



Understanding and Healing Historical Trauma (HT): The Perspectives of Native American Elders

Material Religion

Available at: <https://meridian.allenpress.com/jmhc/article-abstract/37/4/295/83296/Understanding-and-Healing-Historical-Trauma-The?redirectedFrom=fulltext>

One-Sentence Summary: In this study, Native American elders explore the impact of HT on self, family, and community, discuss its current effects, and provide recommendations for counselors and therapists dealing with HT, emphasizing the importance of tribal language, culture, and the role of Native people in healing and wellness.

Reviewer: Alicia Evan

Methods: This study uses two frameworks, Indigenous Ways of Knowing (IWOK; Grayshield & Mihecoby, 2010) and Tribal Critical Race Theory (TribalCrit; Brayboy, 2005). IWOK emphasizes Indigenous knowledge as a multidimensional body of lived experiences to achieve balance, harmony, and sustainability, and TribalCrit acknowledges the ongoing impact of colonization on Native Americans and underscores the importance of Tribal knowledge in understanding their lived experiences using stories as sources of data and praxis to foster social change.

Main Findings / Recommendations:

- Three themes emerged for understanding HT which were the enduring effect of traumatic historical events, the profound impact of boarding schools on cultural loss, the internalization of oppression
- The current impact of HT was examined through four themes:
 - Alcoholism and substance abuse, loss of culture and language, community discord, the negative influence of technology on younger generations
- Participants suggested focusing on the positive, raising awareness through education and dialogue, rediscovering cultural and spiritual practices, and revitalizing traditional language learning.

Potential Issues:

- “Interestingly, no study was discovered that addressed the connection of HT with technology, diet, and exercise—issues raised by participants in this study. The connection between HT and such current concerns is a likely avenue for future research.” (pg 304)
- Small participant sample population (11 people), therefore may not be representative of larger population groups.

Useful Summary Stats, Quotes:

- “It is apparent from this study that achieving wellness is intricately interwoven with the culture itself; any efforts to help must be initiated within the tribe.” (pg 305)

Reviewers Opinions:

Strongly Disagree (1)

Strongly Agree (5)

	1	2	3	4	5
Impactful for Indian Country?				x	
Novel?			x		
Trustworthy?					x





Reference:

Grayshield, L., Rutherford, J. J., Salazar, S. B., Mihecoby, A. L., & Luna, L. L. (2015, October 1). Understanding and Healing Historical Trauma: The Perspectives of Native American Elders. Meridian Allen Press. Retrieved July 15, 2023, from <https://meridian.allenpress.com/jmhc/article-abstract/37/4/295/83296/Understanding-and-Healing-Historical-Trauma-The?redirectedFrom=fulltext>

