **103 individuals served (55 adults, 48 children through direct advocacy/ intervention)**
- **90% female, 10% male**
- **43% Hispanic, 2% African American, 8% White, 1% Pacific Islander and 46% Native American**
- **120 peer support group sessions offered impacting 270**
- **Over 130 Hours family advocacy was provided, 258 hours of mental health services, and 36 hours of healing modalities.**
- **Emergency shelter for 2 people totaling 2 nights.**
- **497 training, meetings, outreach events, radio shows or workshops were offered reaching approximately 12,364 individuals/participants.**

NM DV
LEADERSHIP
COMMISSION

COALITION TO
STOP VIOLENCE
AGAINST NATIVE
WOMEN

NACA

VOICES

NM IPDRT

NM CHILDREN'S
SAFEHOUSE
NETWORK

LAW ENFORCEMENT
STATE
TRIBAL
CITY
COUNTY
FEDERAL

MEDICAL AND
MENTAL HEALTH

PROSECUTION
FEDERAL
STATE
TRIBAL

Women's Leadership/ Economic Literacy

- Youth Empowerment Program
- Business/ Entrepreneurial Classes
- Community Gardens

NM
COMMISSION
ON THE
STATUS OF
WOMEN

NATIVE
AMERICAN
DEVELOPMENT
INSTITUTE

EQUAL VOICES

WOMEN'S
LEADERSHIP
AND
ECONOMIC
LITERACY

NAT'L NATIVE
AMERICAN AIDS
PREVENTION
COALITION

PARTNERSHIP
FOR WOMEN'S
EQUALITY

US WOMEN
CONNECT

NM WORKS

WOMEN
BUILDING
COMMUNITIES
COLLABORATIVE

Indigenous Women's Health

- Yiya Vi Kagingdi Doula Program

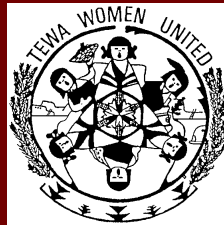


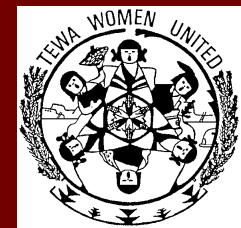
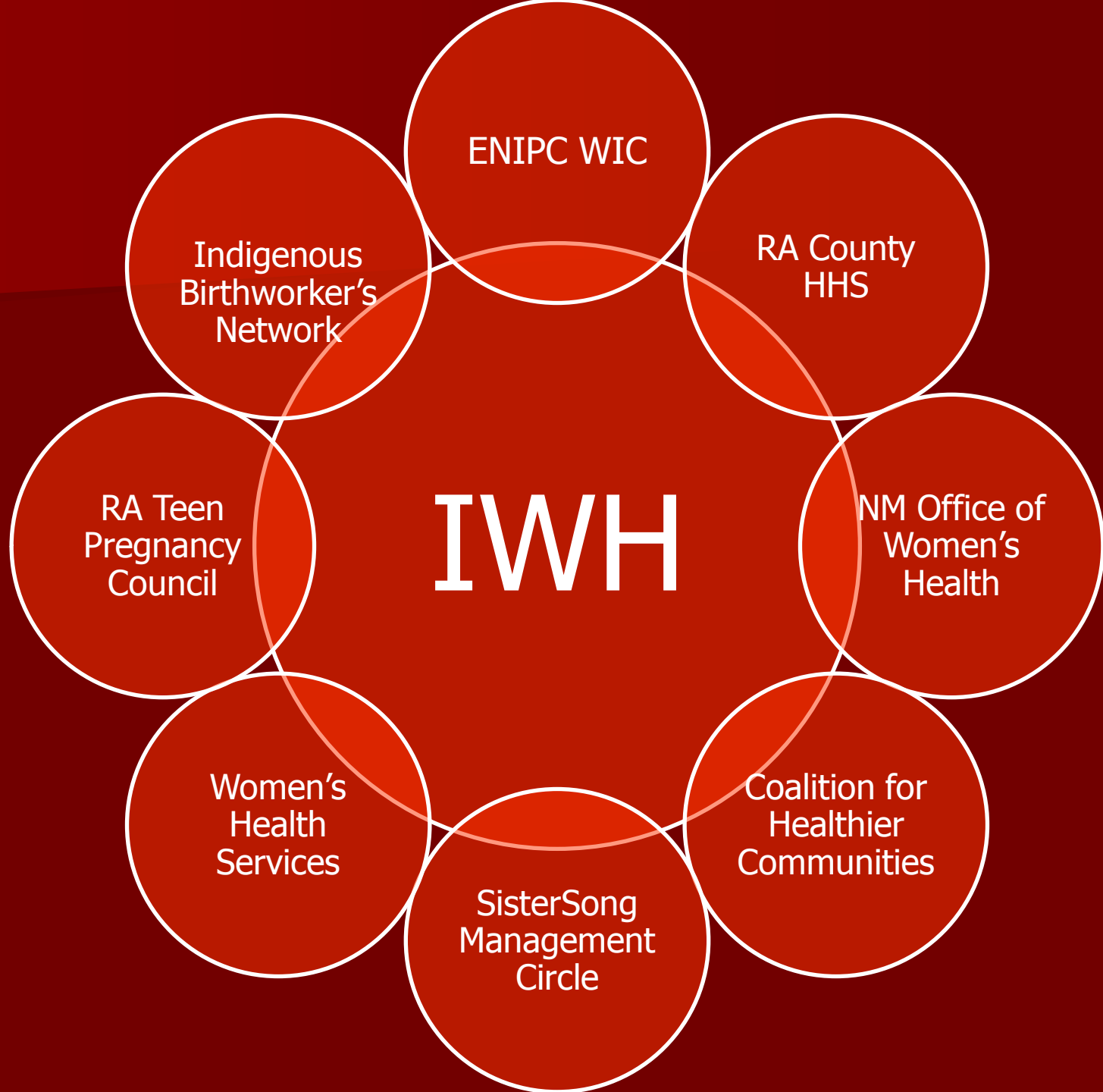
- Community-based research - Tewa Birthing Project and Health Access

- Reproductive Justice



- HIV/AIDS Awareness and Education





The Circle

- Circle of Grandmothers
- Women's Tribal Wisdom
 - *Youthful Wisdom*
 - *Men's Peace Circle*

Where Do We Draw Strength



Resources

- How to Practice The Way to a Meaningful Life, Dalai Lama, Ed. Jeffery Hopkins, Ph.D., Atria Books, NY, 2003.
- Conquest Sexual Violence and American Indian Genocide, Andrea Smith, South End Press, MA, 2005.
- The Four Agreements A Toltec Wisdom Book, Don Miguel Ruiz, Amber-Allen Publishing, CA, 1997.
- Native Men Remade Gender and Nation in Contemporary Hawaii, Ty P. Kawika Tengan, Duke University Press, Durham, 2008.
- Silence Speaks from the chalkboard of Baba Hari Dass, Sri Rama Publishing, CA, revised ed. 1997.
- Radical Honesty How to Transform Your Life By Telling the Truth, Brad Blanton, Ph.D., Sparrowhawk Publications, VA, revised ed. 2005.
- *Upon the Back of a Turtle... A Cross Cultural Curriculum for Federal Criminal Justice Personnel*, Dr. Dolores Subia Big Foot, Sponsored by the Office for Victims of Crime, Contract # 96-VR-GX-0002 Copyright © CCAN, OUHSC, 1998.
- *Honoring Children, Mending the Circle: Cultural Adaptation of Trauma-Focused Cognitive-Behavioral Therapy for American Indian and Alaska Native Children*, Dolores Subia BigFoot and Susan R. Schmidt, University of Oklahoma Health Sciences Center, JOURNAL OF CLINICAL PSYCHOLOGY: IN SESSION, Vol. 66(8), 847--856 (2010) & 2010 Wiley Periodicals, Inc., Published online in Wiley InterScience (www.interscience.wiley.com). DOI: 10.1002/jclp.20707

Resources

- Complex Trauma in Children and Adolescents, White Paper from the National Child Traumatic Stress Network Complex Trauma Task Force, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, editors Alexandra Cook, Ph.D., Margaret Blaustein, Ph.D., Joseph Spinazzola, Ph.D., and Bessel van der Kolk, M.D., 2003.
- National Child Traumatic Stress network, www.NCTSNet.org
- **The Greenbook Initiative Final Evaluation Report**, 2000-MU-MU-0014, February 2008.
- Building Domestic Violence Health Care Responses in Indian Country: A Promising Practices Report - Family Violence Prevention Fund, 2010.
- White Bison Wellbriety Movement. www.whitebison.org
- www.historicaltrauma.com
- www.soulhealing16.com
- Dr. Maria Yellow Horse Brave Heart, "Intergenerational Trauma and Historical Unresolved Grief"
- Dr. Pelcovitz, Trauma, Child Abuse and Treatment



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