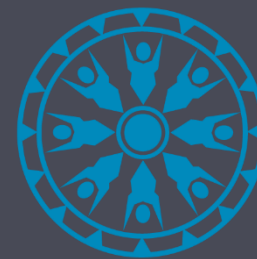


Bridging
Indigenous &
Western Ways in
Psychology to
Promote Holistic
Care



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



Training Outline

- **Lesson 1:** Talking Circles
- **Lesson 2:** Understanding Historical Trauma & how it relates to the current rates of psychological distress we observe today among Alaska Native Peoples
- **Lesson 3:** Reducing the stigma; changing the perception of Alaska Native Peoples; and recognizing the resilience of Alaska Native Peoples

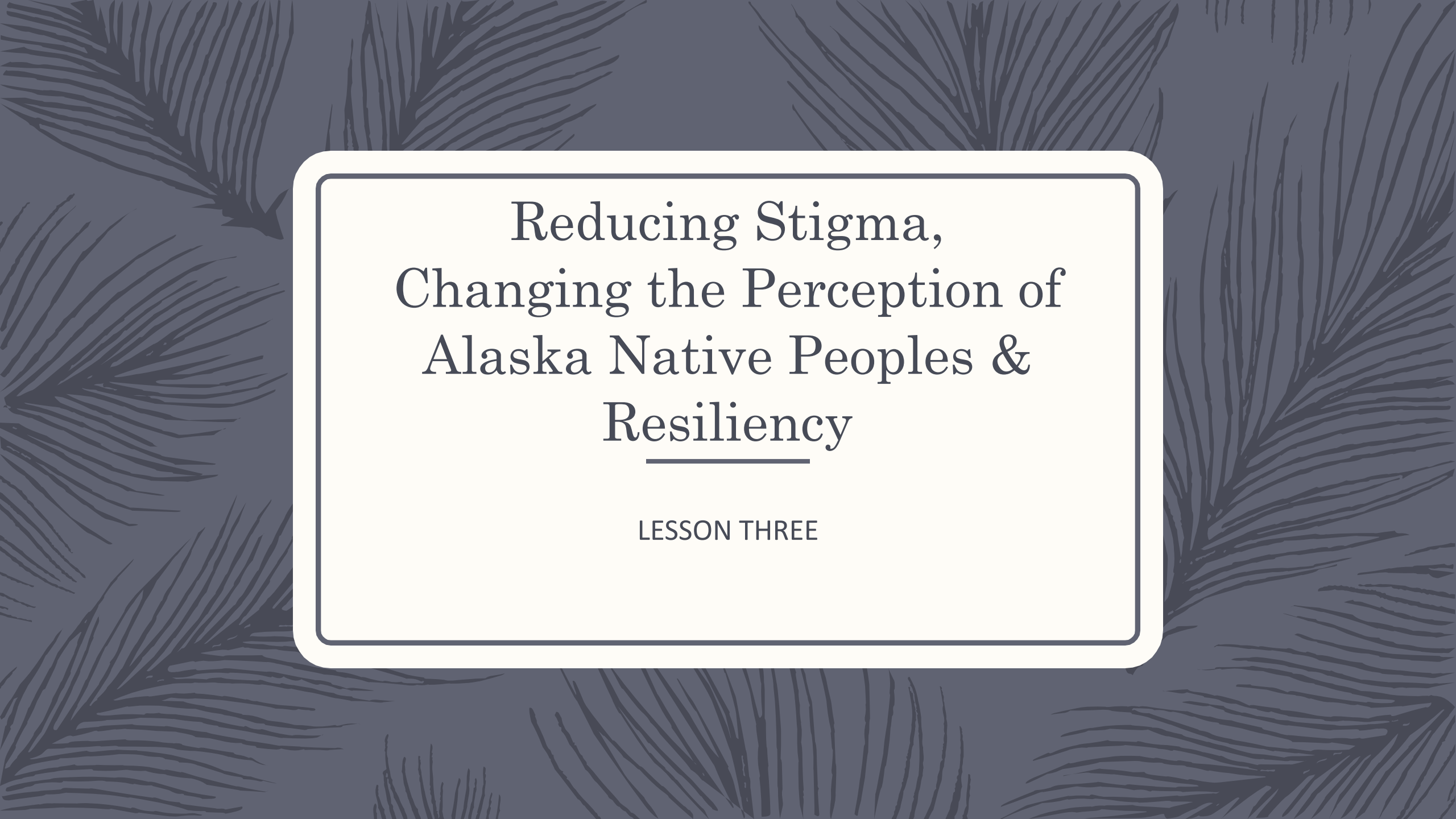
Talking Circles

LESSON ONE

Historical Trauma

LESSON TWO

https://www.youtube.com/watch?v=0W3S-i_Dphk



Reducing Stigma,
Changing the Perception of
Alaska Native Peoples &
Resiliency

LESSON THREE



When you heal yourself, you heal your
ancestors and your future generations...

Qagaasakung (Thank You)