

Original Instructions and Values as Native People¹

The literature on healing from historical trauma includes understanding what our “original instructions”¹ are as human beings. Understanding who we are, feeling a sense of connectedness and belonging, knowledge of our history and traditions and focusing on what is working as opposed to what is not working.

Self-sufficiency and hard work

Care and provision for the family

Family relations and unity

Love for children

Village cooperation and responsibility to community

Humor, honesty and fairness

Sharing and caring

Respect for elders and others

Respect for knowledge & wisdom from life experiences

Respect for the land and nature

Honoring ancestors

A strong sense of faith and hope and connection to spirituality

LaVerne Demientieff, MSW, ABD, Deg Xit'an, Athabascan

University of Alaska Fairbanks – Social Work Department

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Healthy Healers Program

Alaska Native Tribal Health Consortium

Note: The Original Instructions are mirrored in Alaska Native people's traditions and values as described by Alaska Native Knowledge Network <http://ankn.uaf.edu/ancr/Values/index.html>

1. Original Instructions Reference: Karina Walters, Ph.D. Indigenous Scholar and Director Indigenous Research Wellness Institute. University of Washington <http://iwri.org/>

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