




Recovery From Addictions


The Alberta Family Wellness Initiative

The Wellbriety Movement: Cultural Healing from Addictions




NATIVE AMERICAN PROGRAMS

Culturally based tools for changing individuals, families, communities and nations



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Mission statement

A sustainable grassroots Wellbriety Movement that provides culturally based healing for the next seven generations of Indigenous people.



- About White Bison
- Wellbriety Movement
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- Wellbriety Movement for Prisons
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- Trainings

THE CENTER FOR THE WELLBRIETY MOVEMENT

A colorful illustration of a Native American man in traditional dress, including a feathered headdress, playing a large drum. The drum has a white fringe hanging from its top. The illustration is set against a dark red background.

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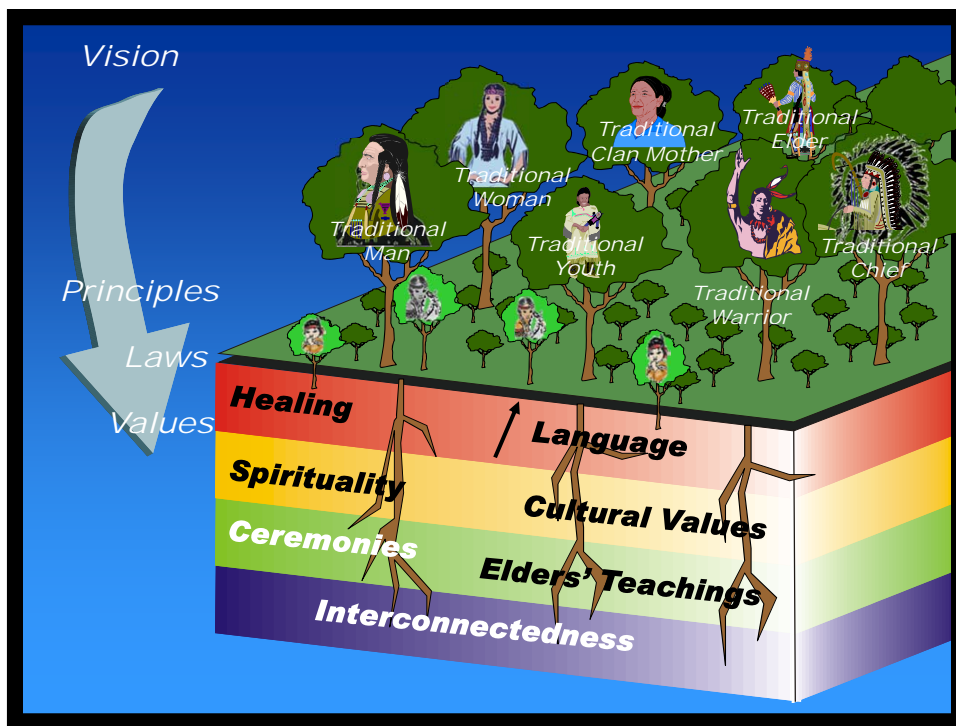
How it used to be.....

A long time ago....

Before you were born..

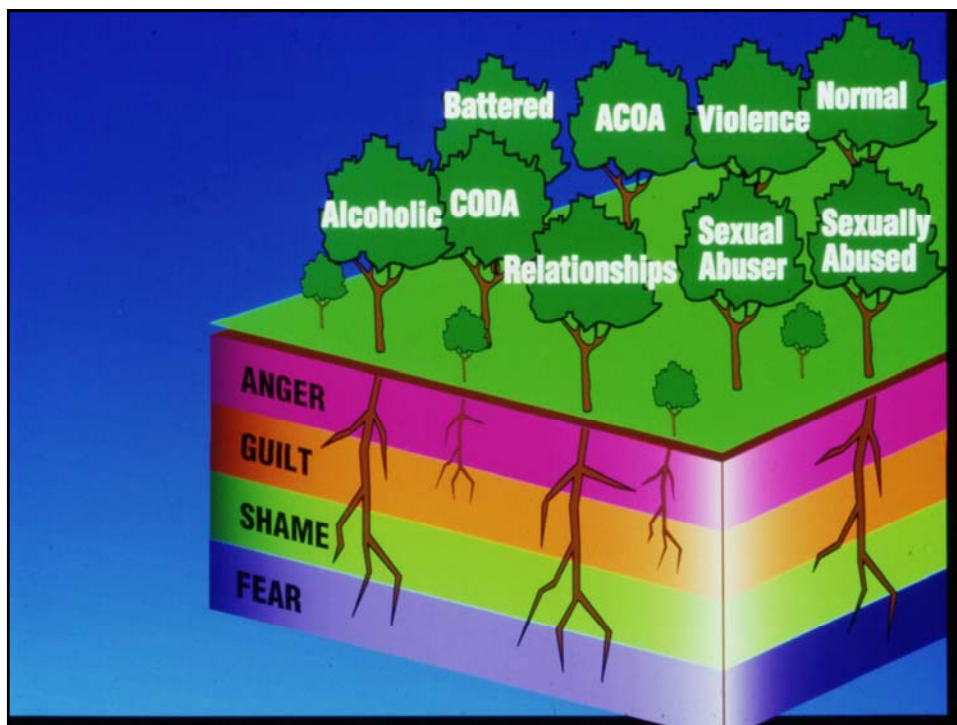
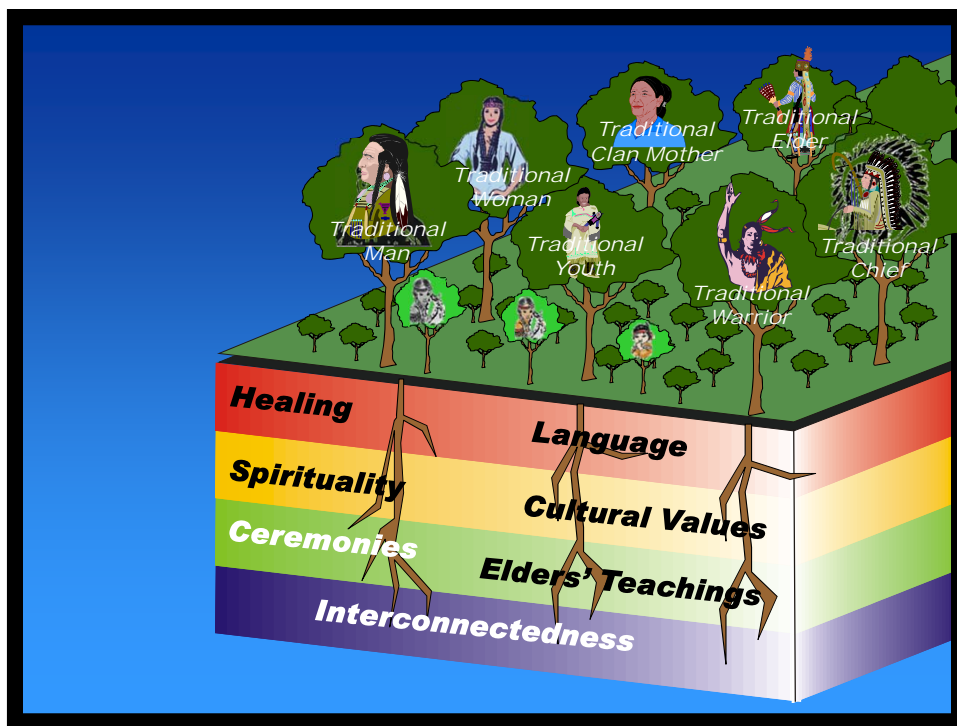
When our Elders were young...

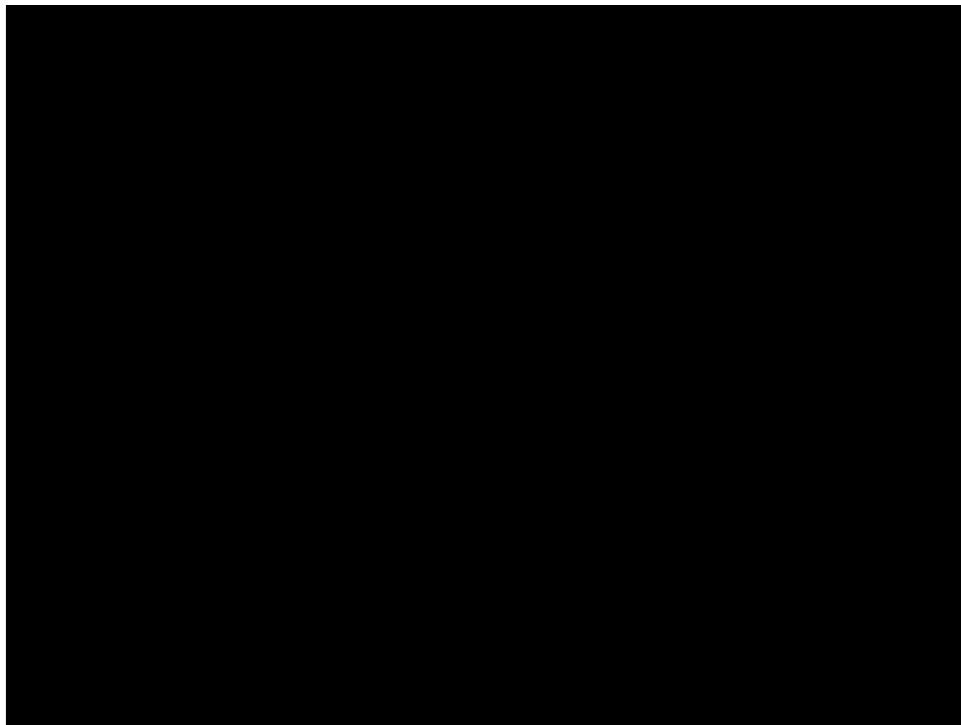
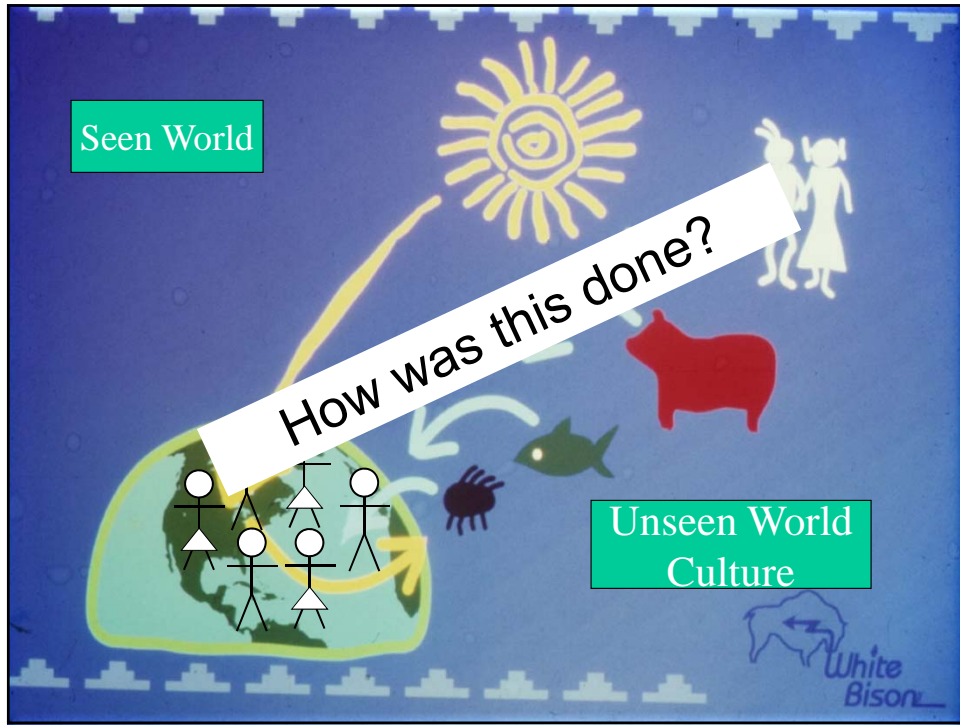




Then.....
Something
Happened
To us.....

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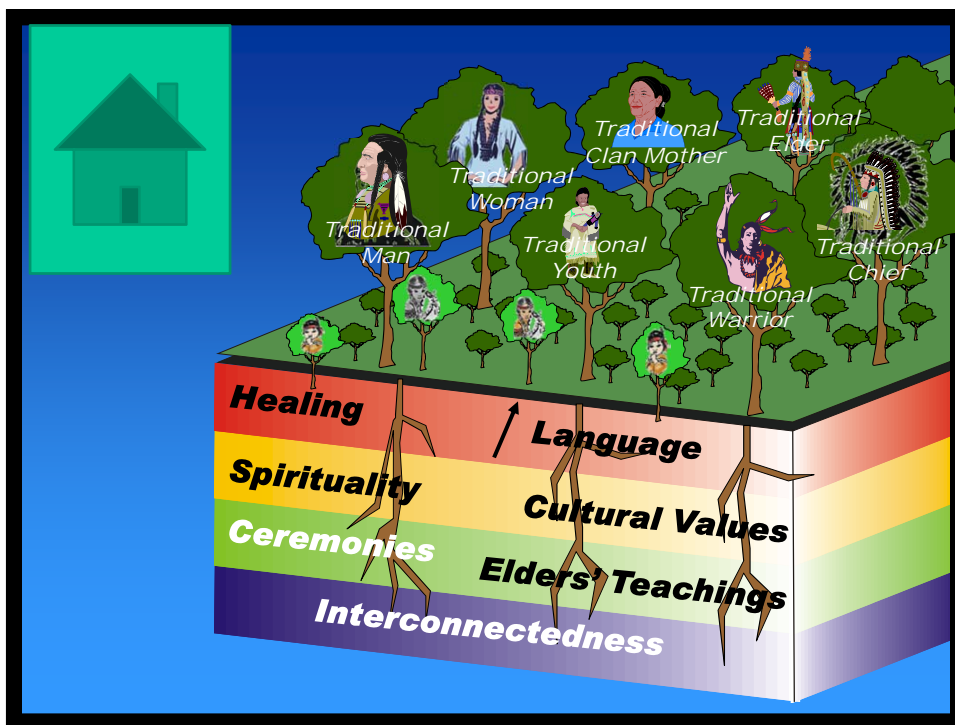


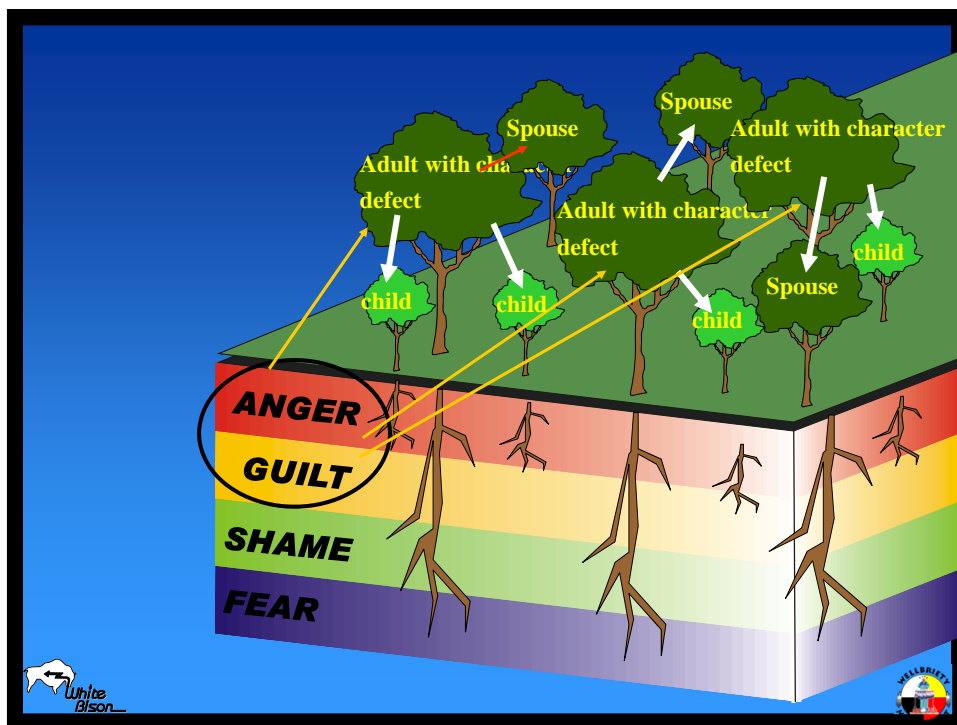
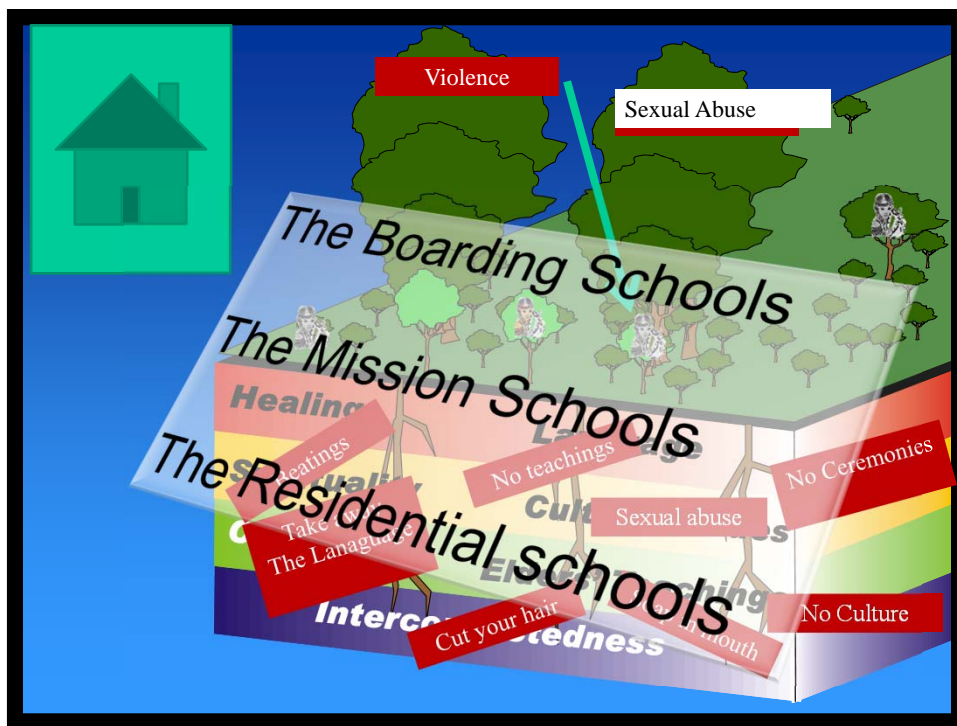


Carlisle Indian School



Model school for the nearly 500 schools set up in the United States to assimilate American Indian and Alaska Native children



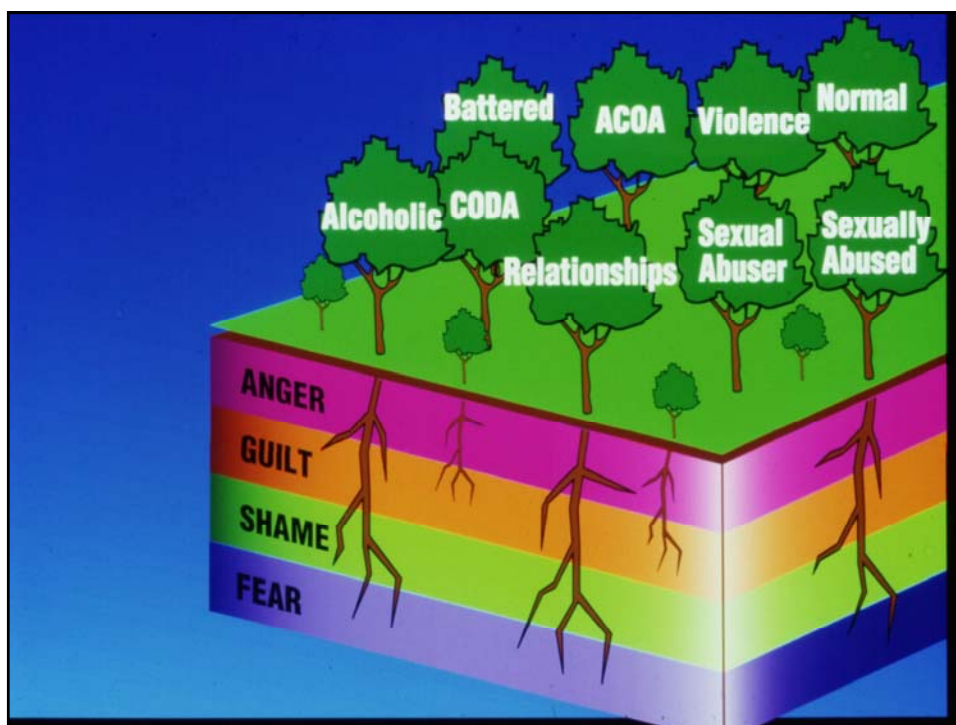
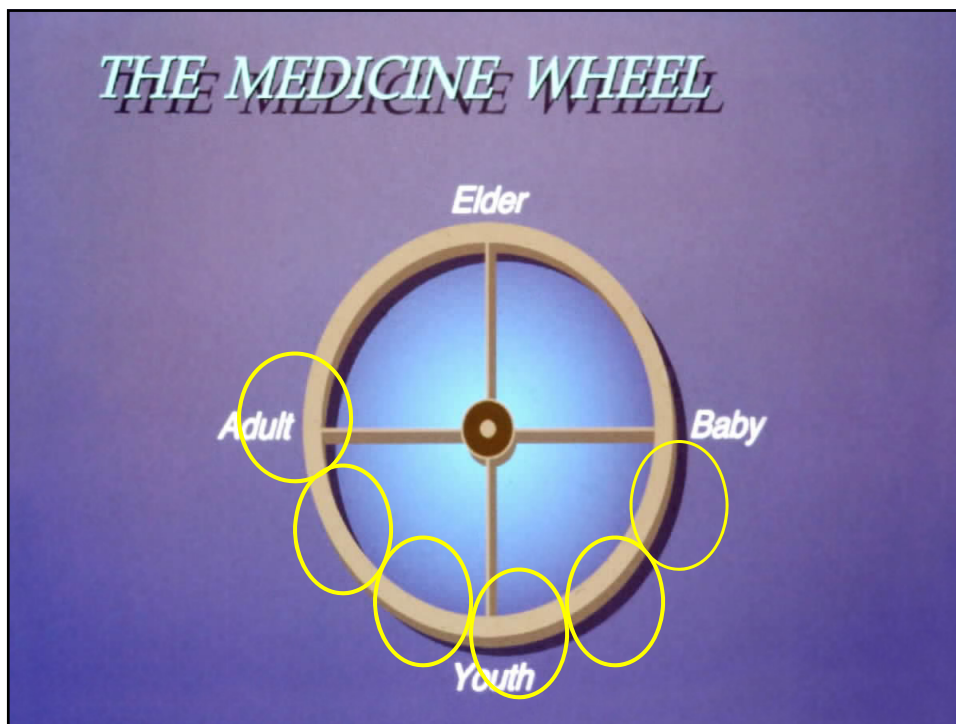


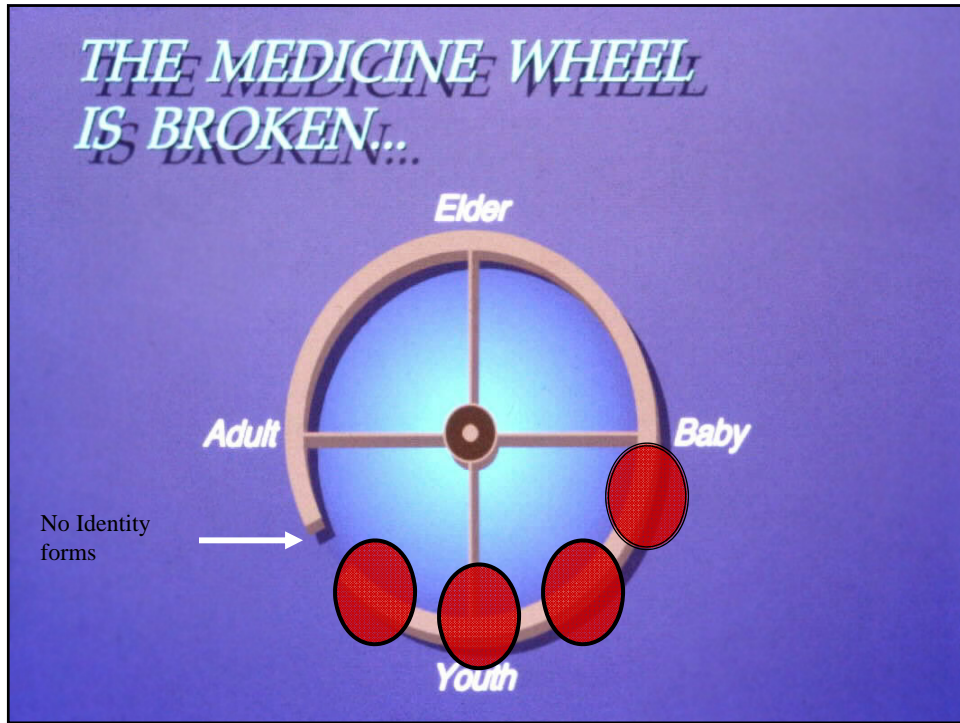
Hurt People....

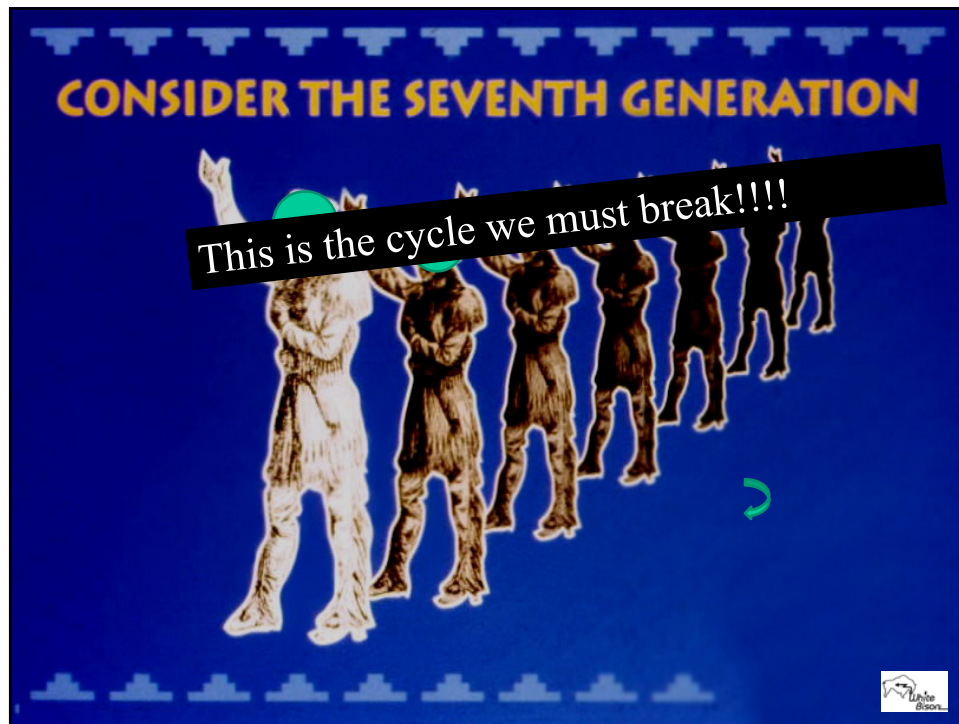
Hurt People!!!

THE MEDICINE WHEEL
THE MEDICINE WHEEL





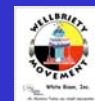




What is historical trauma?

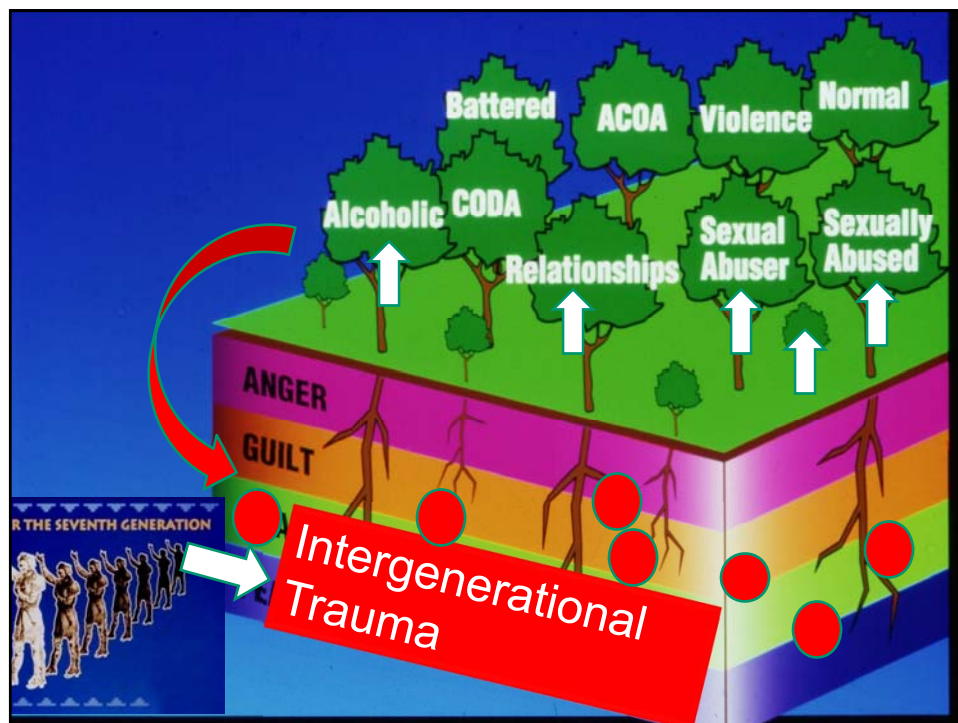
A combination of immense losses and traumatic events that are perpetrated upon an entire culture.
For Native Americans, these losses include:

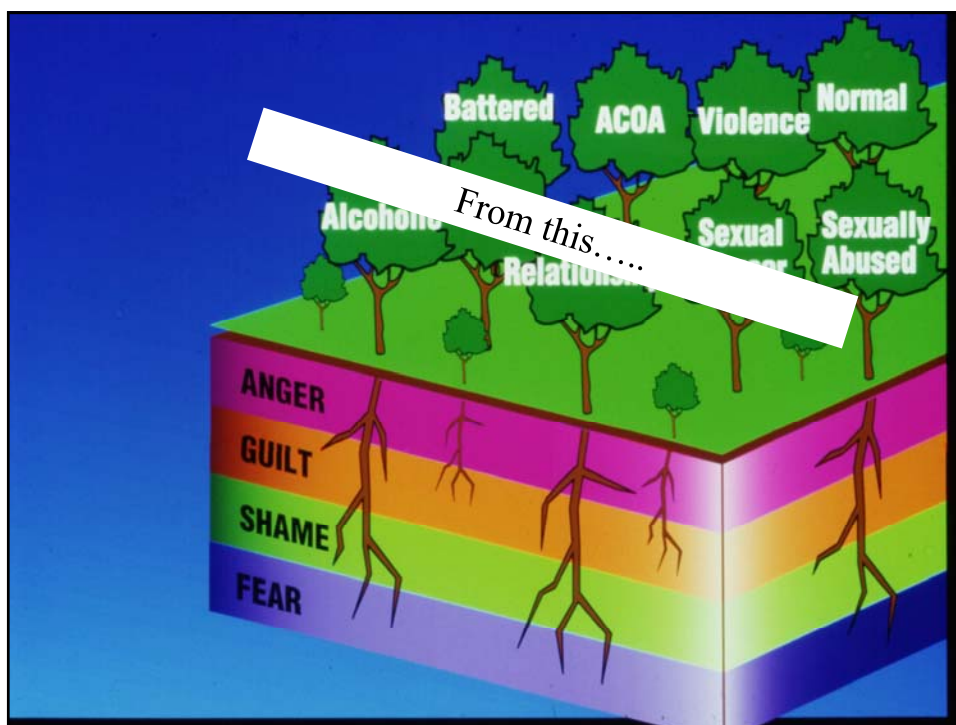
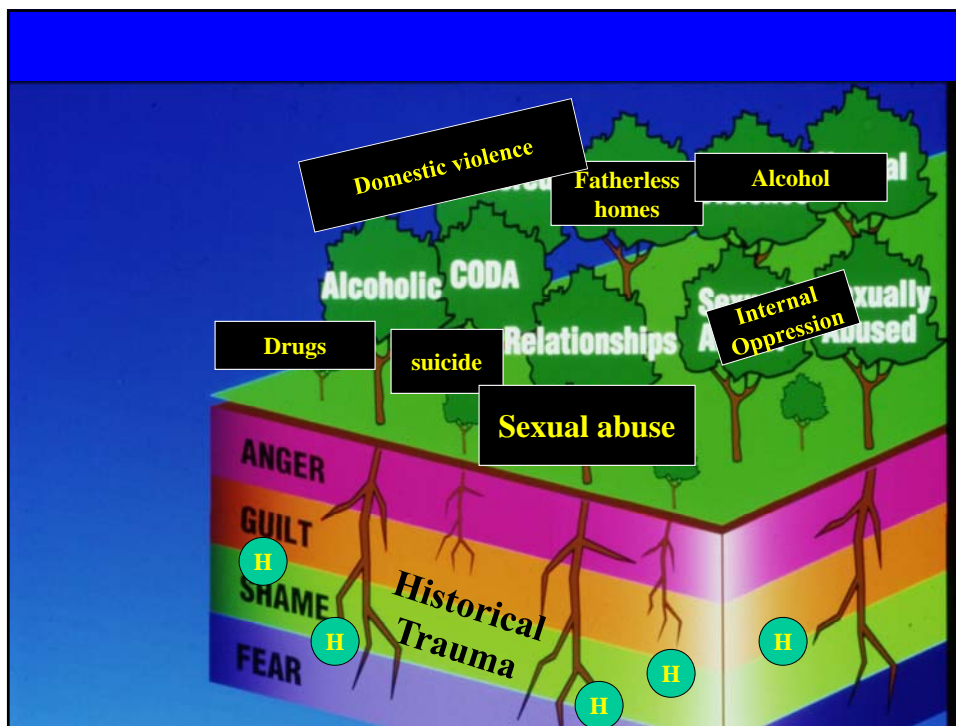
- Culture
- Language
- Land
- People (deaths due to diseases and war)
- Way of life
- Religion
- Family structure (forced into boarding schools)

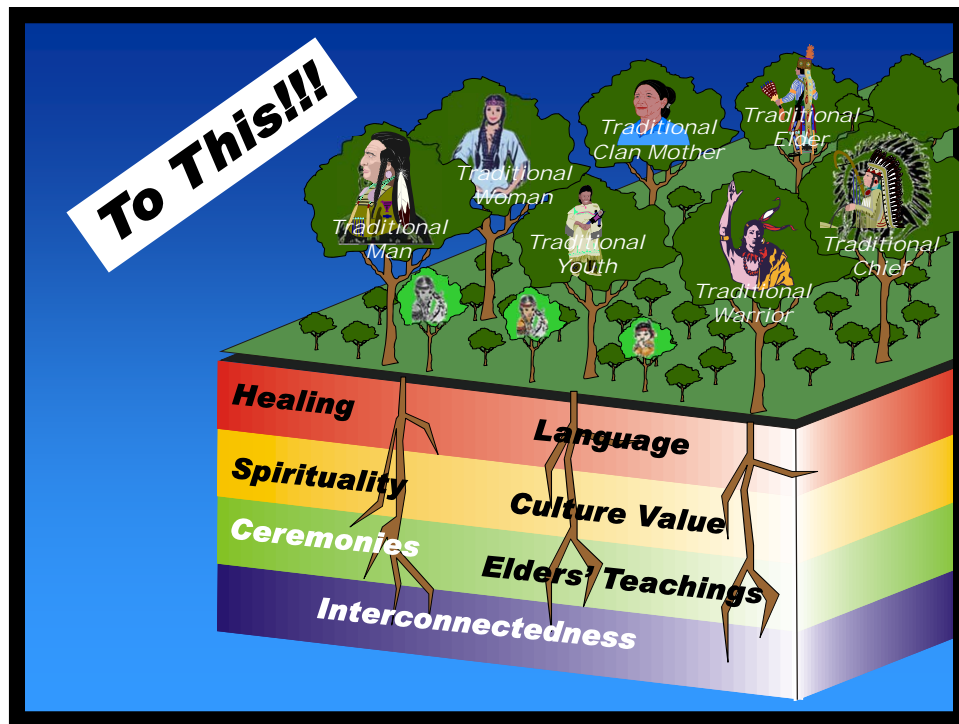


Often 2-3 generations pass before the most challenging symptoms of trauma show up in individuals, families and communities.

Cultures go through a grief process similar to an individual, except through the generations.



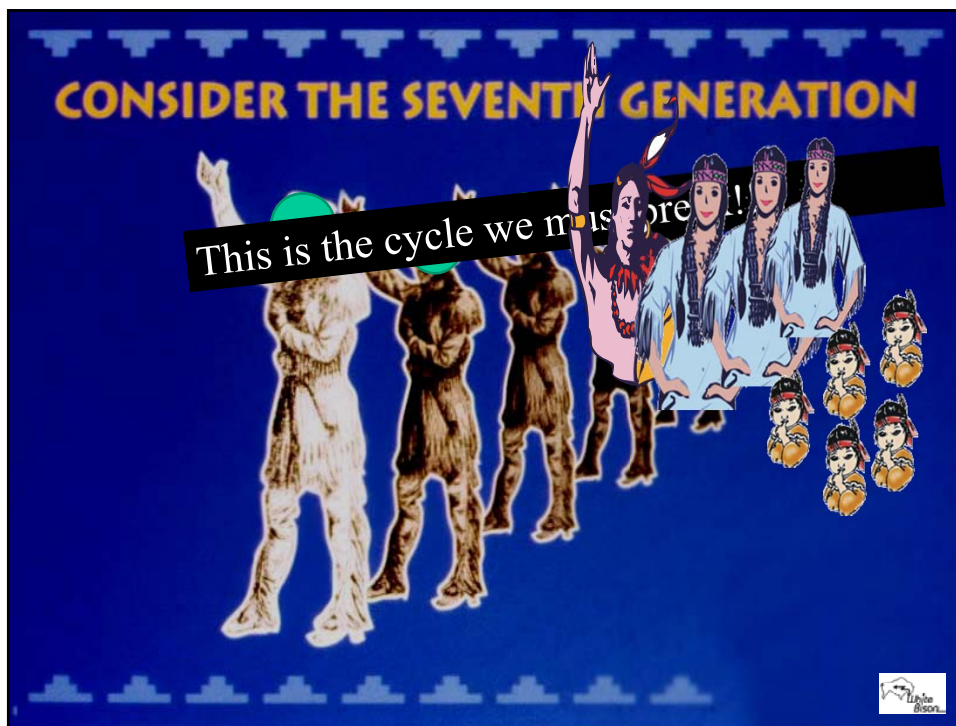


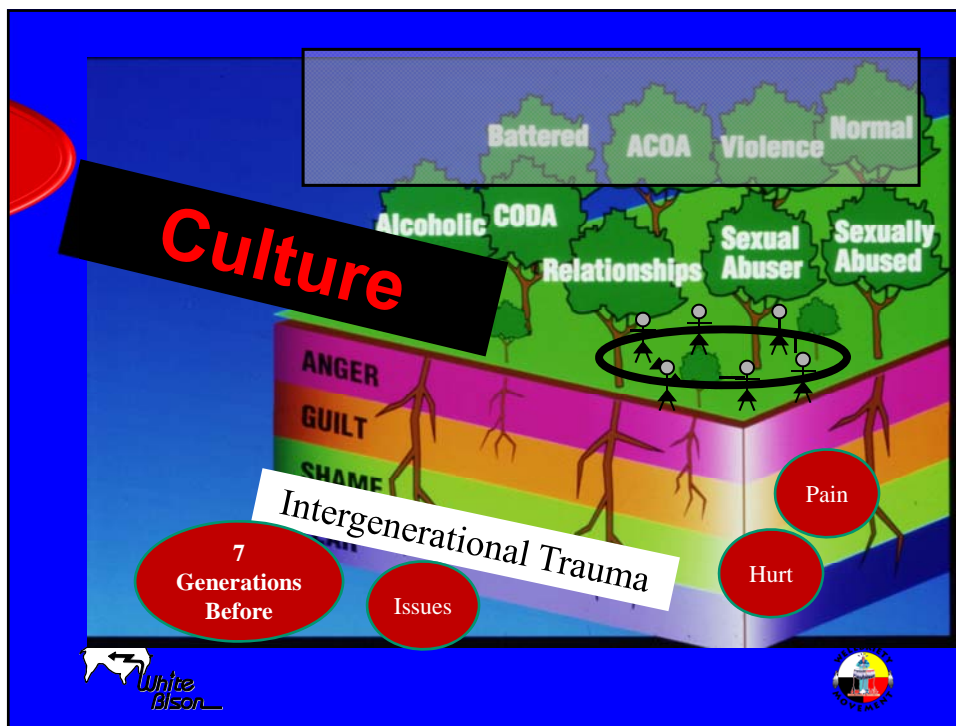


What is historical trauma? What is intergenerational healing?

A combination of immense healing, community training and a return to the ceremonies, spirituality, and the cultural ways of our people by bringing back:

- Culture
- Language
- Land
- People's health emotionally, mentally, physically, spiritually
- Way of life
- Religion
- Family structure by rebuilding it





Unresolved Grief

Took away our ability to Love

Took away our ability to Dream



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So.....what do we do now?

- So what do we do now?
- So what do we do now?
 - So what do we do now?
- So what do we do now?
- So what do we do now


I have heard it said.....

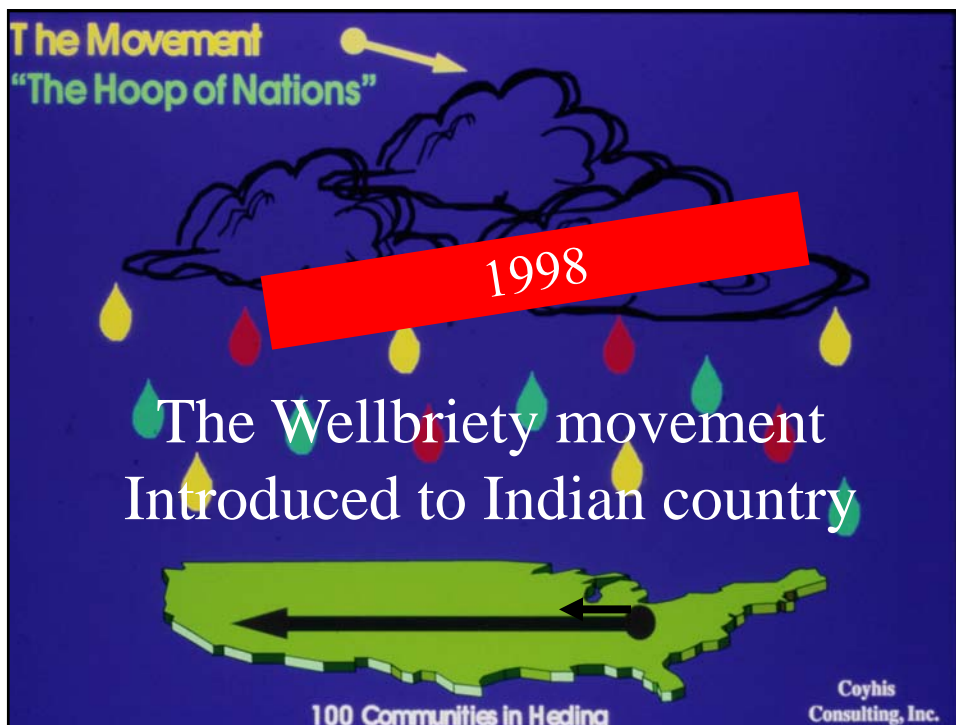
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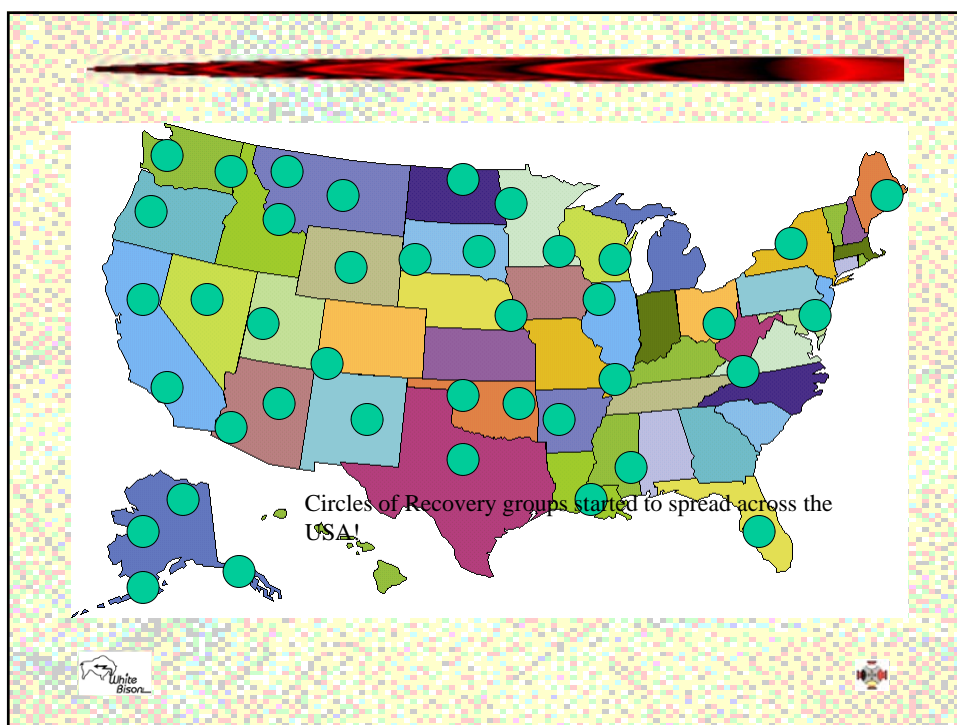
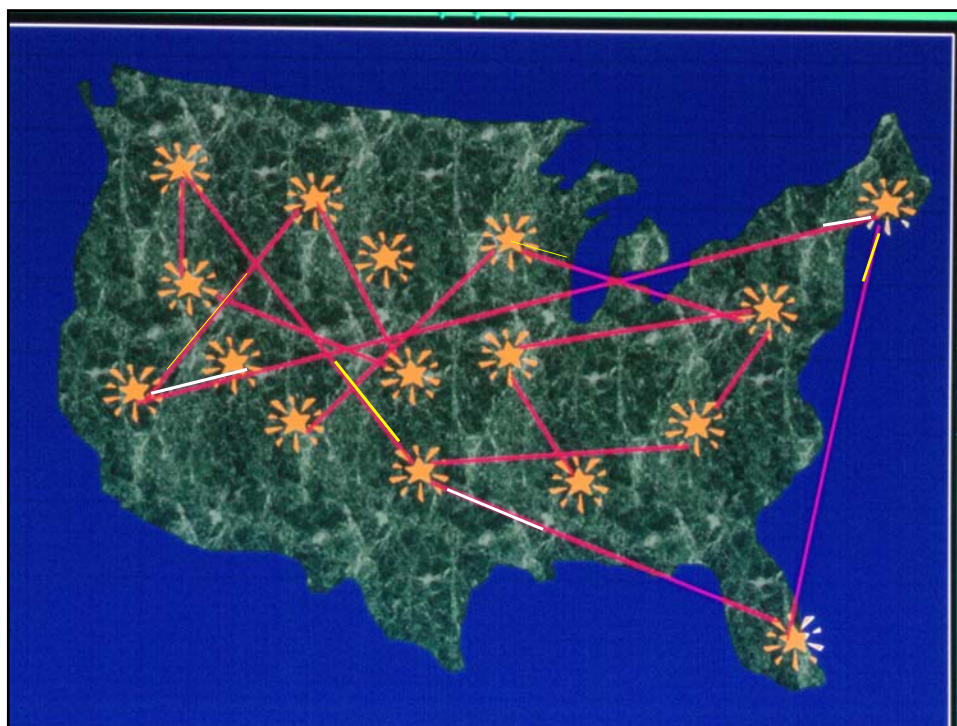
**The Elders
Gathering
1991**



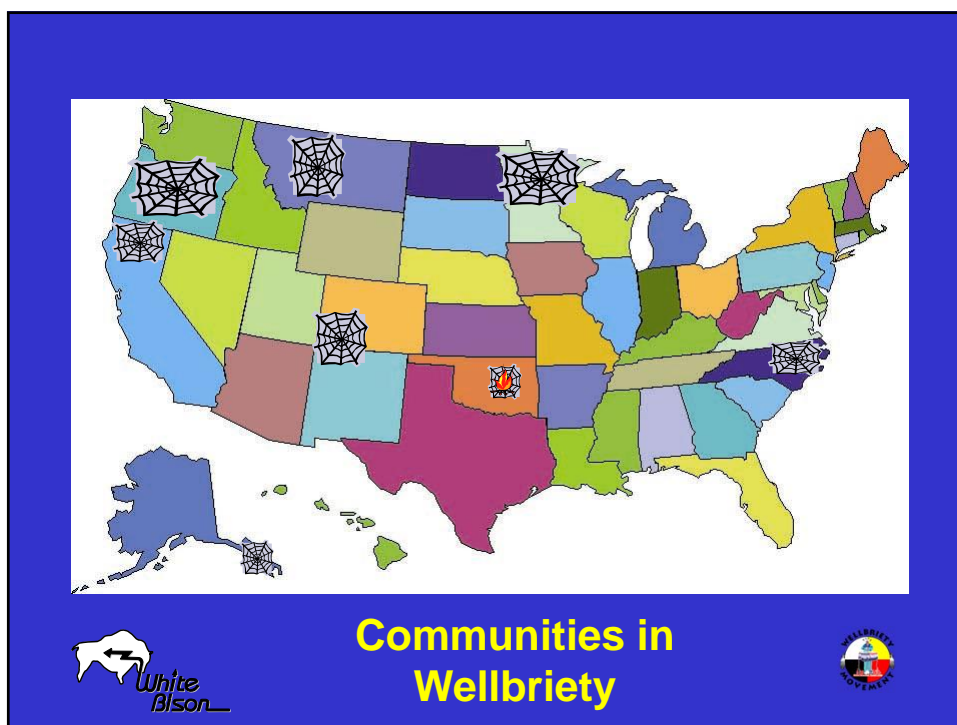
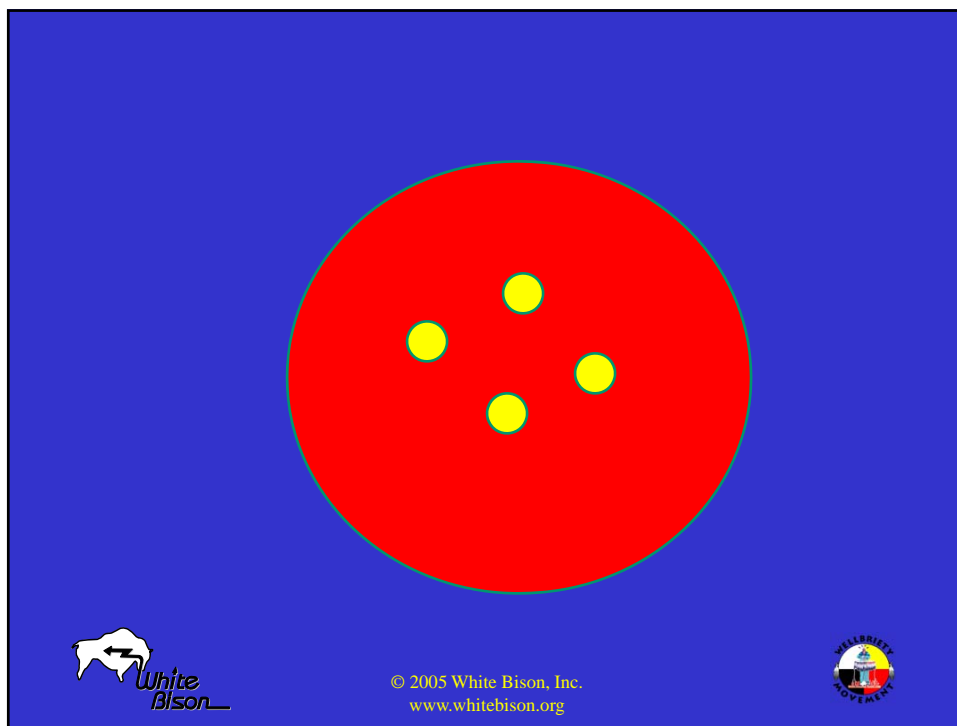
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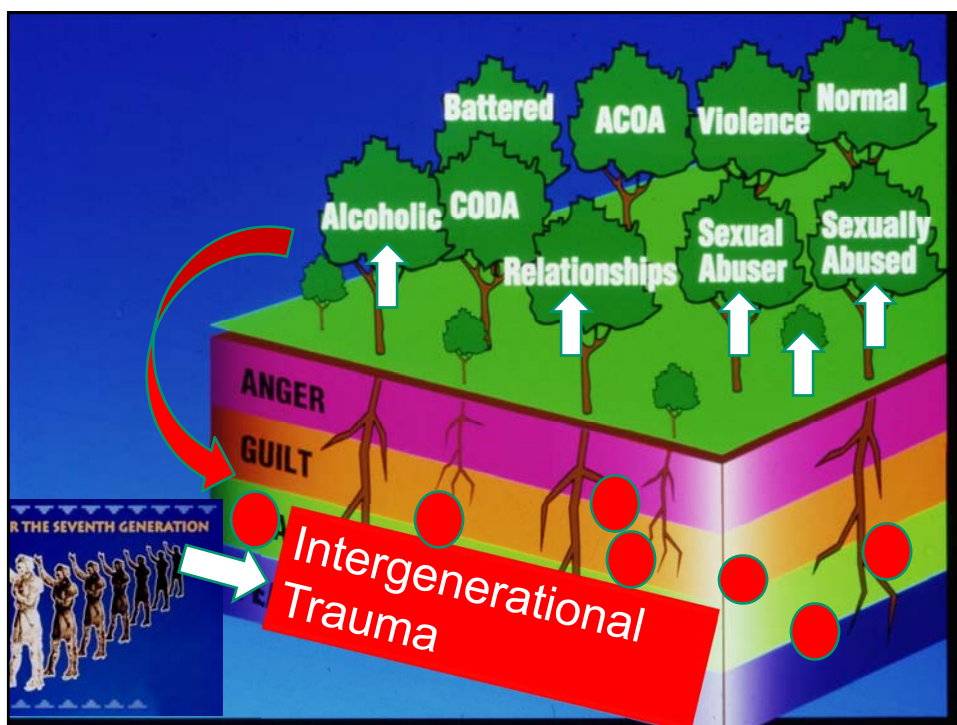
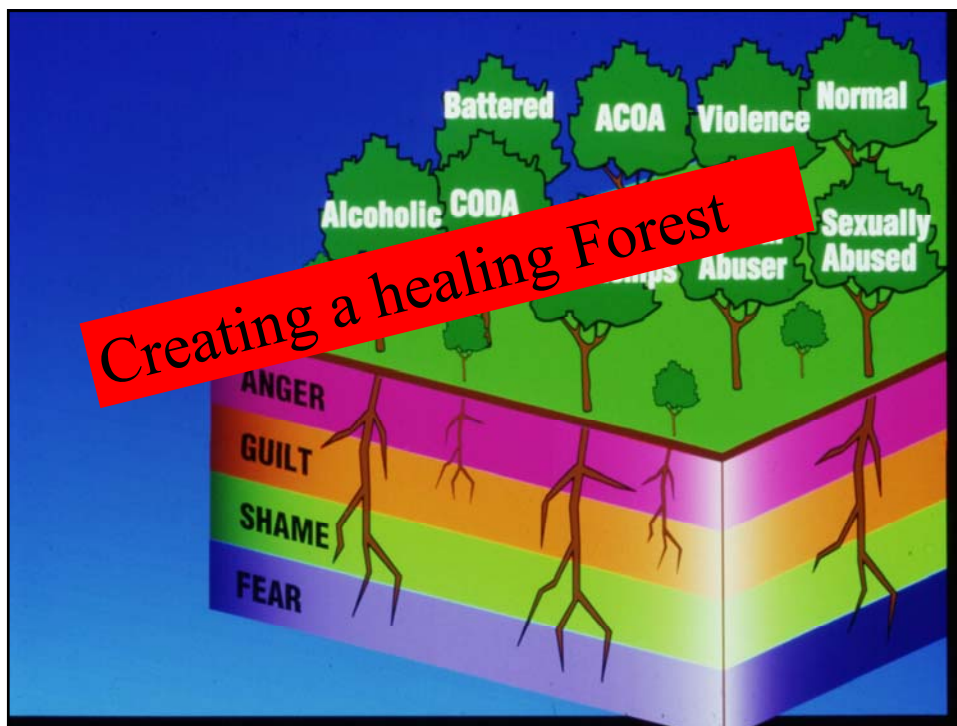


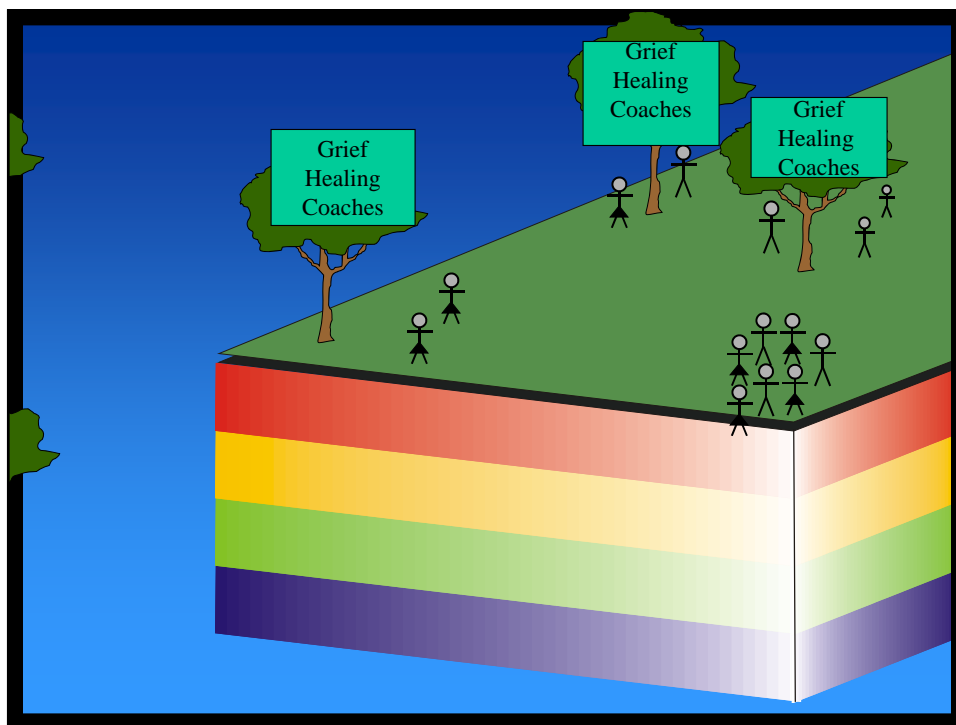
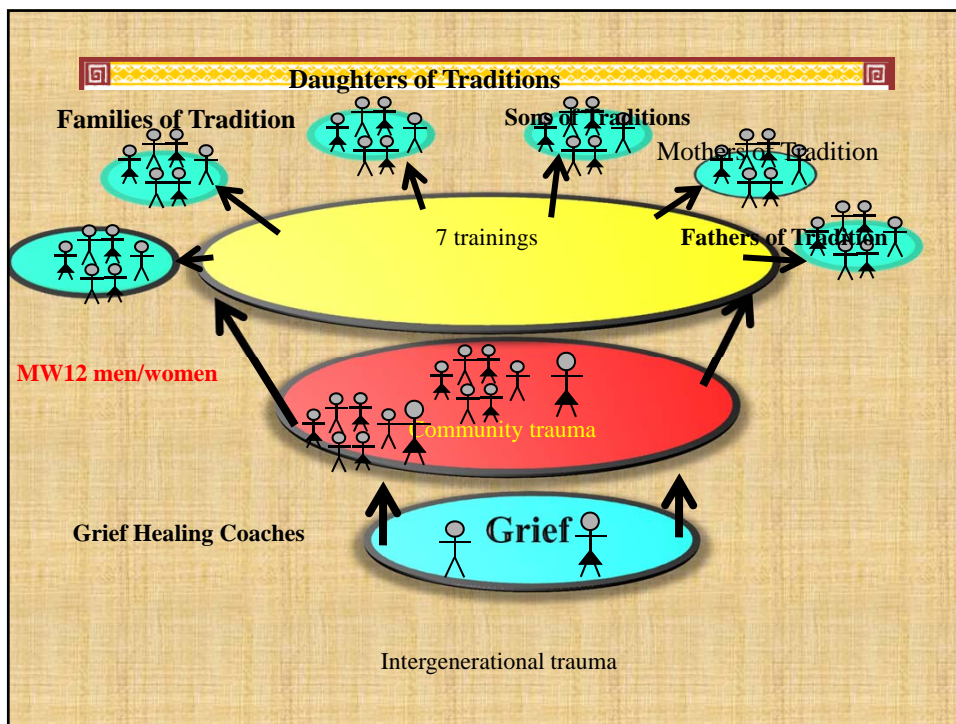
The Four Laws of Change

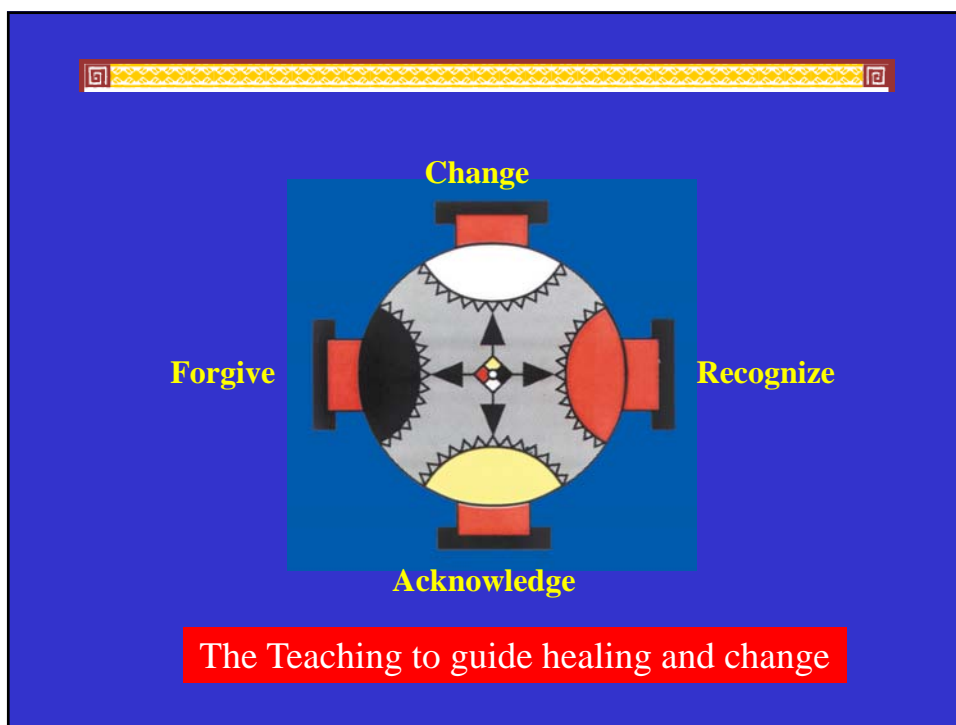
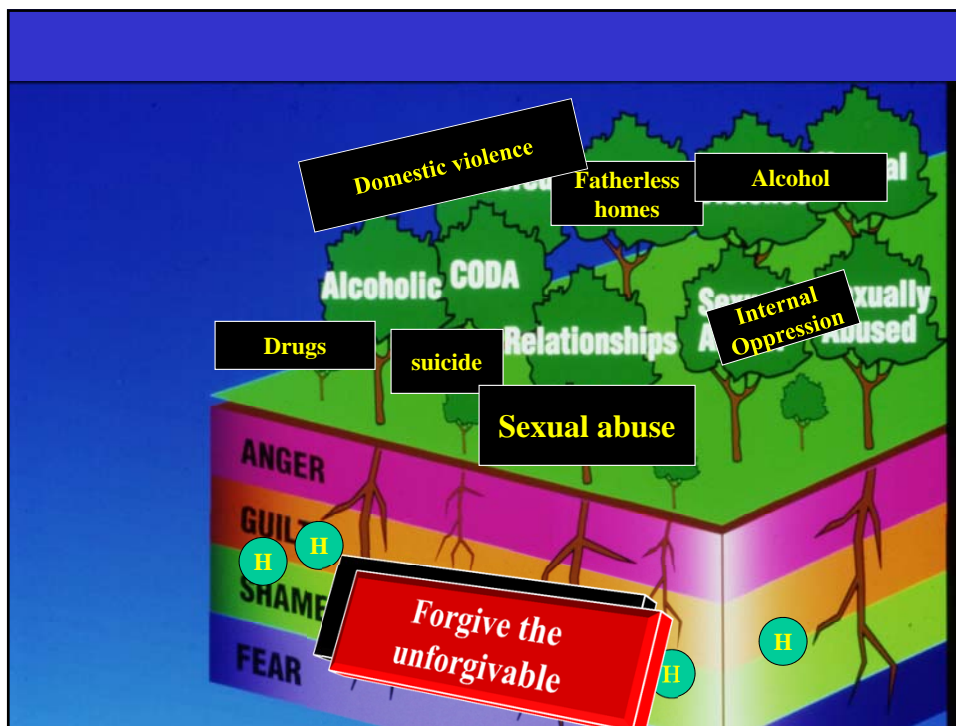
- ◆ **Change is from within.**
- ◆ **In order for development to occur it must be preceded by a vision.**
- ◆ **A great learning must occur.**
- ◆ **You must create a healing forest.**

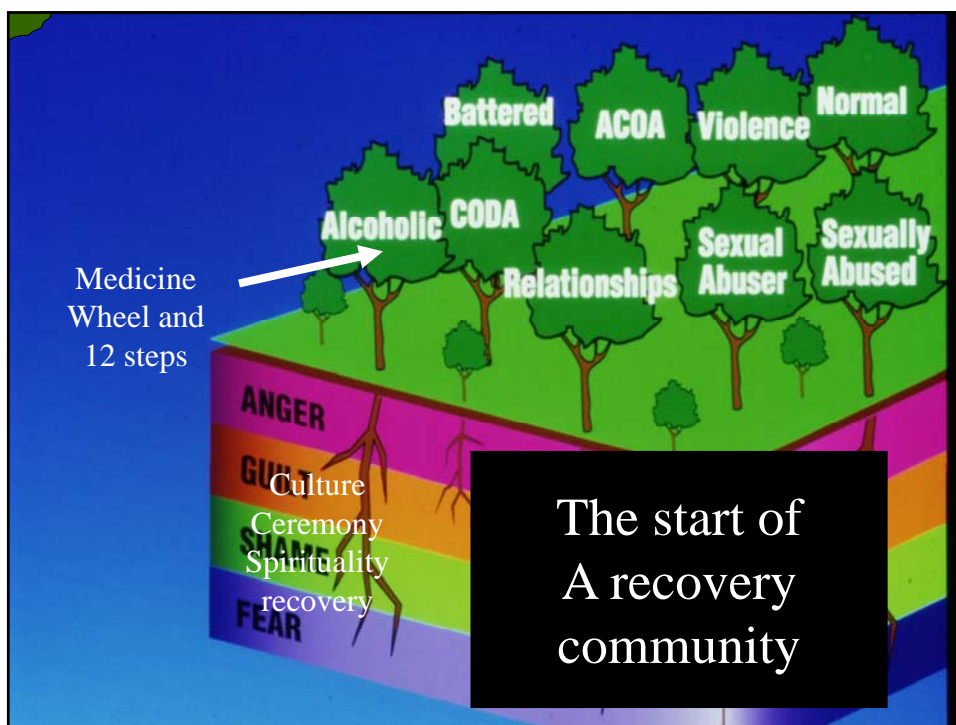
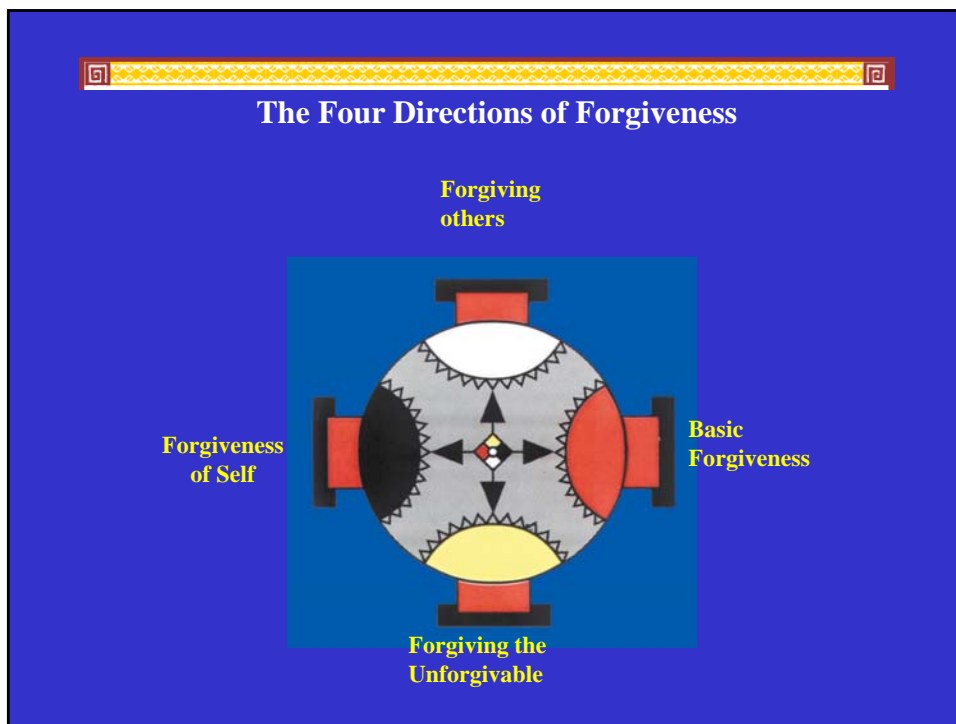
4. You Must Create A Healing Forest

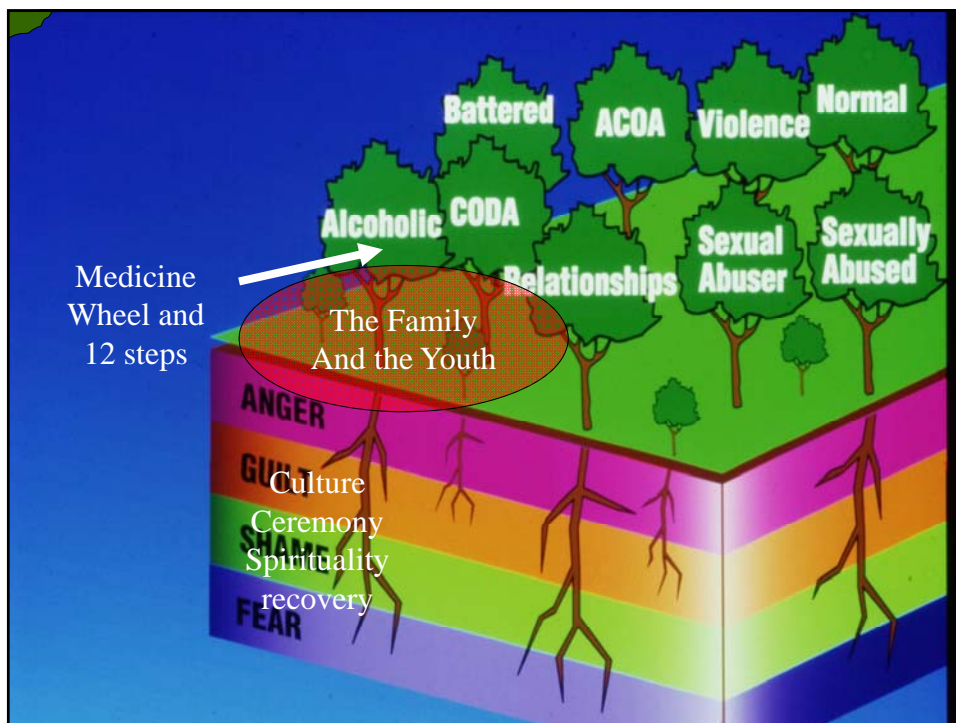
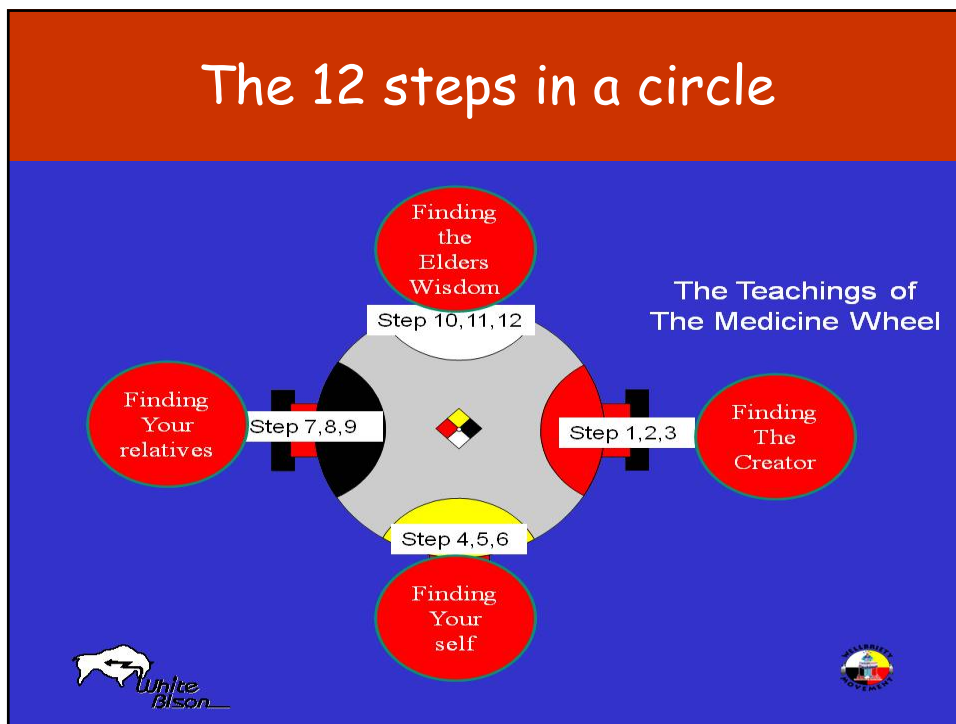
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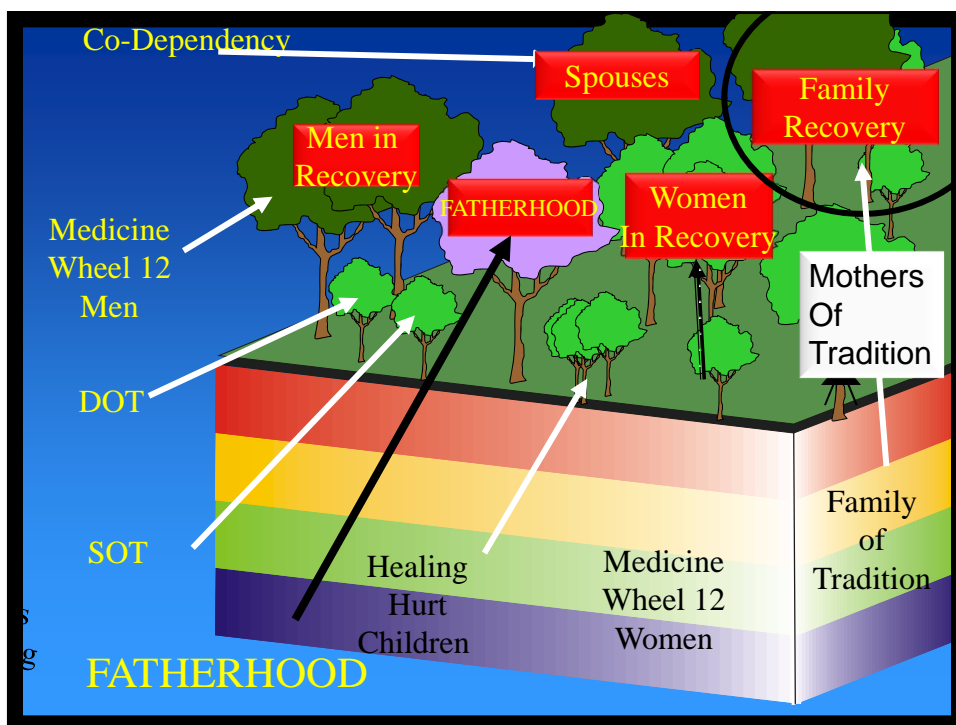


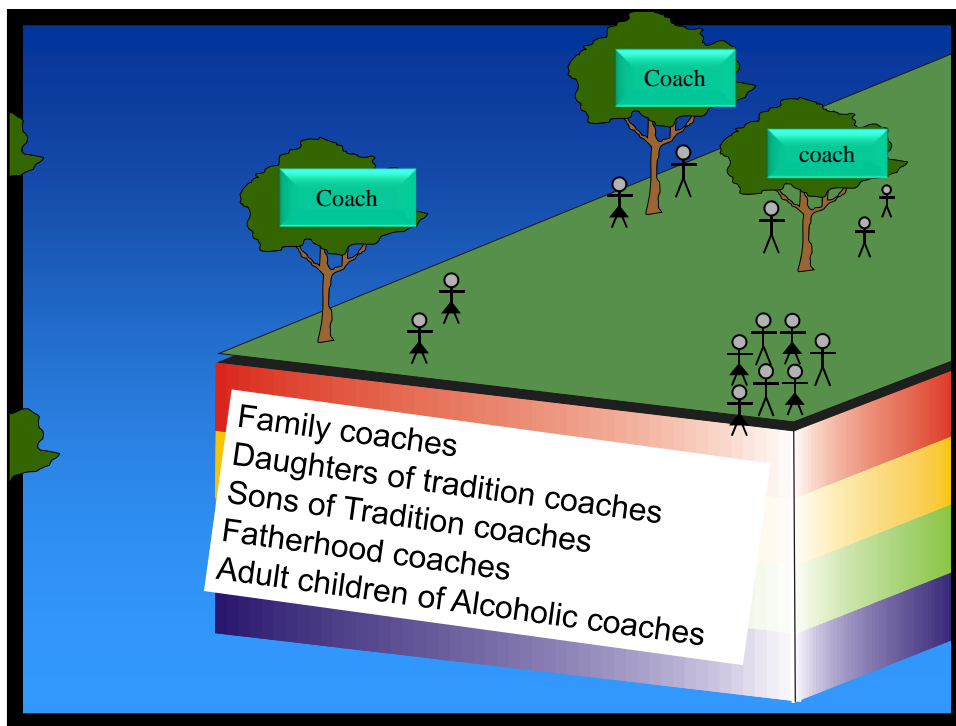


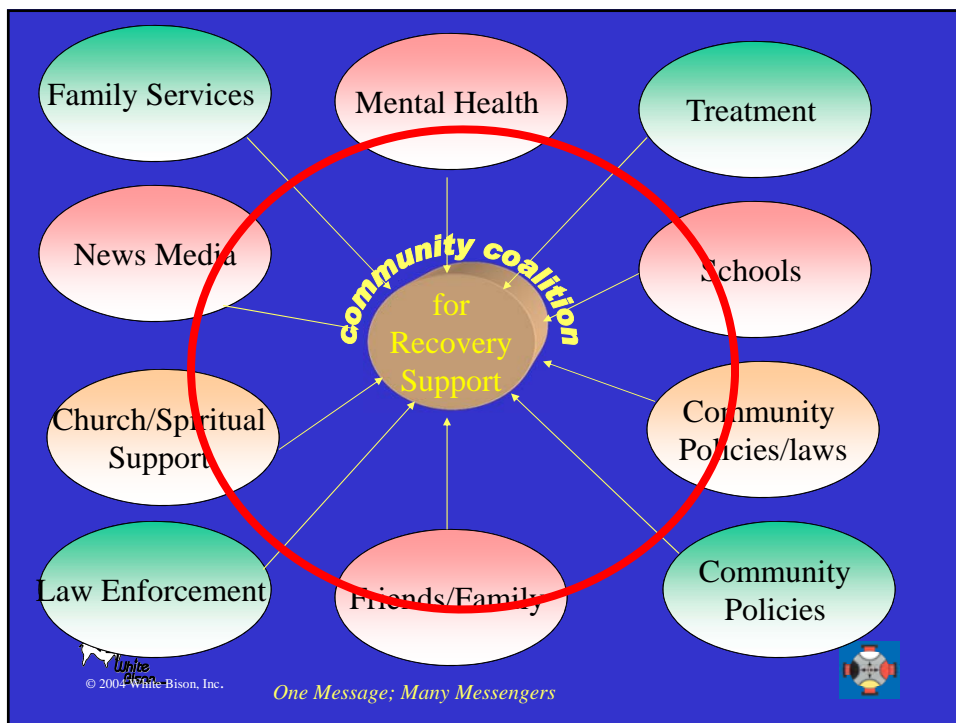
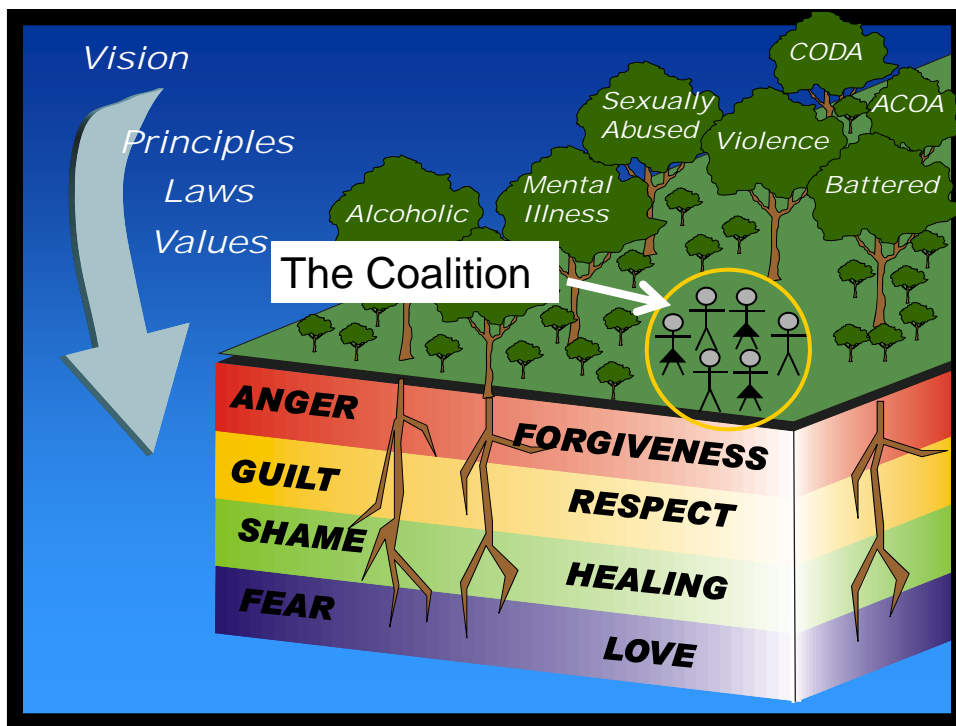


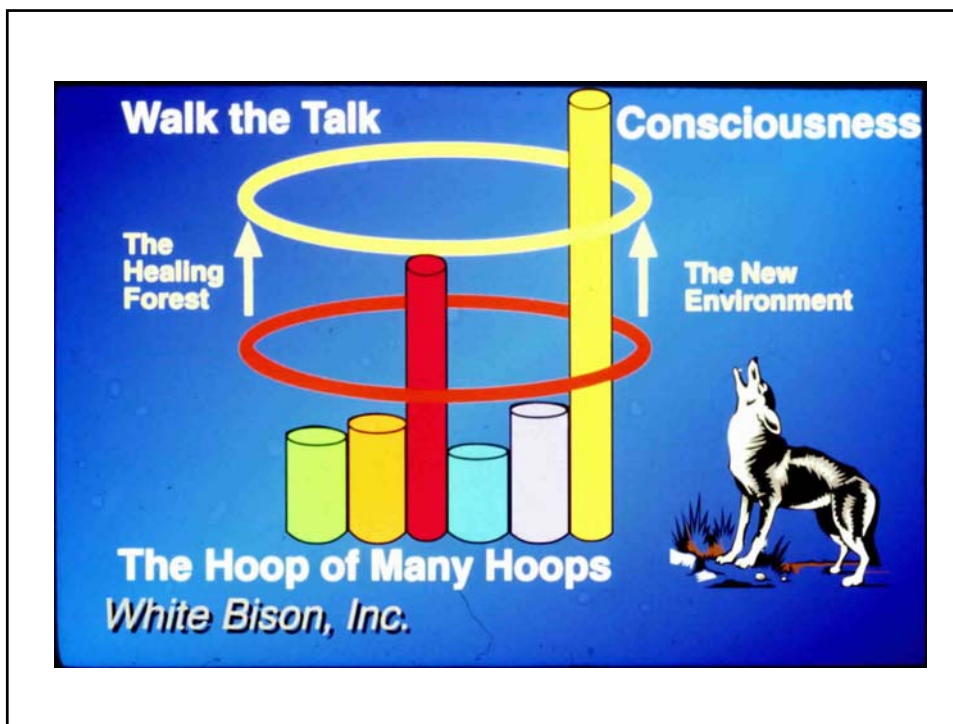












**Firestarter:
Head Man Head Woman**



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**When you change the way you
look at things.....**

the things you look at change!!!

**You move towards and become like that
which you think about.....**

Every attack is a cry out for love....



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You must be the change
you wish to see in the
world.




“Build a better world,” said God, and I answered, “How? The world is such a vast place and so complicated now. And I am small and useless -- there is nothing I can do.”




But God in all His wisdom said, “Just build a better you.”


The 2009 Wellbriety Journey for Forgiveness



Grief Recovery Circles
Release documentary
Apology from Obama
Elders mentoring Elders
Healing the healers
Truth and Forgiveness Comm
Intergenerational healing gatherings



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Women in Wellbriety Movement

Working with Episcopal Church

Veterans in Wellbriety

Wellbriety Certified Treatment Centers

Wellbriety certified counselors Univ of Pacific

Expanding to Canada going International

Red Road Book in Spanish