Practice Based Evidence and Evidence Based Practice

Dolores Subia BigFoot, PhD
Presidential Professor
Director, Indian Country Child Trauma Center
University of Oklahoma Health Sciences Center
Oklahoma City, Oklahoma

American Indian people were punished. Each time they fought back something was taken away and shame was replaced everything:

- Children
- Food
- Shelter
- Land
- Warmth
- Tools
- Medicine
- Religion
- Language
- Homes
- Elders
- Signature
- Teachings
- Connections

We are reclaiming our old wisdom and traditional healing ways that have been lost or misplaced. As Indigenous people we have always participated in ceremony to either prepare for an event or following an event in order to renew, recognize, acknowledge, purify, honor, transition, and stabilize. We acknowledge that we are spiritual beings.

Ceremony has always been about healing, self-regulation, transitions, and Sacredness

We are an Honor Based Culture

- Shame has replaced Honor
- Shame has become the pathway to adulthood
- Shame has become our story
- Honor moves us toward Sacredness
- When we honor others, we acknowledge our own Sacredness
- When we apply our teachings, we Honor our Ancestors
- When we learn from their stories, we Honor our future

We are an Honor Based Culture

- Knowledge of Indigenous practices that are Healing
- Knowledge of Indigenous ways of explaining the world
- Knowledge of Indigenous ways of explaining how things happen
- Knowledge of Indigenous ways of explaining when things do not go well
- Knowledge of Indigenous ways of transitions
- Knowledge of Indigenous ways of Honor
- Knowledge of Indigenous ways of accepting Sacredness

© D S BigFoot, 2019
Great Mystery

Western Knowledge and Knowledge of the world

Indigenous knowledge we know

Evidenced Based Practices
Practice Based Evidence

Evidence that has stood the test of time......

Grandmother: Julia Edge

Medicine Wheel
Big Horn Mountains, Wyoming

http://solar-center.stanford.edu/AO/sunrise.html

Canoe Journey

https://juustwa.org/

Drum

Smithsonian

Fishing Basket

Smithsonian
Evidence Based Theory

Evidence based treatments (EBT) are driven by theory which have measurable outcomes. For example, Trauma Focused Cognitive Behavior Therapy, a research-based treatment for trauma in children, is a hybrid model that includes cognitive-behavior, humanistic, attachment, neurobiology, and family systems theories to achieve effective consistent decrease in trauma symptoms when implemented to fidelity. Parent-Child Interaction Therapy derives from several theories, primarily attachment, social learning, parenting style theory which decreasing externalizing child behavior problems (e.g., defiance, aggression), increasing child social skills and cooperation, and improving the parent-child attachment relationship. To culturally enhance the EBT for American Indians and Alaska Natives populations, the theories were compared to what is known of Indigenous knowledge.

Test of Time

Principles of evidence-based theories are not new however the documentation or literature is recent. The underlying principles of the EBT has been in practice with Indigenous people for generations. Teachings from Indigenous knowledge have roots in the test of time.

Cultural Based Knowledge Transition Period

- Transitions period have always been a part of Indigenous ways and practices
  - Naming: Giving a person a new name is the most common typically way because of a change in status or a change in what was before to what is now different
  - Starting out a song: Typically one singer/drummer starts the song with a drum beat, then others follow
  - Being silent: Not immediately responding conversations are occurring

Theory

Evidence Based Practices
- Cognitive/behavioral principles
- Attachment
- Humanist
- Developmental
- Neurobiology
- Empowerment

Practice Based Evidence or the Test of Time
- Understood thinking, feeling, doing
- Understood & practice Relational/Circle Theory
- We are all related/ Being a Good Relative
- Naming, Medicine Wheel
- We knew the earth was round, Racial Memories, Rotation, Mind-Body-Heart-Spirit Connection
- Non interference, Non-judgement

Indigenous Practices

Cultural Based Knowledge Transition Period

- Transitions period have always been a part of Indigenous ways and practices
  - Prayer: Offering words before beginning any activity is a way of moving into that activity
  - Ritual: Making an offering of water or some other objects to set that time apart as being sacred or important
  - Gift giving: Recognition of someone being present or leaving and/or honoring that time since the person will no longer be around
  - Coming of age ceremony: Passing from one way of awareness of self to the next level of awareness of self
Conceptualization (Not a Continuum)

- **Cheyenne Creation Story**: Every tribe has a creation story that tells of their origin, how they came to be, and what was helpful behaviors that lead them forward. Many tribal websites have posted their creation stories that share the wisdom of their history, the important teachings, or other understandings about life. One creation story of the Cheyenne is the mighty migration that forced the Cheyenne to separate when a water monster broke the ice in which they were traveling over. A portion of them were isolated from the main body and they never reconnect, leaving them to decide how they were going to survive on their own and manage their new circumstances. It is told that they confronted many kinds of adversities eventually settling in the far north country, building structures to house their families, tending the land, hunting the game, and fishing the many streams. In 2003, Cheyenne historian John L. Sipe wrote of the discovery of the Lost Cheyenne (Sipe, 2003). What can be learned from this and other creation stories, is that circumstances change, adversities occur, what was expected is different, new understandings have to be considered, decisions need to be re-made, and behaviors have to change to adapt toward different or more challenging conditions.

- **Storytelling**: Creation stories are the history and tradition of the tribes; they tell how the world began in what manner. They explain how the world, people, animals, and plants are related. Through creation stories, people can understand the natural order of life and in what direction they came and in what direction they are going. They give reason to the overall scheme of things. It is therefore important to understand the creation of things because it provides the framework within which wise decisions can be made.

  Storytelling was the form of transmittal for how things were and why things happened. There were winter stories and summer stories, stories for days that the rains fell, and stories for early mornings. Creation stories were retold and retold many times in the growing years. Creation stories were retold and retold many times in the growing years. BigFoot, 1989

- **Storytelling**: Creation stories are the history and tradition of the tribes; they tell how the world began in what manner. They explain how the world, people, animals, and plants are related. Through creation stories, people can understand the natural order of life and in what direction they came and in what direction they are going. They give reason to the overall scheme of things. It is therefore important to understand the creation of things because it provides the framework within which wise decisions can be made.

  Storytelling was the form of transmittal for how things were and why things happened. There were winter stories and summer stories, stories for days that the rains fell, and stories for early mornings. Creation stories were retold and retold many times in the growing years. Creation stories were retold and retold many times in the growing years. BigFoot, 1989

- **Cheyenne Creation Story**: Every tribe has a creation story that tells of their origin, how they came to be, and what was helpful behaviors that lead them forward. Many tribal websites have posted their creation stories that share the wisdom of their history, the important teachings, or other understandings about life. One creation story of the Cheyenne is the mighty migration that forced the Cheyenne to separate when a water monster broke the ice in which they were traveling over. A portion of them were isolated from the main body and they never reconnect, leaving them to decide how they were going to survive on their own and manage their new circumstances. It is told that they confronted many kinds of adversities eventually settling in the far north country, building structures to house their families, tending the land, hunting the game, and fishing the many streams. In 2003, Cheyenne historian John L. Sipe wrote of the discovery of the Lost Cheyenne (Sipe, 2003). What can be learned from this and other creation stories, is that circumstances change, adversities occur, what was expected is different, new understandings have to be considered, decisions need to be re-made, and behaviors have to change to adapt toward different or more challenging conditions.

- **Storytelling**: Creation stories are the history and tradition of the tribes; they tell how the world began in what manner. They explain how the world, people, animals, and plants are related. Through creation stories, people can understand the natural order of life and in what direction they came and in what direction they are going. They give reason to the overall scheme of things. It is therefore important to understand the creation of things because it provides the framework within which wise decisions can be made.

  Storytelling was the form of transmittal for how things were and why things happened. There were winter stories and summer stories, stories for days that the rains fell, and stories for early mornings. Creation stories were retold and retold many times in the growing years. Creation stories were retold and retold many times in the growing years. BigFoot, 1989
THANK YOU

You Honor me with your invitation, with your presence, and with your Sacredness.