

Intergenerational Trauma Through Story

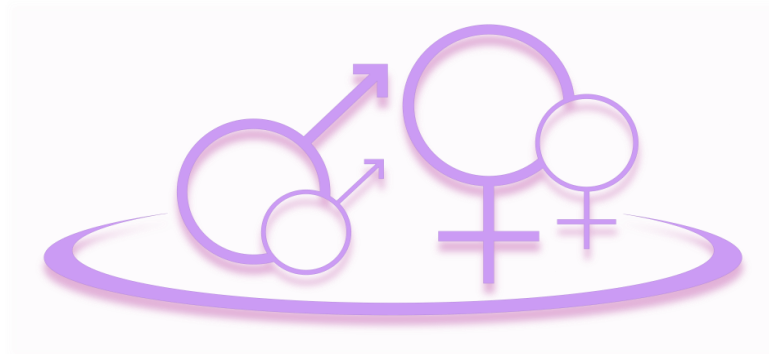
Alice Skenandore & Beverly Scow

Wise Women Gathering Place

2482 Babcock Rd, Green Bay WI 54313

(920) 490-0627

www.wisewomengp.org



This project was supported by Grant No. 2017-UW-AX-0012 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

Rational Aim

- To gain a better understanding about the effects of generational oppression and abuse.
- To gain rudimentary understanding of a tool for processing information and experiences – **Constructivist Listening.**
- To gain rudimentary understanding of a second tool for processing information and experiences – **Focused Conversation.**
- To gain knowledge about responding to trauma victims using the “original trauma informed care” or Midwifery approach.

Grassroots

- Wise Women Gathering Place (WWGP) began as a grassroots group of Native American women who met around the kitchen table every Monday for 8 years, with our children in tow, to learn Midwifery.



Making Healing Connections

- Birth is a transformative event and can be healing when a safe space is maintained for undisturbed birth process to take place. This was historically facilitated by a birth attendant/midwife.
- All women deserve a midwife
- All women are midwives
- The midwives were known as the
- Wise Women

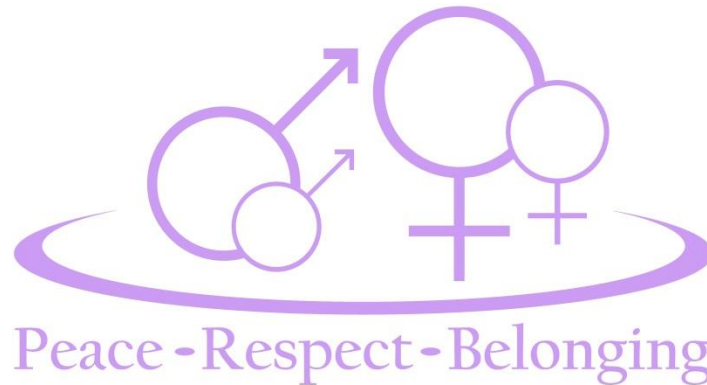


Community Midwifery

- Facilitate a safe space
- Trust the process
- Believe the group
- Knowledge and experience of group
- Learn, preserve, practice and pass on to the community.

Wise Women Gathering Place

- Our Vision is a vibrant community grounded in Peace, Respect and Belonging



- Our Mission is to promote Peace, Respect and Belonging through skill-building, sharing of knowledge, and caring support for our community.

Foundational Values

Informed Choice

Foundational Values

All Have their Own
Best Interests at
Heart

Foundational Values

Protect and Preserve
Wholeness and
Integrity

Ultimate Goal

Our goal is a community of individuals & families who possess motivation, knowledge, resources and skills to peacefully co-inhabit their environment, each having the individual sense of safety, opportunity, fulfillment, & belonging, and each fully committed to sustaining these values for every person for all time.

Historical Trauma

- What happened to our grandparents (**Historical Oppression**) continues to inflict harm.
- **Internalized oppression** of ones own people or self destruction are natural expressions – completely predictable pattern of human response to **Historical Oppression**.
- We call this **Historical Trauma**.



Historical Trauma

- “Cumulative , emotional and psychological wounding across generations, including one’s own lifespan, because everything up to a minute ago is history.”

-Dr. Maria Yellowhorse Braveheart



Trauma Rocks

- Corrine Sanchez of Tewa Women United

corrine@tewawomenunited.org



Constructivist Listening

- Listen and witness with your heart
- Equal Time for each speaker
- Confidentiality
- Speak in the language you think and dream in



When you hear the
Trauma Rocks story
what comes to mind
for you?

Generational Healing

We are on our journey as individuals and as communities towards healing from these traumas.



How do we restore ourselves to Full Function?



Focused Conversation: Tool

- Technology of Participation (ToP)
- Values of
 - Profound Respect
 - Inclusive Participation
- The Art of Focused Conversations by R. Brian Stanfield
 - www.top-training.net
 - www.wisewomengp.org

ToP Focused Conversation

- 4 levels of questions:
 - **Objective:** 5 senses, the data
 - **Reflective:** Initial reactions, associations, memories
 - **Interpretative:** Insights, options, meanings
 - **Decisional:** Decisions, take-aways, actions

Reflection Focused Conversation

- O: What are some things we did this morning?
- R: What was inspiring?
- R: What concerns you?
- I: What is the importance of this?
- I: What insights are beginning to emerge?
- I: What does it mean having experienced this?
- D: Then, what are first steps we need to take?

Thank you for sharing

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