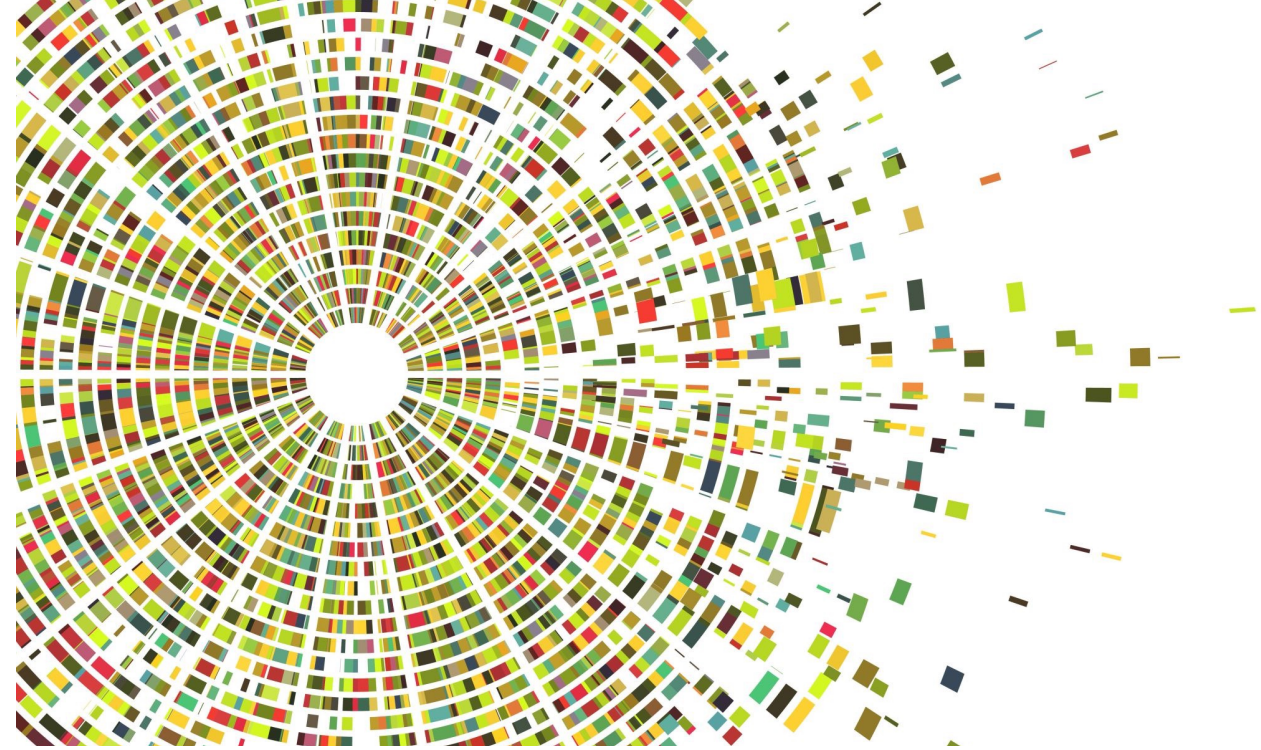



Welcome to
the
presentation!



***Decolonization as Methodological
Innovation in Counseling
Psychology: Method, Power, and
Process in Reclaiming American
Indian Therapeutic Traditions
(Gone, 2020)***

Robert Sun
University of Victoria



“Counseling psychology has led the discipline by pursuing matters of diversity, equity, and inclusion” (Gone, 2020).

What is counselling psychology?

- Counselling psychology use psychological and psychotherapeutic theory and research (practical)
- The goal is to reduce psychological distress and to promote the well-being of individuals, groups and families.



Cultural divergences in therapeutic approaches

Indigenous community

- ▶ View health as a balance of physical, emotional, mental and spiritual elements.
- ▶ Smudging, ceremonies, herbal medicines...

Professionals

- ▶ Psychotherapy help treat challenges and symptoms relating to mental health and emotions.
- ▶ Cognitive behavioral therapy, group therapy, biomedicines...



Buttes are sacred to indigenous people

Bull Lodge

- A healer of Gros Ventre
- Gained suprahuman through rituals and scarification
- Maintained relationships with the specific Beings who had gifted him with power



A detailed look of two therapeutic approaches

Indigenous healing

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

Modern psychotherapy

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



Method

- ▶ Bull Lodge uses a systematic procedure for conducting healing. These rituals would make his other-than-human Patrons to enter the healing.
- ▶ Interpersonal opposed to mechanistic
- 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
- And...?



What more

--general implications of decolonization as a methodological innovation

- ▶ The indigenous resistance approach: psychologists draw upon local knowledge to modify hegemonic practice and to produce psychologies that better resonate with local realities.
- ▶ The accompaniment approach: global experts from hegemonic centers work alongside inhabitants of marginalized communities in struggles for social justice.
- ▶ The denaturalization approach: counteract forms of epistemic violence and to illuminate alternative ways of being that better serves the interest of humanity.



Some of my thoughts

And some of your
thoughts?





Thank you for listening!