

# Traditional Health Based Practices

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for Behavioral Health Providers

## **Training Team:**

- **Instructor: Meda Dewitt Schleifman, Alaska Native Traditional Healer, Tlingit**
- **Instructor: Sarah McConnell, LCSW UAA CHD TTC**
- **Guest Elder: Doug Modig, Tsimshian**
- **Distance Delivery Real Time Video Conference, 8-hour (8:00AM - 5:00 PM), May 12, 17, & 26th 2016 (Anchorage, in-person).**
- **Part of UAA's Center for Human Development Trust Training Cooperative FY16 Continuing Education Trainings for Behavioral Health providers**

# Description:

- Trainees are provided with foundational information on traditional lifestyles and health practices of people living in Alaska prior to western contact. They will be introduced to beliefs, attitudes, and knowledge of health promotion and maintenance that were practiced, and examine major changes leading to the current health status of the Alaska Native community. Special emphasis will be placed on potential strategies for improving behaviorally based health.

# Learning Outcomes:

- 1) Participants will increase knowledge of foundational information on traditional lifestyles and health practices of people living in Alaska prior to western contact.
- 2) Participants will increase understanding of beliefs, attitudes, and knowledge of health promotion and maintenance that were practiced.
- 3) Participants will increase understanding by examining major changes leading to the current health status of the Alaska Native community.
- 4) Participants will engage in special emphasis on identifying potential strategies for improving health.
- 5) Participants will increase knowledge of practical applications in current Behavioral Health services.

# Traditional Introductions:

- Instructor, Guests, and Students will introduce themselves in a traditionally aligned way.
- If the students know their indigenous language, they will introduce themselves with it first. Then translate the introduction into English.
- Basic introduction will include their maternal and paternal grandparents, where they are from and their ethnicity. Then their parents, where they are from and their ethnicity.
- Where the student was born, what ethnicity they identify themselves as, and where they currently live. Then they will introduce their immediate family.
- Followed up by where they work, what kind of work they do, and what they hope to get out of the class.
- Can include a brief description of what they know about AKN traditional health practices.

# Traditional Tools for Healing the Mind, Body, and Spirit

- Listening
- Teaching Values
- Telling Stories and Legends
- Traditional Foods and Nutrition
- Physical Activity
- Body Work / Energy Work
- Prayer
- Talking Circles
- Ceremony
- Plant knowledge
- Honoring Cycles
- Drumming, Singing, and Dancing
- Intuition, Dreams, Visions, and Feelings
- Education about: Culture, history, language, identity, etc...

**8:00am**- Traditional Introductions (Instructor, Guests, and Students.)

**8:30am**- Overview of the class and syllabus

**9:00am**- Energizer

**9:05am**- AKN people, places, and things- Physical Culture  
Exploring regional differences and similarities

**10:00am**- Break

**10:15am**- AKN Historical Occurrences

Migration, contact, the four deaths, and prophecies.  
Historical, generational, and persisting trauma.

**11:00am**- Energizer

**11:05am**- AKN Beliefs pre-contact Mental and Spiritual Culture  
Language, storytelling, worldview, spirituality, and relationship.

**12:00**- Lunch

**1:00pm**- Traditional Talk Therapies (Listening Circles, Stories, Men's/ Women's Houses)

**2:00pm**- Energizer

**2:05pm**- Plants as Food and Medicine

**3:00**- Break

**3:15pm**- Manual therapies, energy therapies, balancing and clearing.

**4:00pm**- Energizer

**4:05pm**- Detoxification, ceremony, and intuition.

**4:50pm**- Survey

**5:00pm**- End of class

**1: AKN people, places, and things- Physical Culture**  
Exploring regional differences and similarities

**2: AKN Historical Occurrences**  
Migration, contact, the four deaths, and prophecies.  
Historical, generational, and persisting trauma.

**3: AKN Beliefs pre-contact Mental and Spiritual Culture**  
Language, storytelling, worldview, spirituality, and relationship.

Elder Sharing Time with Doug Modig

**4: Traditional Talk Therapies (Listening Circles, Stories, Men's / Women's Houses)**  
Digital Story with Dr. Blumenstein

**5: Plants, Food, and Medicine**

Time Permitting: Video by Della Keets Manual therapies, energy therapies,  
balancing and clearing.

**6: Detoxification, ceremony, and intuition.**  
Survey