

# Historical Trauma and Native Americans

## Training of Trainer Workshop



*Native  
American  
children  
and their teacher  
at a boarding school  
around 1890.*  
Minnesota Historical Society photo

## Learn how to help your clients and community transcend the past to a healthy future

Historical trauma has a significant impact on the physical, emotional and spiritual well-being of Native Americans. At the core of Native American psychology, historical trauma manifests itself in the social and personal issues prevalent in our communities including substance abuse, mental health problems, domestic violence, child abuse, depression, anger, and loneliness. Denying historical trauma exists or downplaying its importance perpetuates its impact on the community. The past must be acknowledged and confronted in order for healing to truly begin.

The purpose of the *Historical Trauma and Native Americans* workshop is to give individuals the opportunity to explore the impact of historical trauma on their families and their own lives. This understanding is crucial to transcending stereotypes and personal barriers to build a healthy future. The workshops incorporate a variety of methods including discussion, Native crafts, media presentations, the keeping of a journal, and the sharing of personal stories.

# The Next Training of Trainer Workshop is March 29 and 30, 2012

at the Oxford Suites, Chico, California  
from 8:30 am to 4:30 pm

## Who should attend:

Mental health therapists, substance abuse counselors, and social workers who work with Native Americans will find this workshop invaluable. This course is beneficial for college level educators and students of social work, psychology and Native American studies.

## What the Workshop Covers:

You will gain an overview of historical trauma and guidance in presenting therapeutic workshops to Native Americans in your practice and community. The curriculum examines long-term effects of historical trauma including cultural self-hate, unstable and unhealthy community and family dynamics, feeling of helplessness, lack of motivation, and self-hate that is both internalized and externalized. It addresses lateral violence, and distorted relationships with family, community and the earth. Each module focuses on behaviors that help Native people address these issues, teaching skills to bolster individual, family and community resilience.

## About CCOC, Inc.

Connecting Circles of Care (CCOC) is nationally renowned for integrating culture into mental health therapy. CCOC, Inc., a non-profit educational agency, was established to share our expertise on historical trauma as well as on implementing and maintaining culturally-focused, wrap-around systems of care.

**For more information about this and other workshops, or to schedule a workshop onsite at your organization, please call us at (530) 894-3727.**

## Testimonials from Renowned Mental Health Professionals

*"As a psychiatrist who has worked on the issue of healing from historical trauma with Native people for more than a decade, I am delighted and inspired by this curriculum. I think tribes throughout the U.S. will find it a means to bring new hope to their people."*

Donna Schindler, M.D

*"This curriculum has taken the many years of theoretical and clinical work and has made it available to groups that need it the most. The developers of this curriculum bring a much needed healing to many and make it an ongoing process. Participants in groups will be able to not only understand the issues that affect their lives because of historical trauma; they will be able to take meaningful steps towards healing themselves, their families and communities."*

Eduardo Duran, PhD

*"I am proud this information has been put to paper. I have already used one of the exercises in the curriculum! You have done an excellent job of addressing historic trauma!"*

Theda New Breast (Blackfeet), Trainer and a  
Founder of the Gathering of Native Americans  
curriculum (GONA)

## Yes! I want to register for the Historical Trauma and Native Americans, Training of Trainer Workshop

Your registration fee of \$400 includes the two-day intensive seminar, curriculum, and lunch. CEUs available at no additional cost for LCSWs, and MFT's. *Space is limited so get your registration in early*

## I can't attend the workshop, but I would like to purchase the curriculum.

Curriculum without training is available for \$250.

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Organization/Company/Agency Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ CEU Units Yes or No

*We offer volume discounts (\$25 per participant) for multiple attendees (3 or more) from the same organization.*

*Call (530) 894-3727 for group registrations.*

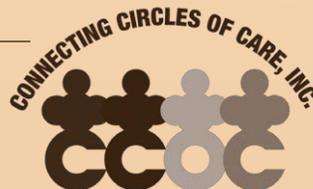
Name on check or credit card if different from the registrant above: \_\_\_\_\_

Check Number (if paying by check) \_\_\_\_\_

Visa  Master Card Number: \_\_\_\_\_

Expiration Date \_\_\_\_\_ CVC Code \_\_\_\_\_

*Call Oxford Suites at (530) 899-9090 for special rates for Connecting Circles of Care workshop attendees.*



To register, mail this form to:  
Connecting Circles of Care, Inc.  
270 Vail Drive  
Chico, CA 95973,  
call (530) 894-3727, or visit  
[www.connectingcirclesofcare.com](http://www.connectingcirclesofcare.com)