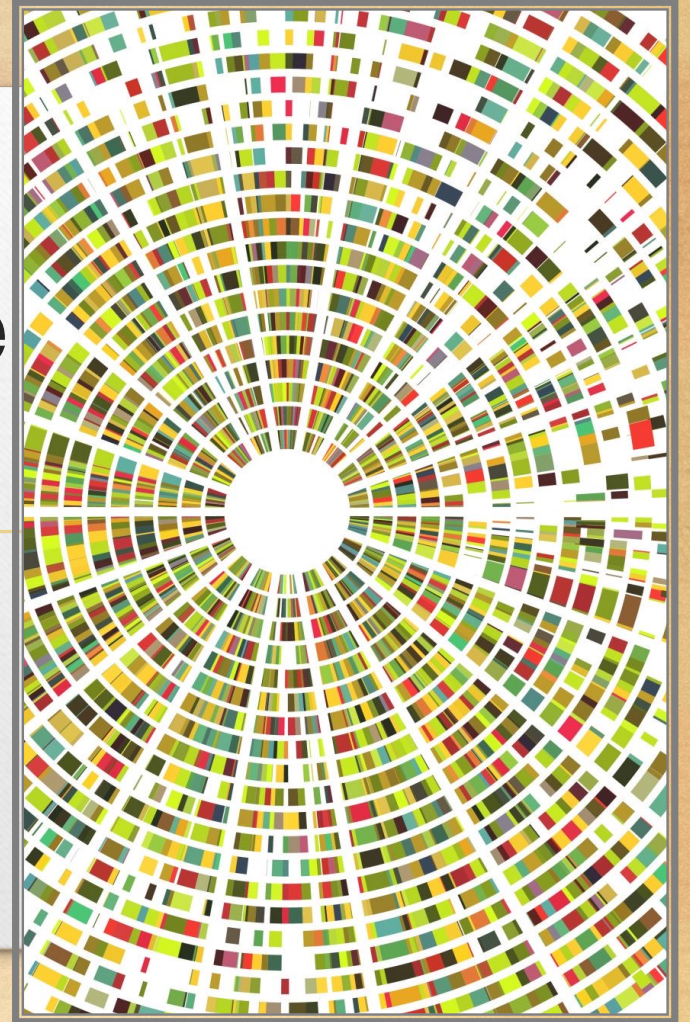


Therapeutic approach of the Indigenous Community

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University of Victoria



Counselling psychology



Based on psychological and psychotherapeutic theory and research (practical)



The goal is to reduce psychological distress and to promote the well-being people



Cultural divergences in therapeutic approaches

Indigenous Community

- View health the balance of **physical**, **emotional**, and **spiritual** elements
- Rituals such as **smudging**

Professionals

- Psychotherapy help treat symptoms relating to **mental health** and **emotions**.
- Techniques such as **cognitive behavioral therapy**



Bull Lodge

- A traditional healer of *Gros Ventre*
- He fasted and prayed on buttes and got suprapower



He maintained relationships with the Specific Beings

A detailed look of two therapeutic approaches

- Sacred affair
- Originate from mystical knowledge
- Relies on proper relationships with the land

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- Secular endeavor
- Originate from human rationality
- Relies on technical training

Which side is the perspective from the Indigenous Community?

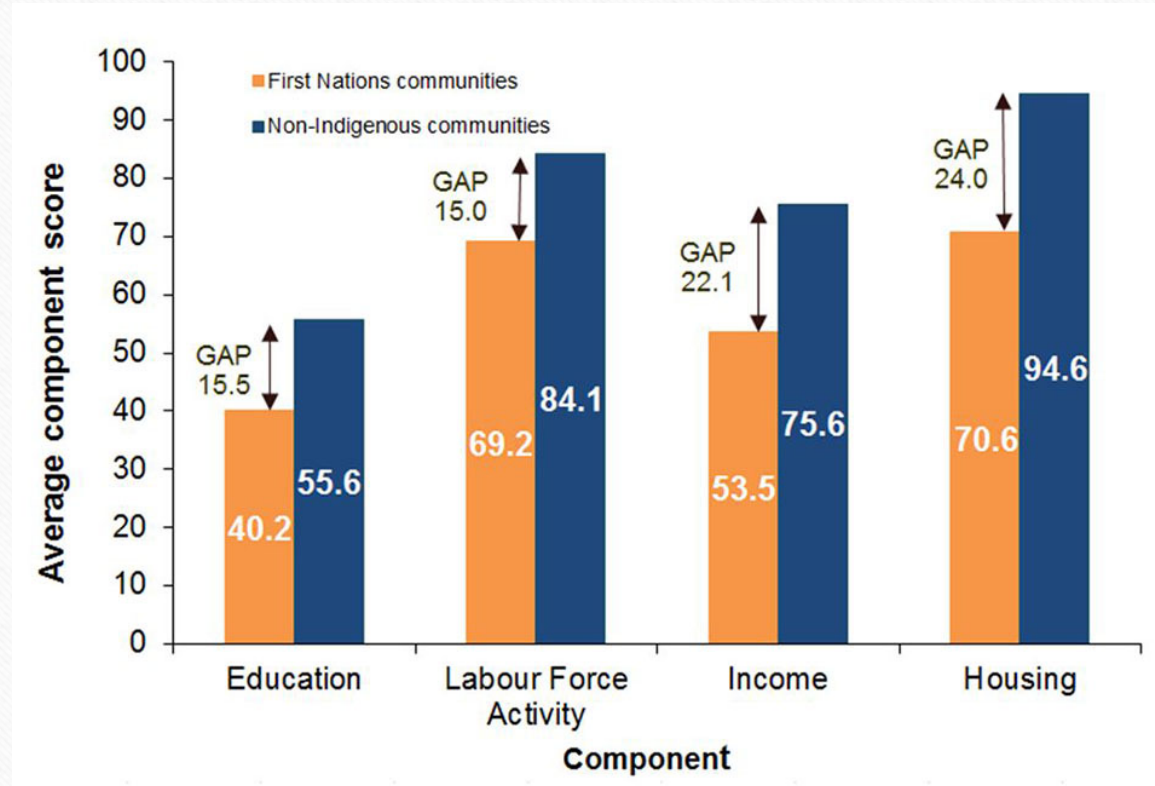
Method

Scholarly interest in American Indian life narratives is well established

- ➔ More studies are made that address AI healers and their therapeutic approaches as they intersect with counselling and psychotherapy
- ➔ These works remedy exploitation and marginality

General implications of decolonization as a methodological innovation

- The indigenous resistance approach
**resonate with local realities*
- The accompaniment approach
**work together*
- The denaturalization approach
- **counteract violence*



Here are my personal thoughts

Feel free to share your thoughts!



Thank you for
listening!

