



Mohegan
Tribe



WELLNESS BY DESIGN

TRAUMA INFORMED CARE
INDIGENOUS EXPERIENCES

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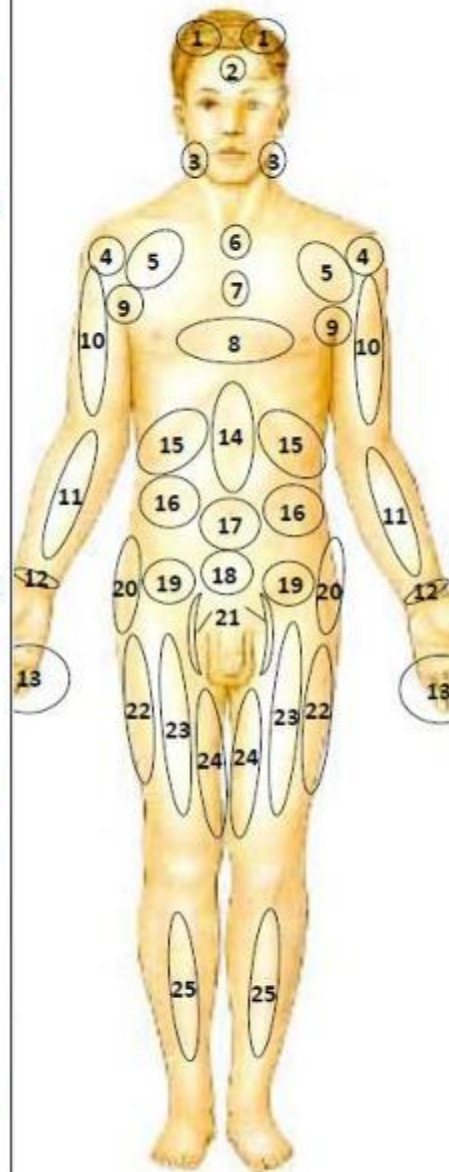
HISTORICAL TRAUMA

Impact on Mental, Physical,
and Spiritual Health



Right Side

- 1 Busy mind focused on thoughts
- 2 Opening to all perceptions
- 3 Judgements held rigidly
- 4 Defensive when given advice
- 5 Wanting or undeserving of nurture by Dad/men
- 6 Holding self back/can't express your love
- 7 Hopelessness
- 8 Heart shielded from Love/Love is painful
- 9 Pick people who can't nurture
- 10 Controlling others
- 11 Over extending with thoughts/concerns
- 12 Early childhood trauma with males
- 13 Holding on to the past
- 14 Letting go of control
- 15 Anxiety
- 16 Suppressed rage
- 17 Can't process negative emotions/ shutting down
- 18 Detached/undigested emotions/ shutting down
- 19 Ideas about being a man/woman
- 20 Envy and feelings of violation
- 21 Pleasure is sinful /Sexual Trauma
- 22 Impatience
- 23 Fear of going forward with new ideas
- 24 Fear of intimacy
- 25 Fear of stepping into your path of power

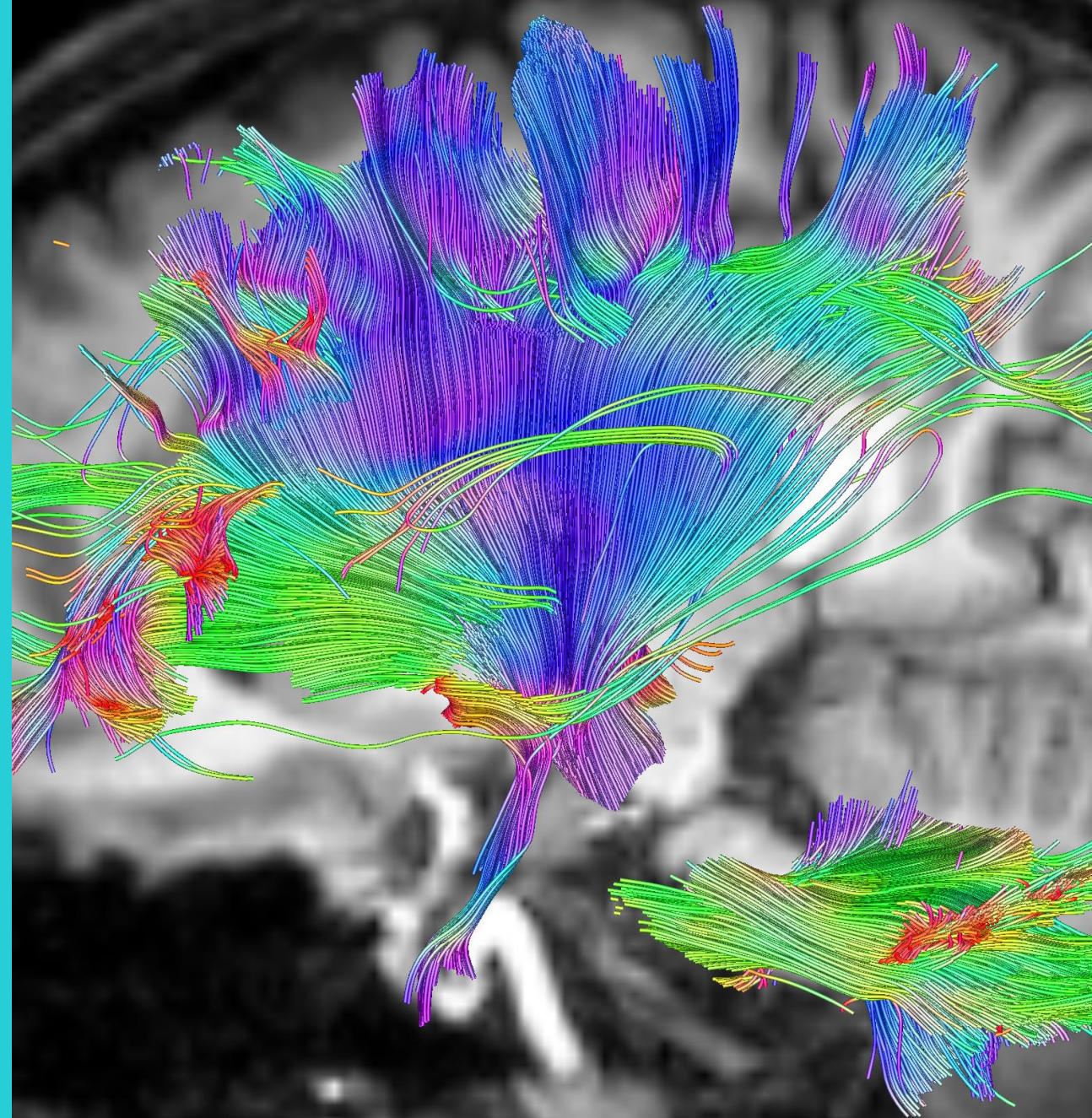


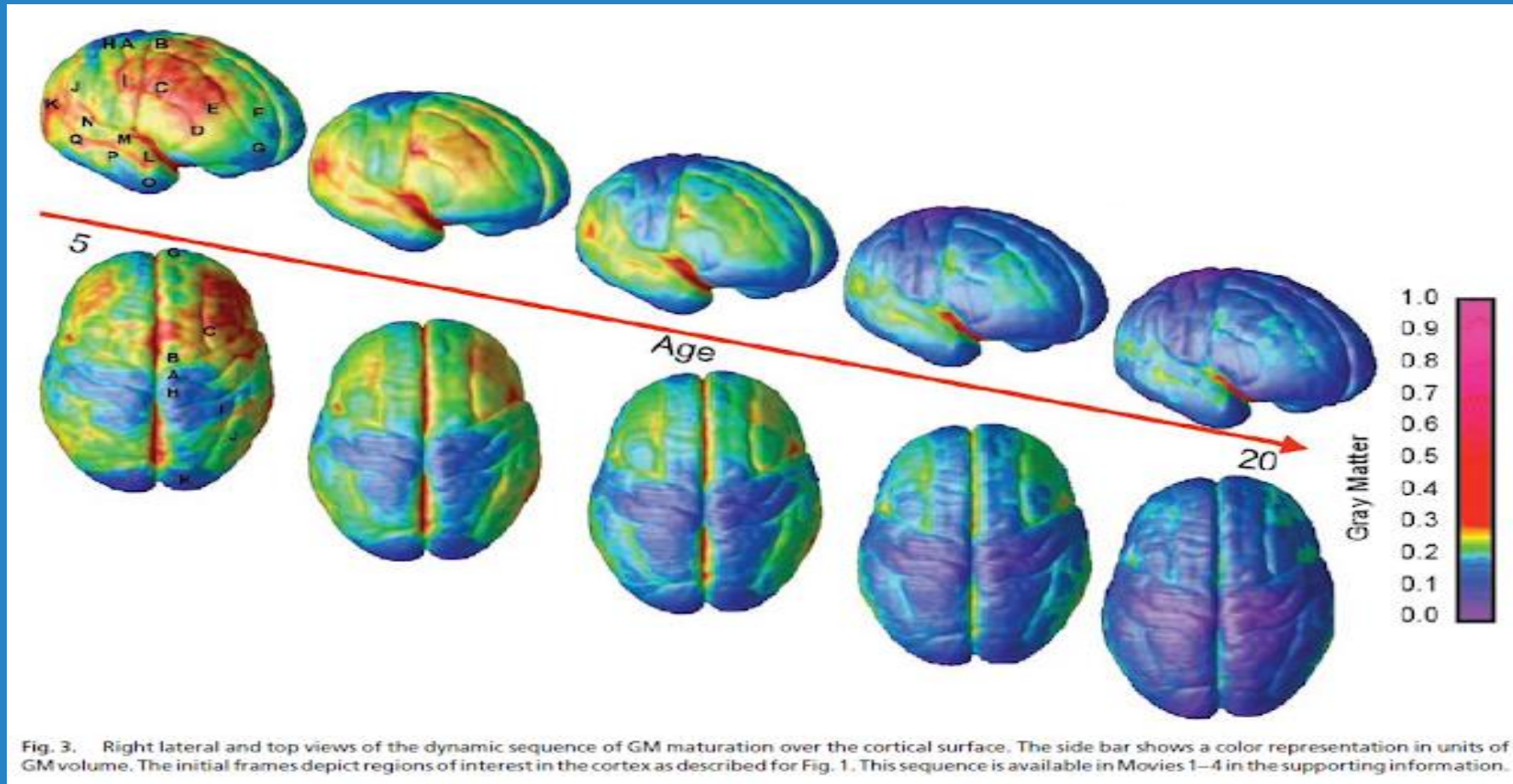
Left Side

- 1 Busy mind focused on feelings
- 2 Opening to all perceptions
- 3 Denial of self
- 4 Undeserving, not acknowledged
- 5 Wanting or undeserving of nurture by mom/women
- 6 Holding self back/can't express your love
- 7 Hopelessness
- 8 Heart shielded from Love/Love is painful
- 9 Betrayed by love or life
- 10 Fear of receiving from others
- 11 Overextending emotionally
- 12 Early childhood trauma with females
- 13 Holding on to the past
- 14 Letting go of control
- 15 Anxiety
- 16 Sadness & bitterness
- 17 Can't process negative emotions/ shutting down
- 18 Detached/undigested emotions/ shutting down
- 19 Feelings about being a man/woman
- 20 Resentment and painful relationships
- 21 Pubic bone -Pleasure is sinful /sexual trauma
- 22 Frustration
- 23 Fear of going forward with feelings
- 24 Vulnerability
- 25 Fear of others not accepting your power

BRAIN IS CENTER

We are our experiences and thoughts





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"Thinking about Thinking"

Higher Reasoning

Executive Function

Prefrontal Cortex

9 Functions of the Prefrontal Cortex

1. Empathy
2. Insight
3. Response Flexibility
4. Emotion Regulation
5. Body Regulation
6. Morality
7. Intuition
8. Attuned Communication
9. Fear Modulation



Limbic Brain

1. Fight, flight, freeze stress response
2. Thinks, "Am I safe? Do people want me?"
3. Emotions live here

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MIND



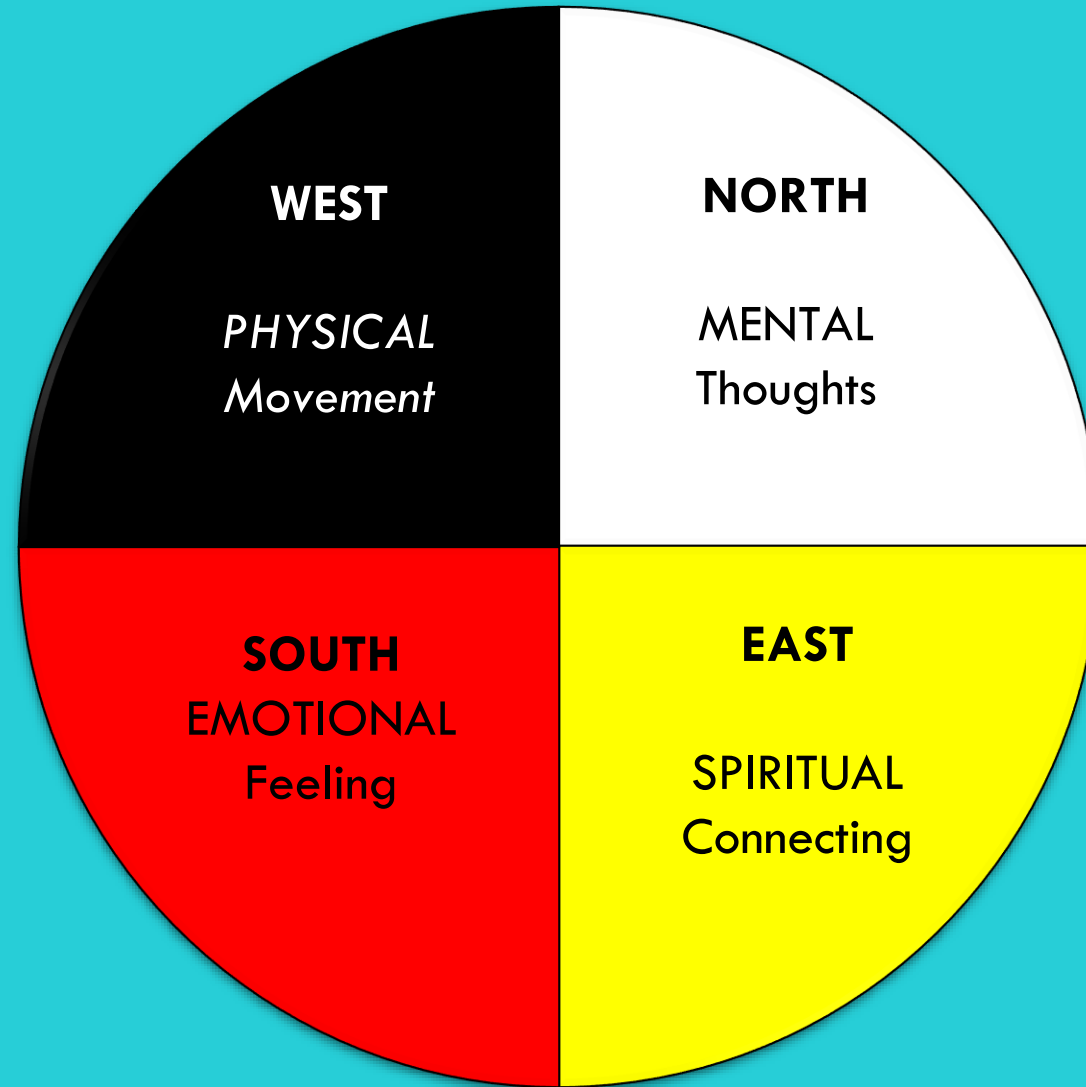
BODY



SPIRIT

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PART 2

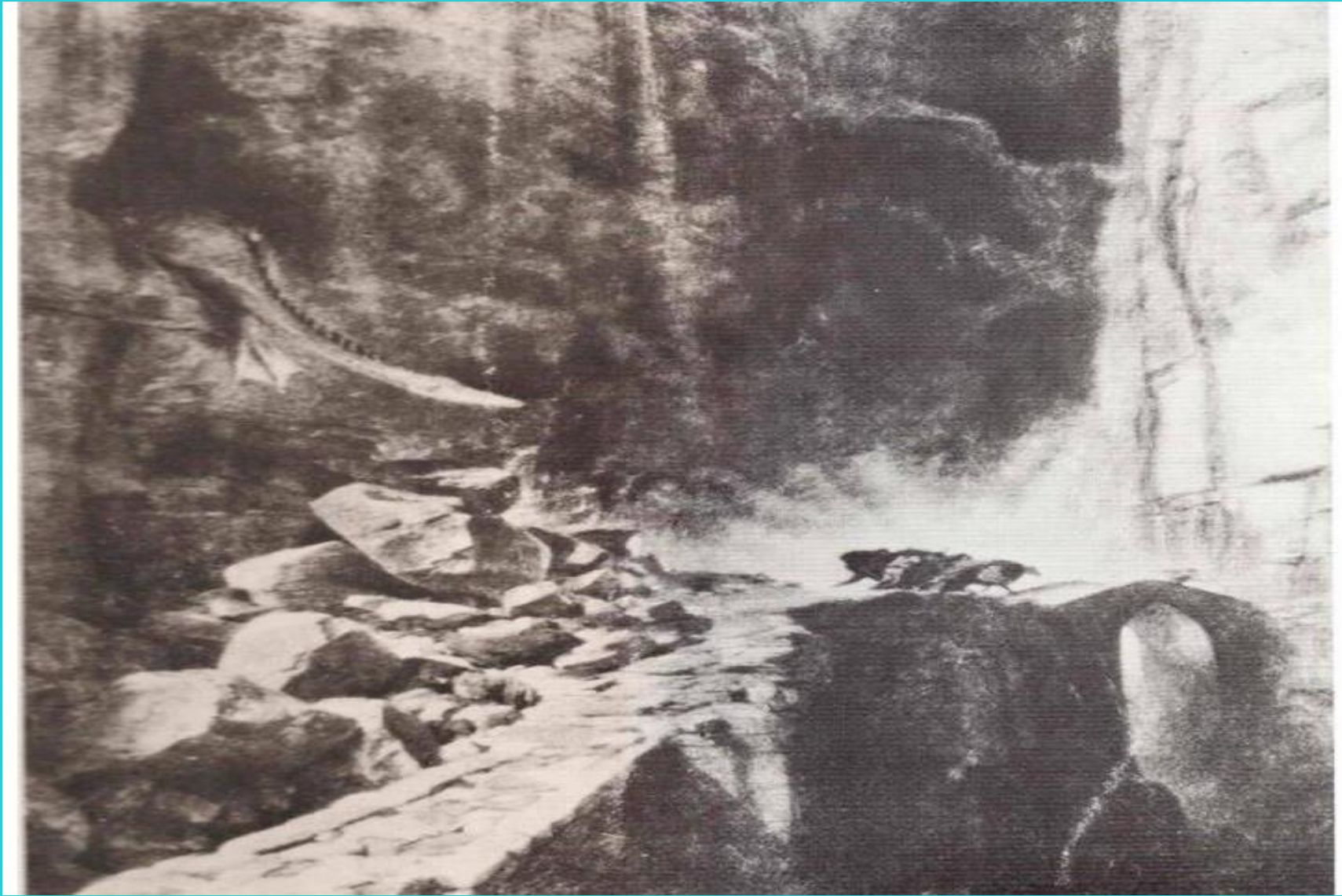


CULTURAL HUMILITY BASED ON CULTURAL AWARENESS



LISTEN - HEAR - SEE - OBSERVE





**LISTEN TO THE WIND, IT TALKS
LISTEN TO THE SILENCE, IT SPEAKS
LISTEN TO YOUR HEART, IT KNOWS**

Native American Proverb



Accept people
where they are
before challenging
them to go where
they haven't been.

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CULTURE AS HEALING

Cultural Healing

Ceremonies



Sacred Sites



Canoe Journey



Songs



CULTURE AS HEALING

Cultural Healing

Healing Circles



Storytelling



Crafting



Drumming



QUESTIONS?

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