



ATTC HHS REGION 10
Northwest

Thank you for joining us! The webinar will begin shortly.

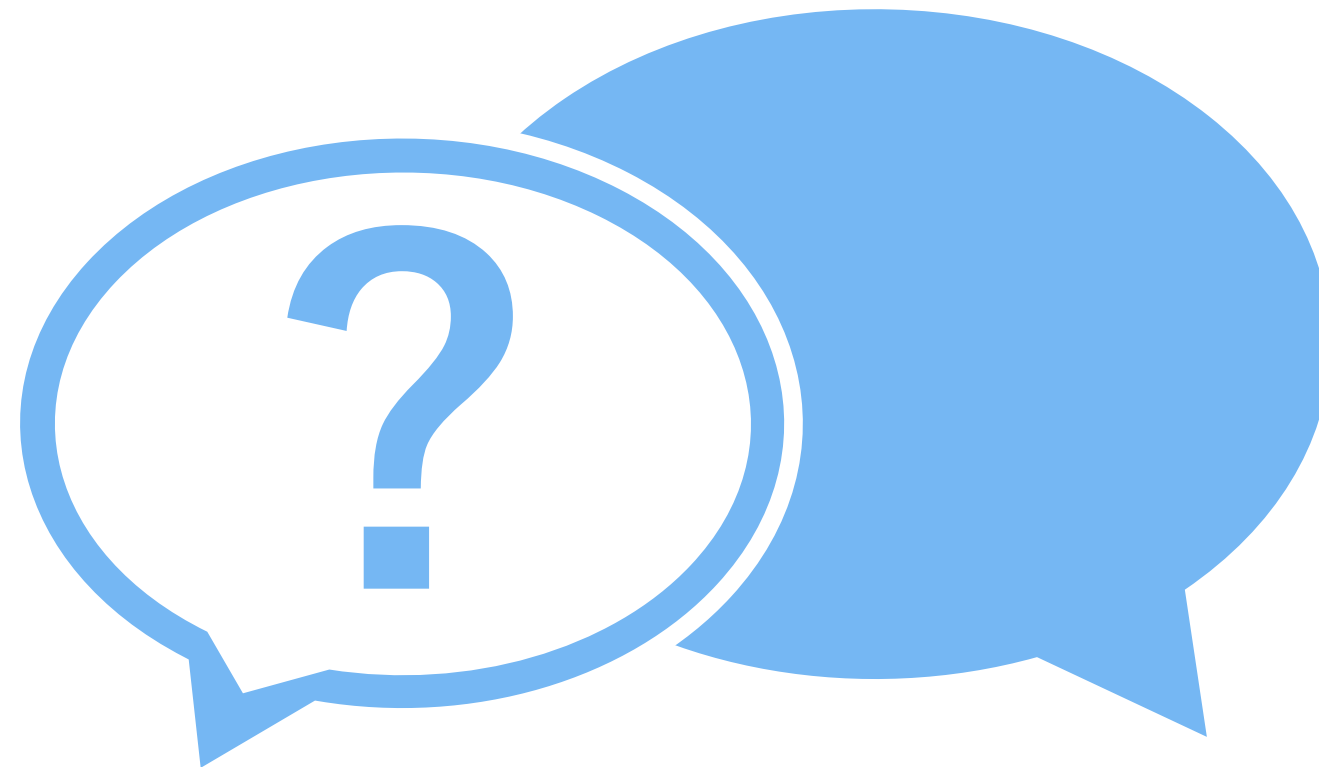
Northwest ATTC presents:

Rooting in Relationality: Indigenous Cultural and Traditional Healing Practices

- **Participants are automatically muted during this presentation**
- **Got questions?** Type them into the chat box at any time and they will be answered at the end of the presentation.
- An ADA-compliant recording of this presentation will be made available on our website at: <http://attcnetwork.org/northwest>

Questions?

Please type them in the chat box!



Surveys

Look for our surveys in your inbox!

We greatly appreciate your feedback! Every survey we receive helps us improve and continue offering our programs.

It only takes **1 minute** to complete!



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Please send each individual's **name**
and **email address** to
northwest@attcnetwork.org
within 1 business day.

Your certificate will be emailed within a week to the address you registered with.

Our Mission

Advance American Indian and Alaska Native health and wellness by honoring Indigenous knowledge, strengthening Tribal and Urban Indian public health systems, and cultivating innovation and collaboration.

Our Values

- Culture & Identity
- Families & Communities
- Tribal Governance
- Respect for Sovereignty
- Integration: Holistic Wellness
- Indigenous Knowledge
- Service



SEVEN DIRECTIONS

A CENTER FOR INDIGENOUS PUBLIC HEALTH

UNIVERSITY *of* WASHINGTON



Today's Presenters



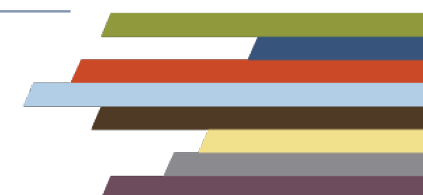
Meenakshi Richardson, PhD, MS, MPH

Dr. Meenakshi Richardson is a citizen of the Haliwa-Saponi Tribe and of Indo-Fijian descent. She has worked alongside both reservation-based and urban Indigenous communities, government entities, and community-based organizations to provide health and human services, community-based participatory research, and Indigenous informed systems of care. She engages and advocates for reciprocal collaborations through decolonial praxis to address intergenerational trauma, health equity, and social justice.



Renee Tl'aagunk Culp, MA

Renee Tl'aagunk Culp has spent over 30 years helping create spaces where people and communities can reconnect, heal, and thrive. Through Renee Culp Renewal Consulting (RCRC), she supports organizations and communities in developing culturally grounded approaches to healing, wellness, restorative practice, facilitation, curriculum development, and community-centered systems change. Eagle/Bear of Lingít ancestry from Hoonah, Alaska, Renee is an Indigenous community-clinical psychologist, specializing in trauma-informed facilitation, Indigenous wellness frameworks, curriculum development, coalition building, and community-centered systems change.





ROOTING IN RELATIONALITY: INDIGENOUS CULTURAL AND TRADITIONAL HEALING PRACTICES

Renee Ti'aagunk Culp , MA (*Lingít*)

Meenakshi Richardson , PhD, MS, MPH (*Haliwa-Saponi*)

Northwest ATTC Webinar

July 8th, 2026



GROUNDING & POSITIONALITY

INDIGENOUS PEOPLES

American Indian, Alaska Native, Native Hawaiian communities in the United States. Comprising of hundreds of distinct cultures, languages, spiritual practices, and sovereign nations living relationship with these lands and our more than human relatives for millennia.

575 Federally Recognized Tribes

63 State Recognized Tribes

Whose lands are you on?



[Native-land](https://native-land.com/)

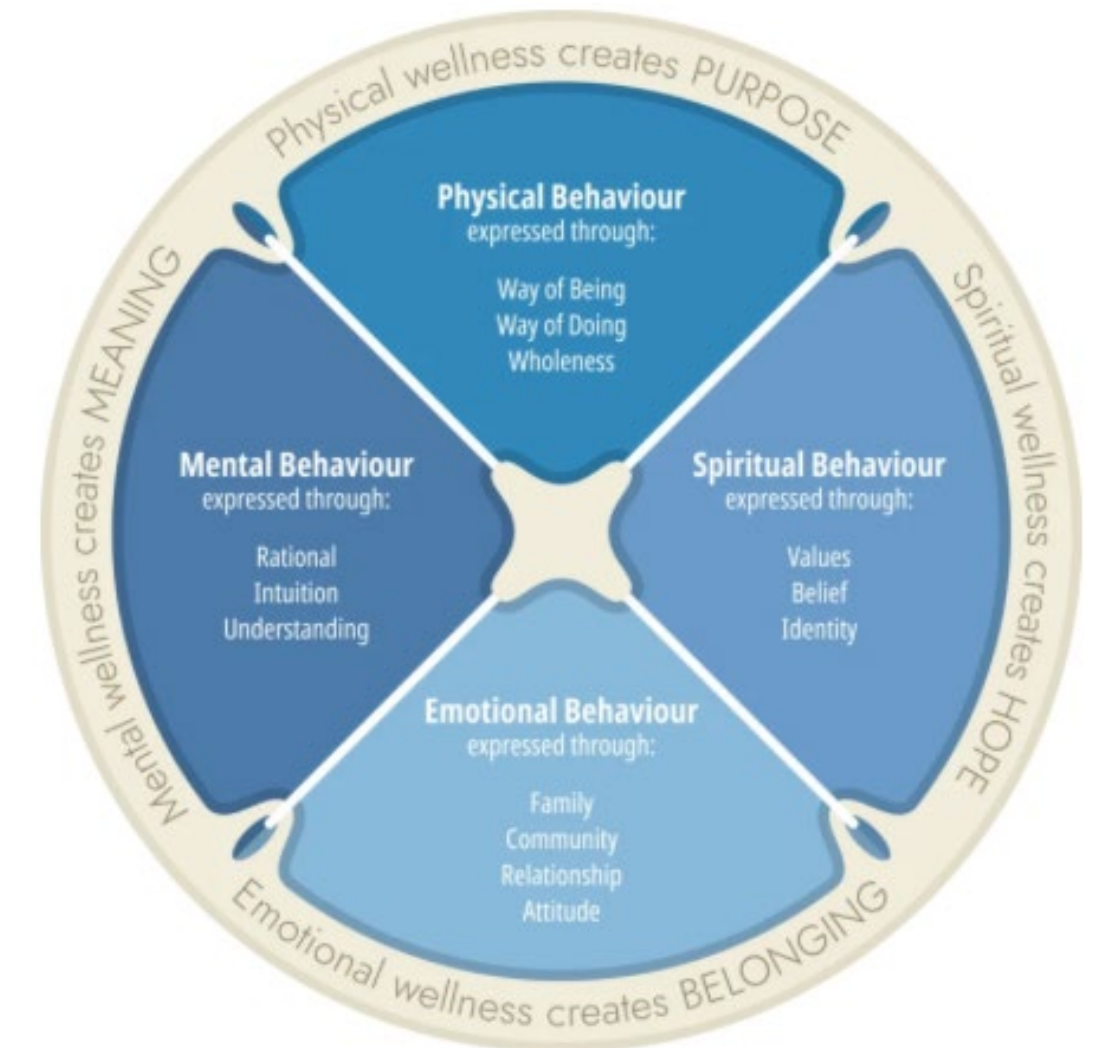
HISTORICAL TRAUMA & GENERATIONAL GRIEF

“Historical trauma (HT) is cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma experiences” - Maria Yellowhorse Brave Heart

- Settler- colonialism → intergenerational trauma
 - Genocide
 - Forced removal and relocation (i.e., reservations, villages, pueblos, rancherias)
 - Spiritual and cultural oppression (i.e., language, spiritual practices, food ways)
 - Racism and discrimination (e.g., stereotypes)
 - Health inequities
- Boarding schools
- Food commodities
- American Indian Relocation Act
- Missing and Murdered Indigenous Relatives

INDIGENOUS WORLDVIEWS, WAYS OF KNOWING & BEING

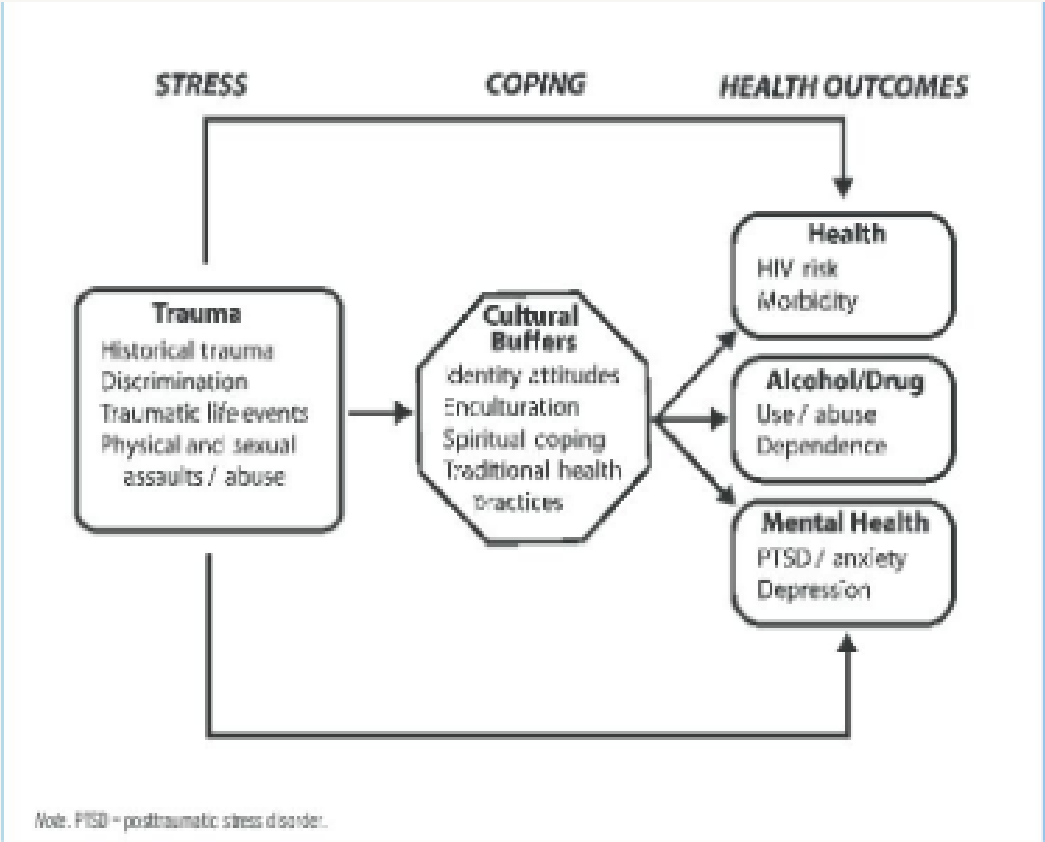
- Recognizes the beautiful complexity and diversity of Indigenous ways knowledge sharing
- Emphasizes the vast variety of knowledge that exists across diverse Indigenous communities
- We share knowledge and practices with **all our relations** (e.g., human, animal, land, water, plant, sky)
- Ways of knowing and being relate to specific ecology in various geographical locations, so cultural and traditional practices, languages and protocols of one Indigenous community may look very different from another
- Commonly steeped in a deep respect for the land, and the necessity of a reciprocal relationship with the land
- Worldviews, frameworks and models to ground intervention and treatment strategies that are strength-based



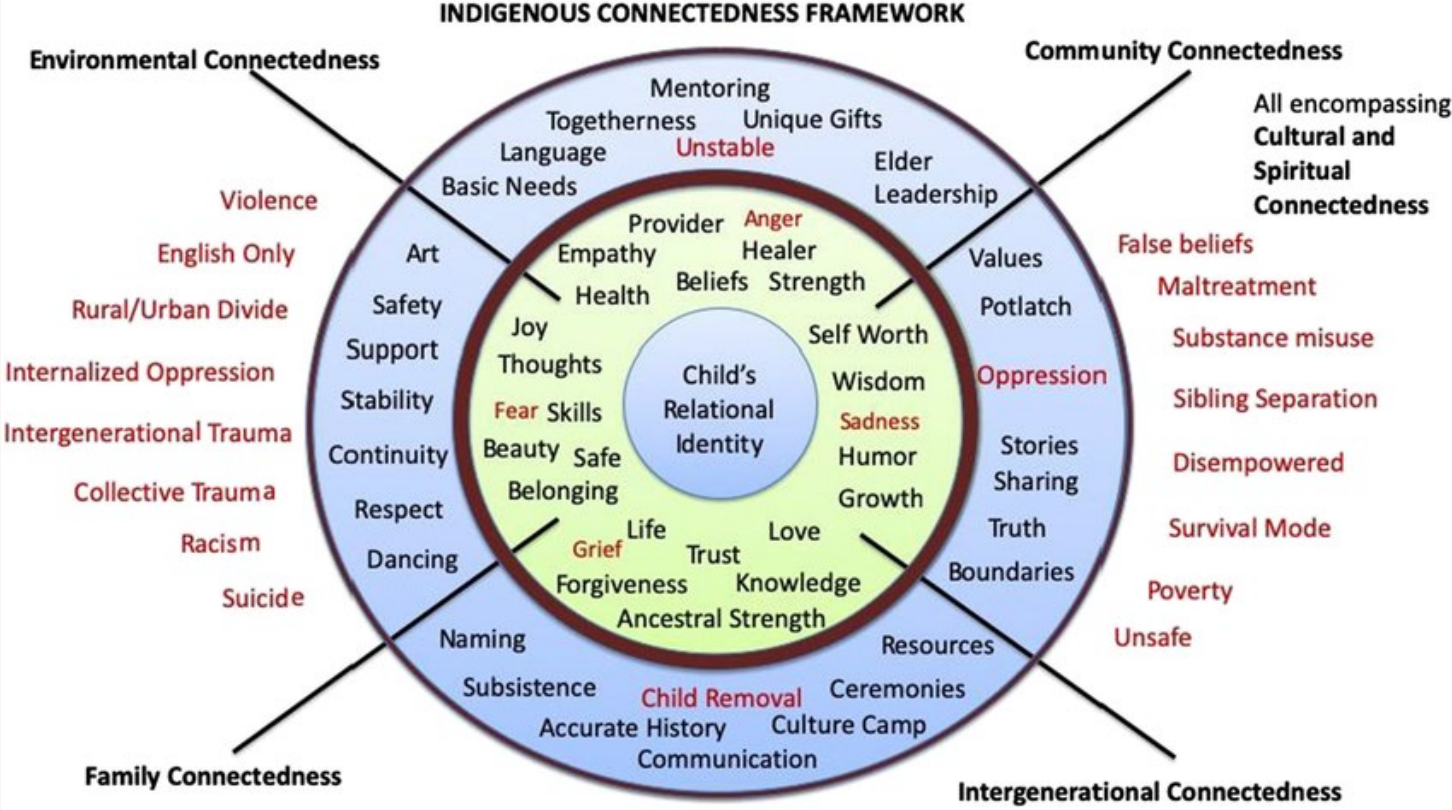
[Thunderbird Partnership Foundation](http://thunderbirdpartnershipfoundation.org/)

INDIGENOUS HEALTH & WELLBEING FRAMEWORKS

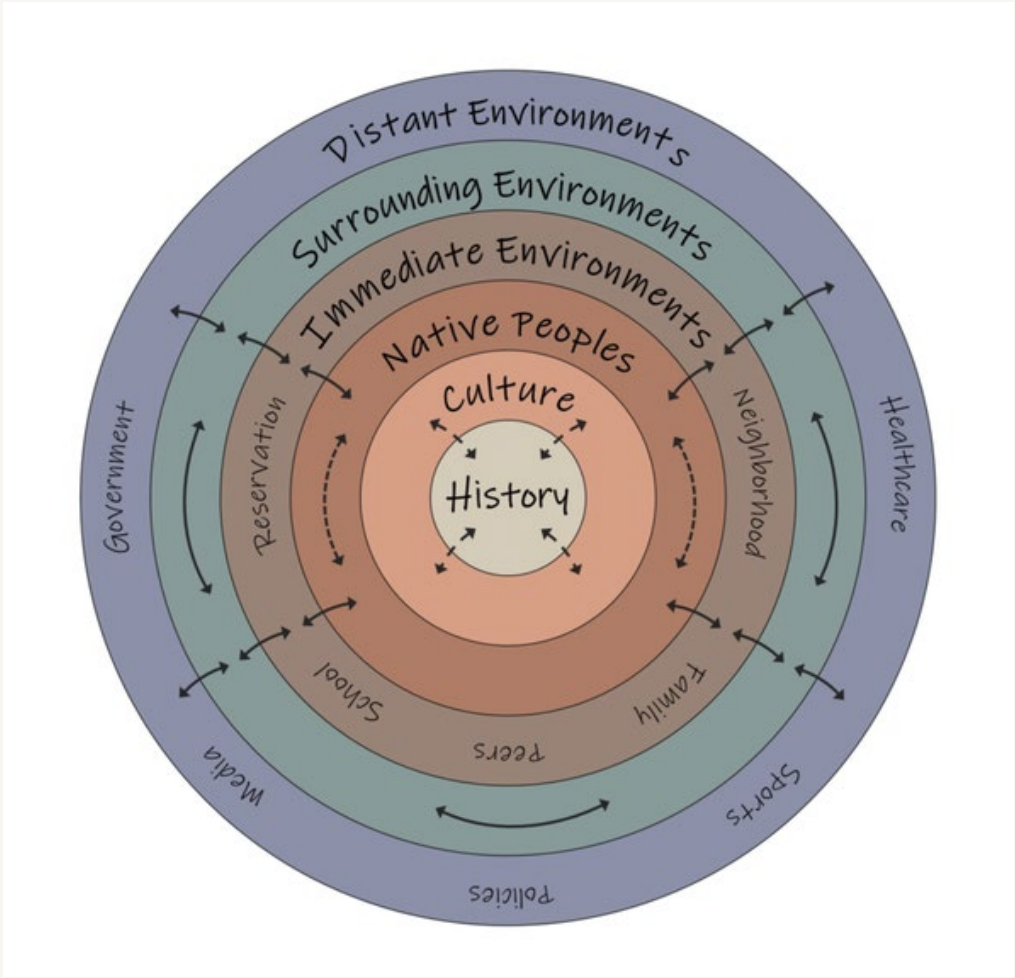
A FEW INCLUDE ~



[Walters & Simoni 2002](#)



[Chase & Ullrich, 2022](#)



[Fish et al., 2022](#)

CULTURAL & TRADITIONAL HEALING

Indigenous healing encompasses holistic systems that center physical, mental, emotional, and spiritual well-being. Healing practices emphasize interconnectedness with nature, community, and ancestors, and support cultural protective factors that support generational healing. Healing modalities are diverse among Indigenous communities, and although there are commonalities in values systems, there are distinct traditional practices and cultural protocols for respective communities, and may include:

- Ceremony (e.g., sweat lodge, talking circles, coming of age)
- Plant medicine
- Food sovereignty
- Oral traditions and storytelling
- Singing, dancing, drumming (e.g., powwow)
- Canoe culture (e.g., canoe journey)
- Centering **values** and **kinship** systems
 - Responsibility, Respect, Reciprocity, and Relationships
 - The Seven Grandfather Teachings - Bravery, Love, Truth, Wisdom, Honesty Respect, Humility



TRADITIONAL HEALERS & PRACTITIONERS

Indigenous traditional healers utilize holistic frameworks that integrate holistic health and well-being. These practitioners work within their communities, frequently collaborating alongside allopathic medicine in Tribal and Urban Native health serving organizations to promote and provide culturally inclusive and appropriate health, healing, and recovery services.

- Ancestors
- All our relations (i.e., land, water, plant, animal, sky relatives)
- Spiritual leaders
- Storytellers
- Midwives and doulas (e.g., birth and death)
- Herbalist and plant medicine practitioners
- Bodyworkers
- Peer support and counselors



CULTURALLY CENTERED INTERVENTIONS & SERVICES

Culturally centered and grounded Indigenous interventions are health, wellness, and social programs developed through community -based approaches interweaving worldviews, traditional knowledge, and values of the specific Indigenous communities supported. They prioritize community -led healing, historical trauma recovery, and traditional practices to foster resilience and well-being. The literature and community leaders highlight how culturally aligned approaches have shown more effectiveness and uptake.

SOME INTERVENTIONS & APPROACHES INCLUDE ~

- Healing of the Canoe (HOC)
- Motivational Interviewing and Culture for Urban Native American Youth (MICUNAY)
- Gii'igoshimong: Sitting With Your First Family
- Land-based healing - Indigenous traditional ecological and cultural knowledge (ITECK)
- Drum- assisted recovery therapy
- Ceremony- assisted treatment
- Integrating traditional healing practitioners into culturally safe coordinated care

ALLYSHIP: BEING IN ETHICAL RELATIONSHIP

- **Center Indigenous Voices:** Prioritize Indigenous perspectives, narratives, and leadership on all initiatives meant to serve their communities.
- **Recognize Holism:** Understand that healing extends beyond Western medicine. It encompasses traditional knowledge, ceremonies, connection to the land, and cultural reclamation.
- **Decolonize Systems:** Actively address systemic racism and inequities in mainstream healthcare and social systems that deter Indigenous people from seeking care.
- **Educate Yourself:** Take the time to study local Tribal Nations and Indigenous histories, specifically focusing on policies that have disrupted Indigenous health and wellness.
- **Avoid Appropriation:** Respect the boundary between cultural appreciation and appropriation. Do not adopt, commodify, or misrepresent Indigenous healing practices (e.g., smudging).
- **Advocate for Culturally Safe Care:** Use your voice to stand up against discriminatory practices and stereotypes, ensuring that healthcare and support environments feel culturally safe and shaming - free.
- **Compensate Indigenous Knowledge:** Ensure Indigenous healers, knowledge keepers, and consultants are compensated, honored, and credited for their time, labor, and expertise.
- **Landback:** Return ancestral lands to Indigenous stewardship, reclaiming political sovereignty, and dismantling systemic colonialism that stole lands.

SUPPORTS

- Support and healing do not only happen in clinical settings with licensed practitioners. However, should your clients wish to be connected to Indigenous -centered clinical care, we have outlined the following to support with referrals:
- Center Tribal and Indigenous affiliations of your client
- Local outreach and relationships building
 - Tribal and Indigenous serving organizations
 - Consortiums
 - Indigenous provider networks
- Indigenous Healthcare Advancements - Native-serving care locator Wayfinder app.
- Indian Health Services (IHS)
 - 41 Indian Health Service Urban Indian Health Organizations (UIHOs)
 - National Council of Urban Indian Health
 - Clinical facilities serving enrolled federally-recognized Tribal citizens and members
 - Service areas include: Alaska, Albuquerque, Bemidji, Billings, California, Great Plains, Nashville, Navajo, Oklahoma, Phoenix, Portland, and Tucson



Wayfinder



IHS



UIHOs

A serene sunset scene over a body of water. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water's surface. The sky is filled with soft, wispy clouds. In the background, a range of mountains is visible under the hazy light of the setting sun. The water in the foreground shows gentle ripples and the reflection of the sun.

ATLEIN GUNALCHEESTH (THANK YOU)
PI:WA (THANK YOU)

MRICH106@JH.EDU

CONNECT@RENEECULPRENEWAL.COM

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continue offering our programs.

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