Healing The 4th Generation

COUNSELING WITH NATIVE AMERICAN CLIENTS: Navigating cross-cultural barriers to effective mental health treatment

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THINKING GENERATIONALLY

Three Past Generations

Present Generation

Three Future Generations

ME & YOU

7-Generations WV
One 7-Generation Footprint

(3) Past

Great Grandparents b. 1875

Grandparents b. 1900

Parents b. 1925

Present Generation b. 1950

Children b. 1975

Grandchildren b. 2000

(1) Present

Great Grandchildren b. 2025
d. 2075

(3) Future

200 years of impact
RPG Three Seven-Generation Footprints: 600 years of impact

The present generation is impacted by past generations and will have impact on future generations. We are linked to 600 years of history through our great-grandparents and our great-grandchildren.

200 years: The Ancestral footprint

Impact by the Great Grandchildren who are yet to come

200 years: The Present footprint

200 years: The Future footprint
The Pawnee Multi-Generational Home

Children were brought up in multi-family dwellings (not a nuclear family/single family dwelling model). Enculturation included: 1) spiritual training (the cosmic dome, a nurturing womb), 2) learning of roles (how to live in the Pawnee lifecycle), and 3) child rearing norms (safety, modeling, and “transparency”)

Figure 5. Elmer and Alice Echohawk, 1911. Pawnee, OK. Courtesy of the National Archives, Washington, DC.
CULTURAL ORIENTATION AND WORLDVIEW

**Object-Orientation (western)**
- Objectification of nature
- Control over environment
- Individual over group
- Nuclear family
- Independent, autonomous, self-sufficient
- Personal control
- Linear communications (cause-effect, chains)
- Intellectual orientation
- Direct (verbal)
- Procedural
- Time oriented
- Assertiveness, aggressive

**Relational-Orientation (indigenous)**
- Relationship with nature
- Harmony with environment
- Group over individual
- Extended family
- Interdependent, part of the group, cooperative
- Controlled by the collective
- Circular/Non-linear (develop context around main points)
- Relational orientation
- Indirect (non-verbal, signal systems, stories)
- Personal
- Event oriented
- Invitational, waits to be invited
Michelle M. Sotero: “What exactly is historical or intergenerational trauma?

Michelle M. Sotero, an instructor in Health Care Administration and Policy at the University of Nevada, offers a three-fold definition. In the initial phase, the dominant culture perpetrates mass trauma on a population in the form of colonialism, slavery, war or genocide. In the second phase the affected population shows physical and psychological symptoms in response to the trauma. In the final phase, the initial population passes these responses to trauma to subsequent generations, who in turn display similar symptoms.”

Definitions

Fatma Müge Göçek, a Turkish professor writing about the Armenian genocide might suggest that the 3-fold definition above should have a 4th phase: "Denial is the last stage of genocide." and, "By denial you prevent healing." She also quotes another author, "I am not guilty but I am responsible."

2. https://www.youtube.com/watch?v=0HWBahLYni0
Enculturation, “The culture that you are born in to.”

Deculturation, “The dismantling of enculturation and worldview.”

Acculturation, “Adopting a new, second culture.”


https://en.wikipedia.org/wiki/Enculturation
ACCULTURATION STRESS:

Academic literature now refutes “immigrant paradox” (1<sup>st</sup> gen physical health is better than their host culture counterparts). 1<sup>st</sup> gen immigrants and refugees’ health is regarded as worse. Negative health behaviors and outcomes include substance abuse, low birth weights, anxiety, depression, other mental and physical maladaptions, low self-esteem.

**Acculturation stress** is a fatiguing, constantly bodily draining experience on self and family with enduring loneliness from seemingly insurmountable language barriers.

**Voluntary immigrants** experience 50% less acculturation stress than do refugees who have been involuntarily displaced by persecution, war, or natural disasters [w/o intent on ever returning home].

**Acculturation stress calls upon resilience** (feeling good about self with new masteries). It is mitigated by host acceptance and status (verses discrimination, prejudice, and hostility), by other resources like education, social support, hopefulness regarding employment, finances, family cohesion, maintenance of traditional cultural values, and high economic status.
Assimilation (the historic US federal Indian Policy) tends to be de-culturizing, dissolution of identity, disintegration with intent to be re-integrated into a “higher level”. It is about “unlearning,” not “growth” as is the case in integration, quadrant. Immigrants, refugees, and Indigenous people go through the process differently. The US strategy, especially towards Indigenous people, has been characterized by imperialism, conquest, dominance, and coercion.

Failure to assimilate in imperialism leads to dx of:

- Maladaptive, Mentally ill, Incompetent
- Immature, Weak
- Irrationally Aggressive, Hostile, Lacking self-control
- Cynical, Pessimistic
- Closed-minded, Simple-minded, Ethnocentric

In the 1950s focus was on assimilation not racial/ethnic integration. Even in 21st century some still insist that “highest adaption” is assimilation (Kim and Gugykunst (2003)).
# Acculturation Matrix

<table>
<thead>
<tr>
<th>Culture of Origin:</th>
<th>Dominant Culture:</th>
<th>Not Adopted</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example -</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1) Voluntary Immigrant,</td>
<td>Integrated</td>
<td>Separate</td>
</tr>
<tr>
<td>2) Refugee,</td>
<td>bi-cultural, multicultural beginning in 1980s (primarily for white Euro-immigrants)</td>
<td>ethnic enclaves, racial enclaves; fosters “us vs. them”</td>
</tr>
<tr>
<td>3) Asylum Seeker,</td>
<td>Assimilated</td>
<td>Marginalized</td>
</tr>
<tr>
<td>4) Sojourner, temporarily here for specific reason but with intent to return to homeland</td>
<td>mono-cultural melting pot; maintains hierarchical racial and social systems and discrimination</td>
<td>invisible, exclusion, lost, societal “throw-aways” “I’ve lost my culture and I don’t fit in anywhere.”</td>
</tr>
</tbody>
</table>
My Family Story

Pawnee Nation population curve
Societal Trauma

Population Changes Pre and Post Trauma

- Europe Black Death: Pre - 100, Post - 60
- Holocaust: Pre - 100, Post - 30
- Rwanda: Pre - 100, Post - 20
- Native Americans: Pre - 100, Post - 10
Echo Hawk’s Marriages and Children. The first marriage ended in divorce. The next was to 2 sisters and ended when the sisters died. The third ended when she died.

Jacob and Anna Fischer’s Marriage and 9 Children

Average Age:
- Echo Hawk: 70 years
- Jacob and Anna Fischer: 77 years

Average Age: 29

Average Age: 70
<table>
<thead>
<tr>
<th>Gen</th>
<th>NATIVE</th>
<th>NON-NATIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Echo Hawk (1854-1924) Choorix (-1902) 1st gen refugees to OK, born and married in NE homeland</td>
<td>Jacob and Anna (my Swiss-German immigrant ggparents)</td>
</tr>
<tr>
<td>2</td>
<td>George Echo-Hawk 1st gen born in OK</td>
<td>Harry, a 1st gen US born immigrant, married Merle in Pawnee OK.</td>
</tr>
<tr>
<td>3</td>
<td>Walter Echo-Hawk, 2nd gen</td>
<td>Jeanine Fischer</td>
</tr>
<tr>
<td>4th gen</td>
<td>Lance Echo-Hawk (1951- ) 3rd gen “refugee”/immigrant</td>
<td>Barb (3rd gen immigrant)</td>
</tr>
<tr>
<td>5</td>
<td>Oldest child (b.1971- ) plus two other children</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Eldest grandchild (b.2000- ) plus nine other grand kids</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>My TBD great grandchild (if b.2024 = would be 170 years from birth of Echo Hawk)</td>
<td></td>
</tr>
</tbody>
</table>
Definitions

HISTORICAL TRAUMA RESPONSE (HTR)

Summary List . . .

Guilt | Depression | Emotional Numbness | Substance Abuse | Addiction to Drama | Multiple Addictions | Poor Self-Image | Low Self-Esteem | Anger | Rage | Self-Destructive | Fear | Behavior(s) | Victim Identity | PTSD | Dysfunctional Loyalties | Shame | Abused Abusers (“Hurt people hurt people.”) – in other words the person’s suffering results directly from unresolved trauma and ungrieved grief

Navigating the Affective States of Grief

See “Within the Wall of Denial” Robert Kearney
**Functional grief’s relational solutions:**

**Anger**-is lessened with *assertive action*. *Note,* when forgiveness is involved, it doesn’t need to compromise appropriate consequences or boundaries, and does not ignore reparation.

**Fear**-is calmed when *emotional safety* is reestablished, reconciling the situation that caused the fear and healthy boundaries, etc.

**Guilt**-activates a moral compass for *guidance* into action that has the potential to rectify relationships.

**Shame**-is relieved when relationships are actively supportive of personal *dignity*, for self and others.

**Depression**-lifts when *hope is restored*. The repair of broken attachments and the forming of new bonds restores our basis for relational security.

See “Within the Wall of Denial ” Robert Kearney
Grief as Pain: Looking for Balance

This is what the “shattered vase” looks like with unanswered questions
Grief Work

Functional Grief: **Finding Balance**

Anger
Fear
Guilt
Shame
Depression
Safety
Guidance
Hope
Assertive Action
Dignity

This is what the “restored vase” looks like when answers are found
<table>
<thead>
<tr>
<th>CHARACTERISTICS</th>
<th>INNER CHILDREN</th>
<th>ADULT PARTS</th>
<th>PROTECTOR PARTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRESENCE</strong></td>
<td>Reactive inner children developmentally frozen in time. They trust their protector parts.</td>
<td>Proactive adult capabilities capable of trust that bring stability to the system.</td>
<td>Reactive entitled protector parts (“adapted” children, “king babies”) that don’t trust anyone.</td>
</tr>
<tr>
<td></td>
<td>Powerless</td>
<td>Empowered</td>
<td>Abuse of Power</td>
</tr>
<tr>
<td></td>
<td>Fearful</td>
<td>Calm</td>
<td>Rageful</td>
</tr>
<tr>
<td><strong>INNER ORGANIZATION, INNER EXPERIENCE</strong></td>
<td>Debilitating dysfunctional shame: “shamed”</td>
<td>Functional shame that regulates healthy relationships</td>
<td>Dyfunctional shame: overly energized and “shameless”</td>
</tr>
<tr>
<td></td>
<td>Dysregulation, disorganized</td>
<td>Regulation that integrates experience</td>
<td>Dysregulation that is rigidly compartmentalized</td>
</tr>
<tr>
<td><strong>BEHAVIOR AND ANIMATION</strong></td>
<td>Passive</td>
<td>Assertive</td>
<td>Aggressive</td>
</tr>
<tr>
<td></td>
<td>Boundariless</td>
<td>Respectful of self and others</td>
<td>Heavily defended, isolated behind angry walls</td>
</tr>
<tr>
<td></td>
<td>Subservient</td>
<td>Honoring</td>
<td>Tyrannical</td>
</tr>
<tr>
<td></td>
<td>Lost sense of dignity</td>
<td>Dignified</td>
<td>Condescending or Contemptuous</td>
</tr>
<tr>
<td></td>
<td>Dependently clingy</td>
<td>Autonomously interdependent</td>
<td>Violent (through micro and macro aggression)</td>
</tr>
<tr>
<td><strong>EMPATHY</strong></td>
<td>Empathy is compromised by “hiding”</td>
<td>Empathy zone</td>
<td>Empathy displaced by pathological selfishness</td>
</tr>
</tbody>
</table>
REFERENCES


Bessel van der Kolk, the treatment of trauma involves knowing what you don’t want to know and feeling what you don’t want to feel.

Richard Schwartz on internal family systems

See Psychology Today “Internal Family Systems” regarding Exiles (wounded and suppressed), Managers (protective parts that keep exiles suppressed), firefighters (protective parts that distract the Self from the exile’s pain when the exile is released and they also run addictions and other acting-out behaviors), and the Self (the undamaged essence of who you are). TX: 1. Free the parts from their extreme roles. 2. Restore trust in the Self. 3. Coordinate and harmonize the Self and the parts, so they can work together as a team with the Self in charge.
RESOURCES

SOCIAL EVENTS: (misc annual powwows open to the public)

January in Portland at PCC:
https://www.pcc.edu/about/events/powwow/

April in Vancouver at Fort Vancouver:
https://www.cityofvancouver.us/parksrec/page/annual-chief-redheart-memorial-ceremony

May in Portland at PSU:
http://www.npaihb.org/events/?mc_id=992

June in Portland at Delta Park:
https://www.facebook.com/Delta-Park-Powwow-155453064630278/

General:
http://www.powwows.com/ (worst site ever for pop-ups!)

TITLE VII: for school kids and parents with school kids

https://www.facebook.com/search/top/?q=Native%20American%20Education%20Program%20Title%20VII%20vancouver%20wa

https://vansd.org/native-american-education-program/
RESOURCES

REFERALS to Cowlitz Indian Tribe for Cowlitz tribal members and enrolled members of other recognized tribes: (go to resource tabs at bottom of home page)

https://www.cowlitz.org/

NARA, Portland: (youth, adult and family services)

https://www.naranorthwest.org/services/

NAYA, Portland: (youth and family services)

http://nayapdx.org/about/
Thank you!

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