

GOOD MEDICINE: PEER SUPPORT FOR PEOPLE OF INDIGENOUS HERITAGE

Presented by:
Tyrone Gamble

Video Link:
<https://vimeo.com/423230778>



Opening

- ▶ We offer thanks to the Great Spirit for letting us serve His will. We offer thanks to Mother Earth for her patience, understanding, perception, acceptance, gentleness and beauty.
- ▶ We give thanks to those who have been our teachers and to those who came to learn, and thus taught us.
- ▶ We offer thanks for this opportunity to share some of the things we've learned.
- ▶ We thank all those who have ever come to the Tribe for Sharing and their learning.
- ▶ We acknowledge and recognize the Sacred and unceded Indigenous territory
- ▶ We Honor all First Nations, Inuit and Metis people.



Important things to be aware of

- ▶ presentation is coming from more of an urban perspective than the rural
- ▶ There are different experiences- so while there is common experiences there are not exactly the same experience
- ▶ Not everyone wants to identify or accept their Indigenous heritage
- ▶ Fear, apathy, apprehension
- ▶ Losing our elders and holding on to the teachings
- ▶ Be empathetic but don't think you fully or truly know the experience
- ▶ Different experience
- ▶ Metropolis vs rural
- ▶ Not everyone wants to identify or accept their heritage
- ▶ Running out of time
- ▶ We are losing our elders
- ▶ Supporting Connection to culture
- ▶ Don't assume all indigenous people are the same
- ▶ Diversity in Indigenous cultures
- ▶ Many have been silenced do to Intergenerational trauma



An example of Several Types of Peer Support for people of Indigenous Heritage

- Non-indigenous supporting Indigenous peers
 - Indigenous peers supporting fellow Indigenous peers
 - Elders
- 



Elephant in the Room: Trauma

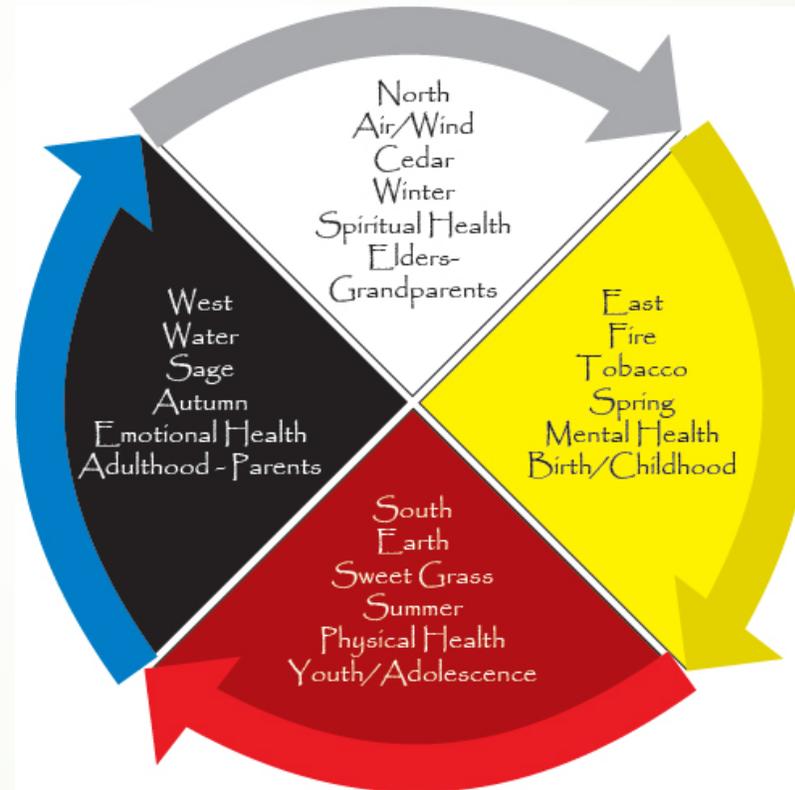
- Trauma: individual, collective and national (Intergenerational trauma)
 - Lateral violence
 - Decolonizing Trauma
 - Trauma informed care
 - trauma informed vs Trauma therapy
- 



Isolation vs Solitude

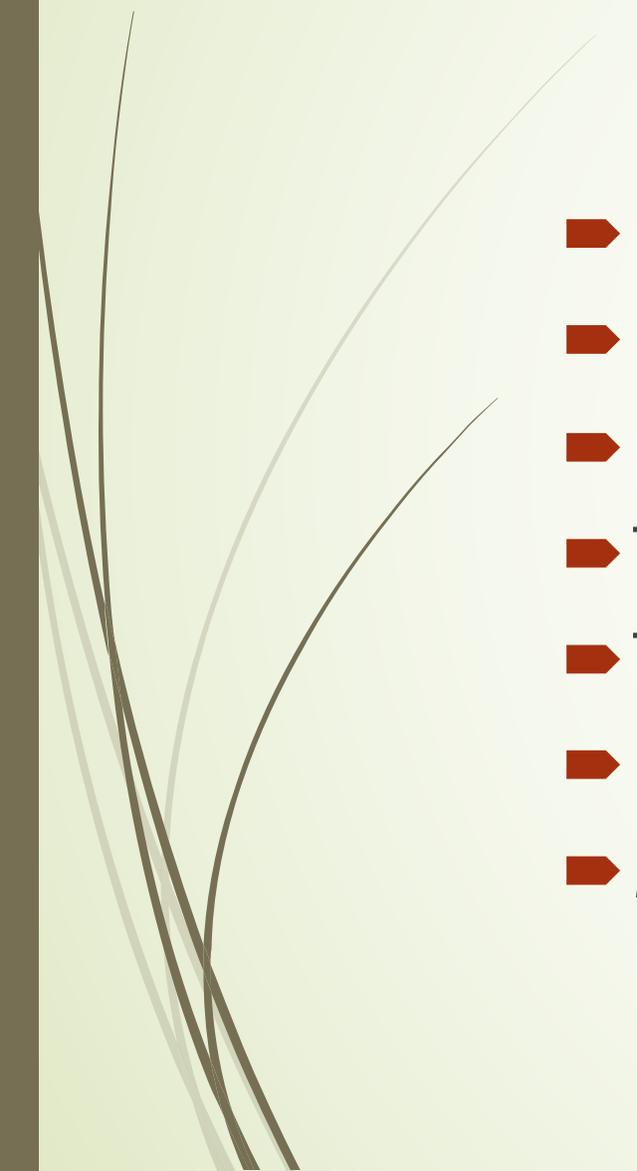
- 
- Feel apart from other people
 - Discrimination and racism in addition to Stigma
 - Fear of not knowing how to connect
 - Lateral violence

The Medicine Wheel





There are many types of values and ways of life

- 10 Commandments
 - Beatitudes
 - PS Values
 - Talmud
 - The Koran
 - 7 Sacred Teaching
 - Medicine Wheel
- 

THE SEVEN GRANDFATHER TEACHINGS

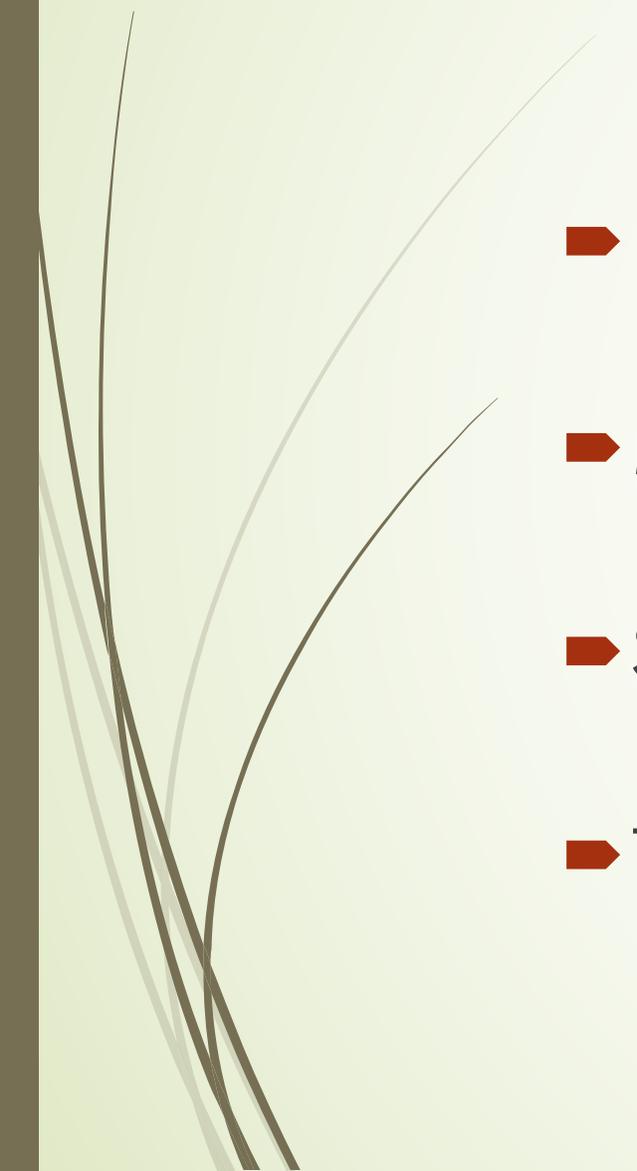


"We want to take back our education and teach our history, our language and our culture. We have begun to tell our story – our history – and we want to tell it in our own words to the world, so that this will never happen to any of the other nations in the world."

- Shirley Williams, Residential School Survivor



Connecting to self, culture and community of your choice

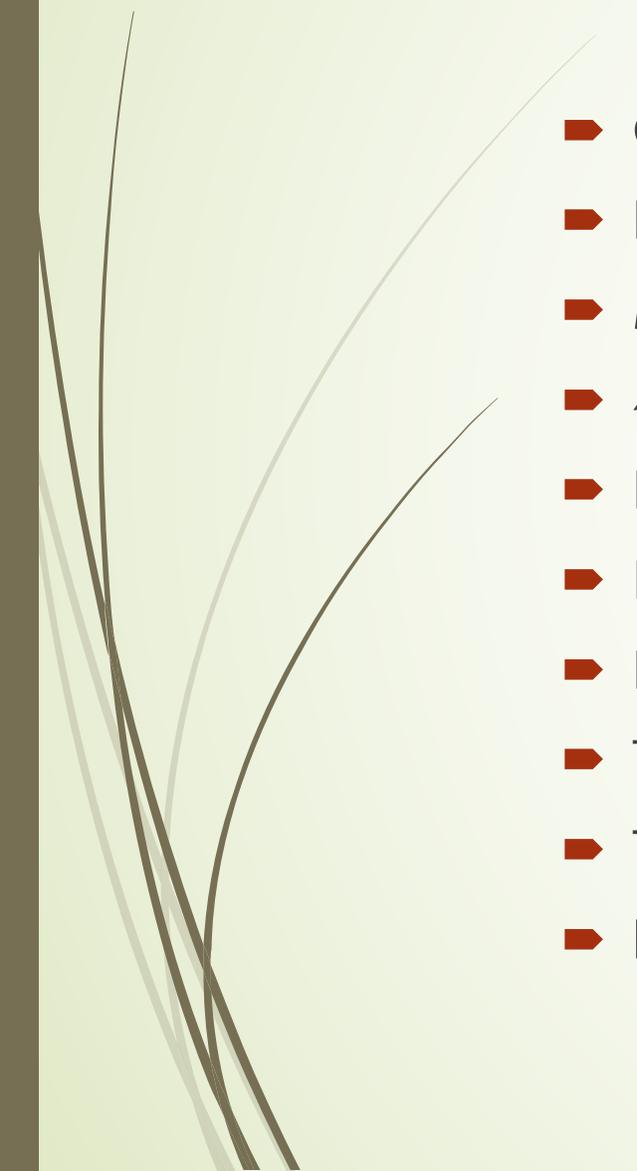
- Feel apart from how to connect
 - Medicine wheel
 - Stories
 - Teachings and ceremonies
- 

The Medicine Wheel



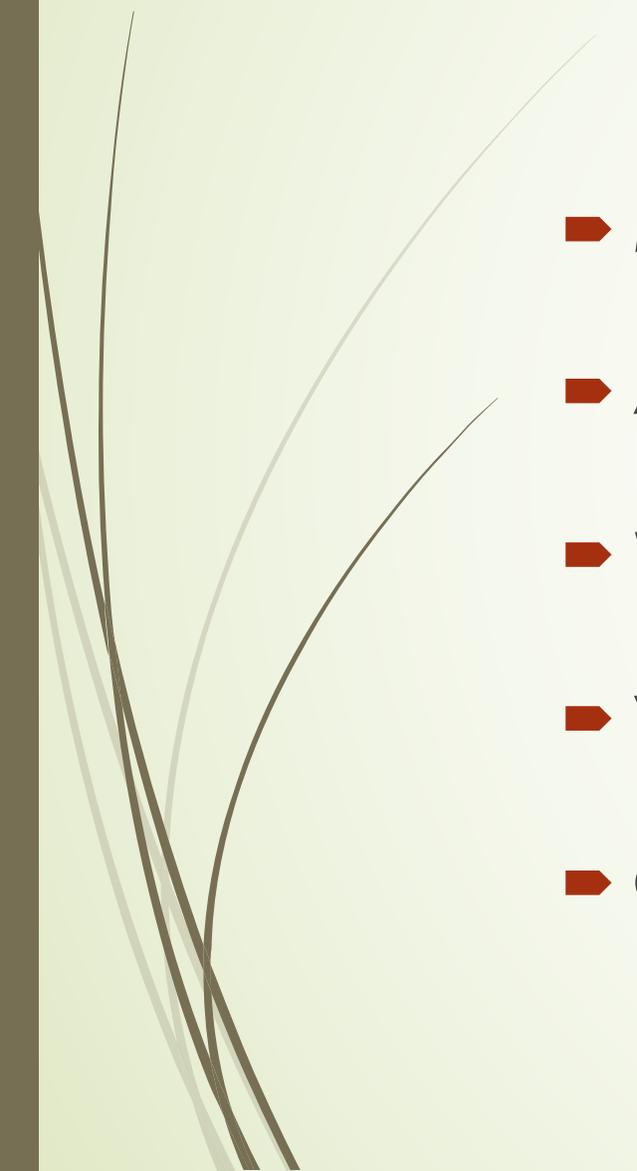


Cultural Healing

- Cultural techniques and sensitivity
 - Healing techniques
 - Medicine Wheel
 - 4 sacred Medicines: Sweet Grass, Tabaco, sage, cedar
 - Bear root
 - Respecting the teachings and honoring the gifts
 - Extremes of human condition
 - Tapping into the human condition
 - The human experience
 - balance
- 



Storytelling

- 
- Myths
 - Appropriate, available and accessible
 - Ways of making sense of the experience
 - Visions and directions
 - Connection to creation



Rediscovering our heritage, teachings and ceremonies

- ▶ Running out of time. We are losing our Elders
- ▶ Reclamation, training and cultivating of the gifted
- ▶ Mental health collaborating with traditional Indigenous' teachings and practice
- ▶ Reclamation
- ▶ Moving beyond Fear and apprehension
- ▶ Be empathetic but don't think you truly know the other
- ▶ Appropriate, available and acceptable
- ▶ Don't know it completely or that you can speak for all
- ▶ Treating them all the same
- ▶ Visions and directions
- ▶ Connection to nature and culture
- ▶ Connection to their culture
- ▶ Connection to the earth/creation
- ▶ Opportunity to connection with healthy community



Rebalancing Heart and spiritual

- Following the medicine wheel and other medicine teaching
 - Walking the spiritual and path of the heart
 - Walking the Red Road
- 



Sharing Good Medicine

- ▶ Time to rewrite and reframe our experience the way we want and speaks to our experience
 - ▶ Cultural sensitivity challenge
 - ▶ Reclamation of brothers and sisters
 - ▶ Mental collaborating with tradition healing techniques
 - ▶ Train to see the story in everything around you
 - ▶ Build capacity
 - ▶ Be open but not pushy or abusive
 - ▶ Wounded as a Culture so need to heal as a culture
 - ▶ Curiosity. Let Indigenous people set the pace and share when and how they wish to connect, communicate, and if they choose to
 - ▶ Choices and option
 - ▶ Connection is important
 - ▶ Be persistent not aggressive
- 



New areas of challenges and opportunity for Indigenous people

- ▶ Running out of time. We are losing our Elders
- ▶ Reclamation, training and cultivating of the gifted
- ▶ Reclamation of the teaching, practice and ceremonies
- ▶ Mental health collaborating with traditional Indigenous' teachings and practice
- ▶ Moving beyond Fear and apprehension
- ▶ Be empathetic but don't think you truly know the other
- ▶ Appropriate, available and acceptable
- ▶ Don't know it completely or that you can speak for all
- ▶ Treating them all the same
- ▶ Visions and directions
- ▶ Connection to nature and creation
- ▶ Connection to their culture
- ▶ Fights assimilation and colonization
- ▶ There are more than heroes...You can be that hero in someones day



Vision



I am in a circle at the end. The Elders are taking but I can't make it out. They pass around a bag. Each Elder adding something, medicine. The Elder beside my closes up the bag and passes it to me. The wisest speaks to me and points for me to leave the circle. He says go out to come back in. The white wolf and white bear accompany me. The Elder continues. "Come back when you're ready and bring the people with you. You have the medicine within you. You are already using it. Find your balance. Reclaim your brothers and sisters." He finishes speaking and sit back down. The other elders nod their heads. They have finished speaking. I have been given a task. So with my spirit companions I start walking towards the village."



Elder:

That is so awesome Tyrone. The wolf is the teacher and the bear is the healer. The white that those animals showed themselves as are the chiefs of the clan. If you are already using the medicine, then you are living the teachings that you have learned and quite possibly have always lived the teachings. The tree that you are, lives for hundreds of years and has the teachings from the beginning time, when Creation was created. These instructions get passed down from the first tree that you are and continue up the line, so when they say you have them, they come with the name.

Find your balance means that you can't go at top speed, you may feel like it, but you must put one foot in front of the other and ask for help from the Creator to find your way. It's energy that you have to balance. The visions that you see can't invoke fear into you and if they do then you have to consult with Creator about it. Pain that you have, you have to consult Creator too.

Reclaiming your brothers and sisters means being comfortable in your own skin. Knowing who you are and what you were given to do and not getting sidetracked. Sidetracked means being too tired or not motivated to do something that you know you have to do. When you make your way to whatever you have to do and you do it without motivation and tired you will get charged and you will know what it feels like to be filled with the spirit and helped. When you do things you did not think you could do or say things that you could not possibly know than that is the spirit at work. You must always be thankful for that energy. Say thank-you often to the spirit. Then they know that you are grateful and you know the difference between your energy and theirs and you know that you are never alone and they are there to help you through things.



You take on many challenges and you are given the challenges to make you strong. To keep with Creator's plan you must not get lost in what people ask of you, cause they will ask. You need to be clear about the plan. You need to ask Creator if that is his plan when something pops up in front of you. If you have a good relationship with Creator than ask him to put the people in front of you that he wants you to work with and then you have to trust that he is doing that. Creator does not put things in front of you that you can't do if you always trust that he is with you.

So you have the teacher, the healer and the grounding that the tree gives you as well as spiritual guidance with the golden eagle and if anyone needs to remember that, you do. When they say you have what you need, they are not kidding. I will be there for you, if you need me to be, just email me.



See and read Renee Linklater's book
Decolonizing Trauma Work: Indigenous
stories and Strategies



► Tyrone Gamble

► tyroneg@pso-Ottawa.ca