



Trauma is not the end of our story

We can manage it with intentional, healing-centered efforts and knowledge.

Nurture safe and welcoming environments within your home, community, and tribe.

#WAHZHAZHEALWAYS



Counseling Center Crisis Line

(918) 381-0258

Mental Health Hotline

Dial 988

If you are experiencing an emergency, call 911.



What is Trauma?

Trauma is an emotional response to an intense event that threatens or causes harm. It is often the result of an overwhelming amount of stress that exceeds one's ability to cope with or accept the emotions involved with that experience.

Trauma may result from a single distressing experience, or from recurring events of being overwhelmed. Trauma can be experienced over weeks, years, or even decades. (Brave Heart, M.Y.H.,2011).

Types of Trauma

Cultural Trauma

Occurs when members of a group experience severe traumatic event(s) resulting in negative physical and emotional symptoms. Ultimately, it impacts the lifestyle of the community and its members.

Examples are: Removal from traditional homelands, the murders of tribal people for bounties or head rights, and the loss of language, teachings, beliefs, etc.

These events can lead to “a crisis of meaning,” in which groups reevaluate their identity and purpose within their society. (Brave Heart, M.Y.H.,2011).



Historical Trauma

Occurs when a traumatic event(s) takes place to either an individual, family, or collective community.

Examples are: Introduction of new diseases, removal from traditional homelands, the confinement to reservations, and the creation of boarding schools. (Sotero, 2006).

Intergenerational Trauma

Primarily focuses on the importance of viewing how unresolved traumatic events affect and influence following generations through emotional and psychological factors.

Examples include: shame, increased anxiety and guilt, depression, suicidality, alcohol/substance abuse, difficulty with relationships, domestic violence, negative parenting styles/models, loss of cultural identity and loss of connection to elders. (Cenizal 2010).

Impact of Trauma on the Mind and Body

Fight, Flight, or Freeze (FFF) is the body's natural response to stress. It is built into our system to ensure that we survive perceived and actual danger. But, if this response is repeatedly activated, our emotional and physical well-being will suffer.

What can we do to cope with trauma and break the cycle in our culture?

Seek Therapy

A licensed therapist trained in the field can offer many insights to your specific situation you won't be able to get anywhere else. Individual counseling or family counseling can be an invaluable tool to healing your lineage of intergenerational trauma. There is a wide range of therapy focusing on the issues of specific populations including ethnicity, survivors of traumatic events, and survivors of abuse.

Osage Nation Counseling Center (ONCC)

ONCC provides quality, professional outpatient treatment for both substance use and mental health issues. The ONCC staff consists of a variety of licensed counselors with different specialties.

ONCC program services aim to reduce symptoms, restore functioning, and prevent further functional impairment. ONCC helps support recovery and stabilization with the least possible disruption to daily lives. Anyone dealing with mental health and/or substance use has the right to a quality-of-life enhancing service.

ONCC Contact Information

Counseling Center Hotline

(918) 287-5413

Phone

(918) 287-5413

Fax

(918) 287-5243

Address

100 West Main Street, 4th Floor Pawhuska, OK 74056

Seek medical treatment for ongoing physical health challenges

Experiencing trauma causes the body to produce adrenaline and cortisol, activating normal protective process of fight, flight, or freeze. Experiencing trauma, especially in childhood can actually change a person's brain structure, contributing to long-term physical problems.

Children and adults often develop coping mechanisms to deal with trauma, some of which become classified as "health risk behaviors." These can include eating unhealthy food or overeating, using tobacco, using substances, or engaging in risky sexual activities.

These coping mechanisms can contribute to chronic disease like hypertension, diabetes, cancer, or substance use disorders.

Often "non-compliant" behaviors, such as taking medication erratically or not attending appointments, can also be linked back to a patients' history of trauma.

Osage Nation Health System: Wahzhazhe Health Center

The Osage Nation envisions a strong, culturally-sensitive healthcare system that will transform the health of the communities we serve and provide Native American families with healthcare they can rely on.

Contact Information

If you are experiencing an emergency, call **911**.

Health Care Main Phone (918) 287-9300

988 Mental Health Hotline

Address

715 Grandview Avenue, Pawhuska, OK 74056



Learn about your culture and traditions

Learning about your roots and the struggles of previous generations can provide some insight and answers on the origins of your intergenerational trauma. Though learning about your history may not in itself solve anything, the added perspective can help you understand where some of this pain comes from and open the door for more informed conversations with your family. Your culture and traditions are also a source of strength and healing.

Have candid conversations with your loved ones

Speak your piece about how you feel you have been affected by trauma in your upbringing. Refrain from blaming others and try to remember what you've learned about the source of this trauma. Be empathetic with your loved ones. This may not be something they have felt safe unpacking for themselves yet. It is not always appropriate to push another person to address their trauma. Remember that simply opening the door for a larger conversation about your family can help start the healing process for others in your line.

Lean on your positive support systems

Healing the trauma of many is not a job for just you! Lean on others who have been through similar experiences and professionals who can guide you through what may be a very difficult process. This journey may be hard, but you owe it to yourself and the future of your tribe.

Get your body moving

Trauma disrupts your body's natural equilibrium, freezing you in a state of hyper arousal and fear. Exercise and movement can actually help repair your nervous system, burn off adrenaline, and release endorphins.

Try to exercise for 30 minutes or more on most days. Or if it's easier, three 10-minute spurts of exercise per day are just as good.

Add a mindfulness element. Instead of focusing on your thoughts or distracting yourself while exercise, really focus on your body and how it feels as you move. Notice the sensation of your feet hitting the ground, for example, or the rhythm of your breathing, or the feeling of wind on your skin.

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References

Brave Heart, M.Y.H. (2011). Welcome to Takini's historical trauma. Historical Trauma. Retrieved from <http://historicaltrauma.com/>

Cenizal, Robyn. (2010). Engaging Native Men to Mend the Circle: Healing Trauma and Sharing Wisdom to Address Domestic Violence and Sexual Assault. Partners in Healing (n.d.). Understanding Stress & Trauma. Retrieved from Understanding Stress & Trauma | Partners in Healing (counselingschool.org)

Sotero, M. M. (2006). A conceptual model of historical trauma: implications for public health practice and research. *Journal of Health Disparities Research and Practice*, 1(1), 93-108.



OsageCulture.com

We Are Wahzhazhe Always

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**Wahzhazhe
Always**

