

Third National Indigenous Justice CEO Forum

Cultural Healing in

Criminal Justice Service Delivery:

an identification of best practice and innovation to inform future service design

21 - 22 November 2007

“Can you help me?

I want to do something for myself.

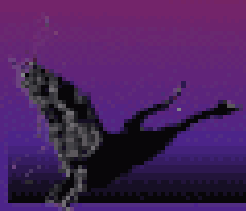
I want to be somebody one-day.”


Professor Judy Atkinson



With thanks to our Ancestors, Elders and our Countries
Black Swan Flying - wise women and men of high degree

Respect Rights Responsibilities Reciprocity





‘Childhood trauma, including abuse and neglect is probably the single most important public health challenge ... a challenge that has the potential to be largely resolved by appropriate prevention and intervention.’

✓ van de Kolk, B. (2007) Developmental impact of Childhood Trauma, in *Understanding Trauma: integrating biological, clinical and cultural perspectives*, Kirmayer, L., Lemelson, R., Barad, M. Editors. Cambridge University Press. New York. P 224.

TRAUMA RUPTURES OUR CONNECTIONS



- **to ourselves**
 - ✓ physically
 - ✓ emotionally
 - ✓ mentally
 - ✓ vitally

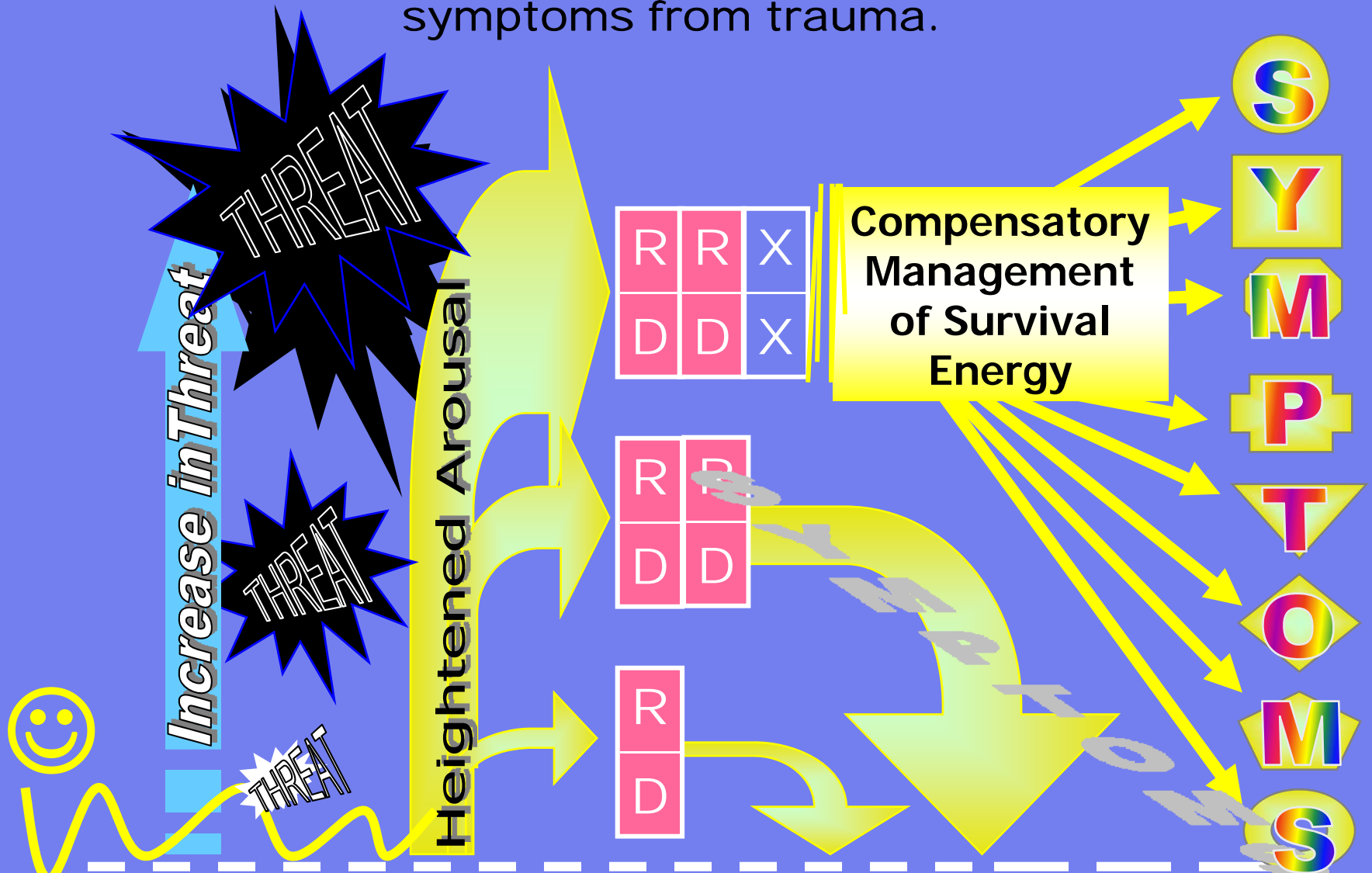


- **to others**
 - ✓ family
 - ✓ social group
 - ✓ generation
 - ✓ culture



- **to nature**
 - ✓ instinctually
 - ✓ environmentally

Missing resources plus non-discharged survival energy creates symptoms from trauma.



•Personal functioning baseline


Pre-event → Activation → Discharge →

R = Resource D = Discharge X = Not available

Outcomes of trauma are

- ✓ Violation of child's sense of safety and trust, of self worth, with a loss of a coherent sense of self,
- ✓ Emotional distress, shame, grief, self and other destructive
- ✓ Un-modulated aggression, difficulty negotiating relationships with caregivers peers and marital partners
- ✓ Clear link between suicide, alcoholism and other drug misuse, sexual promiscuity, physical inactivity, smoking obesity
- ✓ **More likely to develop heart disease, cancer, stroke, diabetes, skeletal fractures, and liver disease**
- ✓ **People with childhood histories of trauma make up almost our entire criminal justice population.**

Trauma creates violent individuals/communities/societies

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- 1. Living in a culturally unsafe environment**
 - 2. Being profoundly hurt as a child, as people**
 - 3. Being hurt, but being prevented from experiencing or expressing the pain of that hurt**
 - 4. Having no one in whom we can confide our true feelings, not being being heard, acknowledged in our pain**
 - 5. Having a lack of education or knowledge, therefore being unable to intellectualise the abuse**
 - 6. Having no way we can transform our pain, without repeating the cycle of abuse on ourselves and others. (Alice Miller)**

Building the Future

Prevention and Intervention



- ✓ **The Short term**

- ✓ Crisis intervention

- ✓ **The Short/Medium Term**

- ✓ Community healing workshops

- ✓ **The Medium Term**

- ✓ Empowering change agents

- ✓ **The Long Term**

- ✓ Sustainable Change

The Short term Crisis intervention



Stories of pain can be transformed





The Short/Medium Term Community healing workshops



**The work of healing abuse must
come from within**



grieving is healing



The Medium Term

Empowering change agents



Bachelor - Indigenous Studies Trauma and Healing

- ✓ Inter- and Transgenerational Trauma
- ✓ Biological Effects of Traumatic Stress
- ✓ Story of Healing/Indigenous Healing
- ✓ Healing Childhood Traumatism
- ✓ Secondary Traumatism

Law
Health
Education
Humanities
Social Sciences
Complementary Medicine



The Master in Indigenous Studies wellbeing



- ✓ a blend of healing theory and experiential educaring,
- ✓ establishing cultural safety to help identify the long-term consequences of trauma across generations,
- ✓ provide skills for working with individuals and groups, in family history reconstruction, the healing power of story, art, music, theatre, story maps, sandplay, cultural and personal narrative with emotional release
- ✓ for children, young people, adults and Elders.
- ✓ Heals the personal while building on professional skills.

The Long Term

Sustainable Change



Stomp It



Educaring - in healing trauma



- ✓ **Creating culturally safe places**
- ✓ **Finding and telling our stories**
- ✓ **Making sense of our stories**
- ✓ **Feeling the feelings**
- ✓ **Moving through layers of loss and grief .. ownership ... choices**
- ✓ **Finding and affirming our Relatedness (Judy Atkinson 2002)**

Relatedness



- ✓ Ways of Knowing - our stories of relatedness
- ✓ Ways of Being - respecting our stories of relatedness
- ✓ Ways of doing - renewing and living our stories of relatedness (Karen Martin 2006)

Stories of relatedness

- ✓ **Stories are our law. Stories give identity as they connect us and fulfill our sense of belonging. Stories are grounding, defining, comforting and embracing. Stories vary in their purpose and content and so Stories can be political and equally, healing. To know your Story is to know who you are related to and the depth of this relatedness. Without your Stories you don't know who you are ... how you have been made. You don't have a strong Sense of Self** (Martin K. 2006).

- ✓ **Researching the stories of men in prison.**

In the Prisons - what the men said



1. The story - being heard and believed
2. Reclaiming culture as a source of strength and identity
3. Art and music allows me to feel and heal.
4. Increasing employment opportunities
5. Alcohol and other drug education
6. Incorporating traditional justice processes in the legal system
7. Breaking the Cycle starts with me!

When you make the art you choose



✓ You feel less worried, scared, and angry.

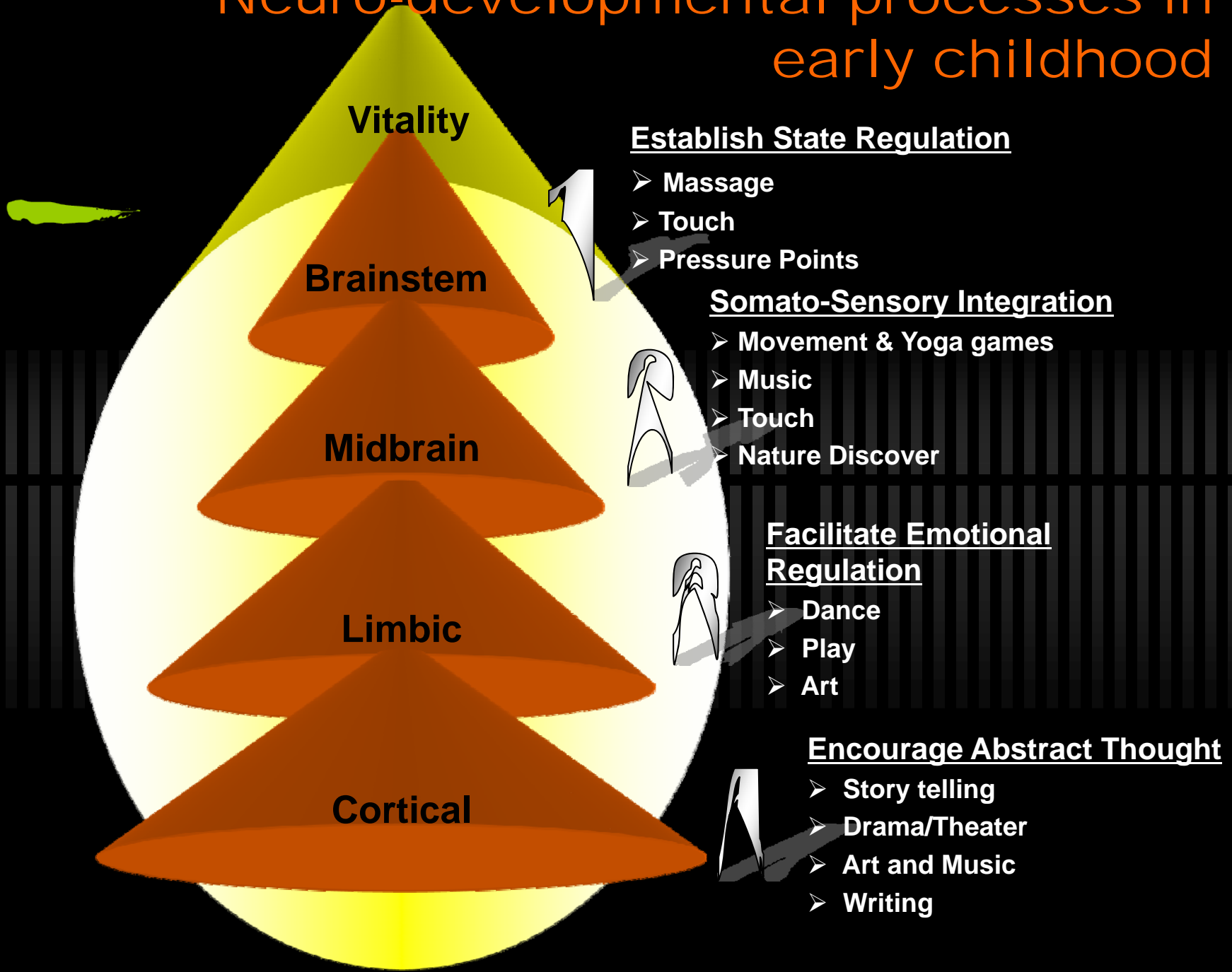
✓ You feel more :

✓ Competent

✓ In charge and

✓ Connected

Neuro-developmental processes in early childhood



Well-being - an Indigenous world view



Strong happy knowledgeable socially responsible (to take a care);
Beautiful; clean; safe both in the sense of being within the law/lore and
in the sense of being cared for.

'When people and country are well the flow of energy keeps both strong,
healthy and fruitful (Rose 2000 p65).

A whole of life - an ecological world-view

Law ... Health ... Education

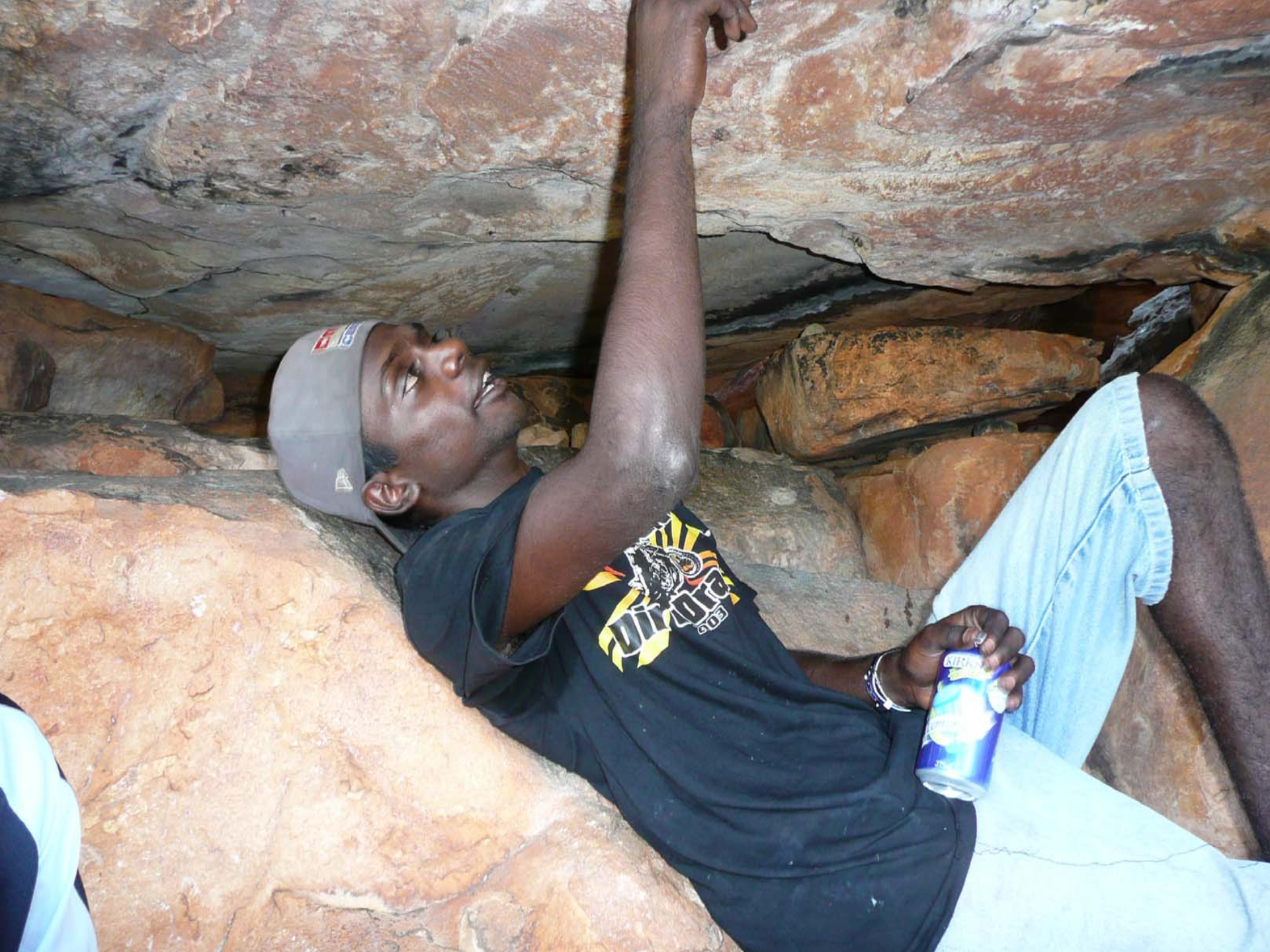
Implementing the programs

- ✓ Cultural narratives - reclaiming the stories being heard and believed
- ✓ Story mapping and histograms - linking individual narratives to collective narratives
- ✓ The healing power of story art music, Deep listening dance moving the story through the body .. Drama.
- ✓ Experiential - community learning ... Adventure - informal learning ... Self-directed learning
- ✓ Reflective critical discussion and practice
- ✓ Accreditation in the educational process and programs ... skilling our own people to do the educaring. job creation
- ✓ Conducting Process Evaluation research - for practice based evidence









The Whole Picture - where are you?



healing tracks across the nation

Building the Future

