



Indian Health Service 2012 NATIONAL BEHAVIORAL HEALTH CONFERENCE

Welcome

“Integrating Culture into Play Therapy for
American Indians/Alaska Native Children
and Youth

Carrie L. Johnson, Ph.D.



Mobilizing Partnerships to Promote Wellness



House Keeping

- Please be sure to sign in and out on the Sign In Sheets located near the entrance to this room.
- Please complete the evaluation at the end of this presentation.
- For more information on Continuing Education Units (CEUs), please visit the Registration Desk

Comfort Room

- To promote wellness and self-care, a Comfort Room is available in Atrium Room 8 for your use.
- If you need further assistance, please visit the Indian Health Service Division of Behavioral Health booth.

References:

- Johnson, C.L. (2006) An Innovative Healing Model: Empowering Urban Native Americans. In T. Witko (Ed.), Mental Health Care for Urban Indians: Clinical Insights from Native Practitioners, (189-204). American Psychological Association, Washington, D.C.
- Association for Play Therapy, Inc. Website: <http://www.a4pt.org/>
- Hall, T.M., Gerard Kaduson, H., & Schaefer, C.E. (2002). Fifteen effective play therapy techniques. *Professional Psychology: Research and Practice*, 33(6), 515-522.
- Indian Country Child Trauma Center (ICCTC) <http://www.icctc.org/>

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Crisis Hotline Numbers

Suicide Prevention Lifeline Number:

- 1-800-273-TALK (8255)

National Domestic Violence Hotline:

- 1-800-799-SAFE (7233) or TTY 1-800-787-3224

National Child Abuse Hotline:

- 1-800-4-A-CHILD

Sexual Assault Hotline:

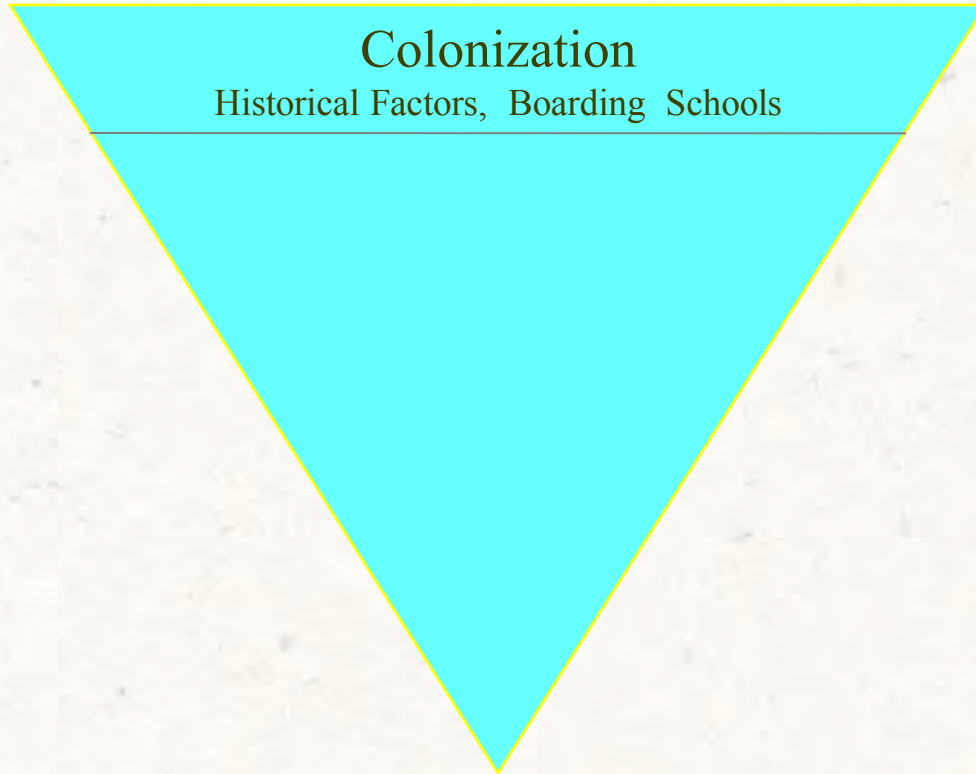
- 1-800-262-9800



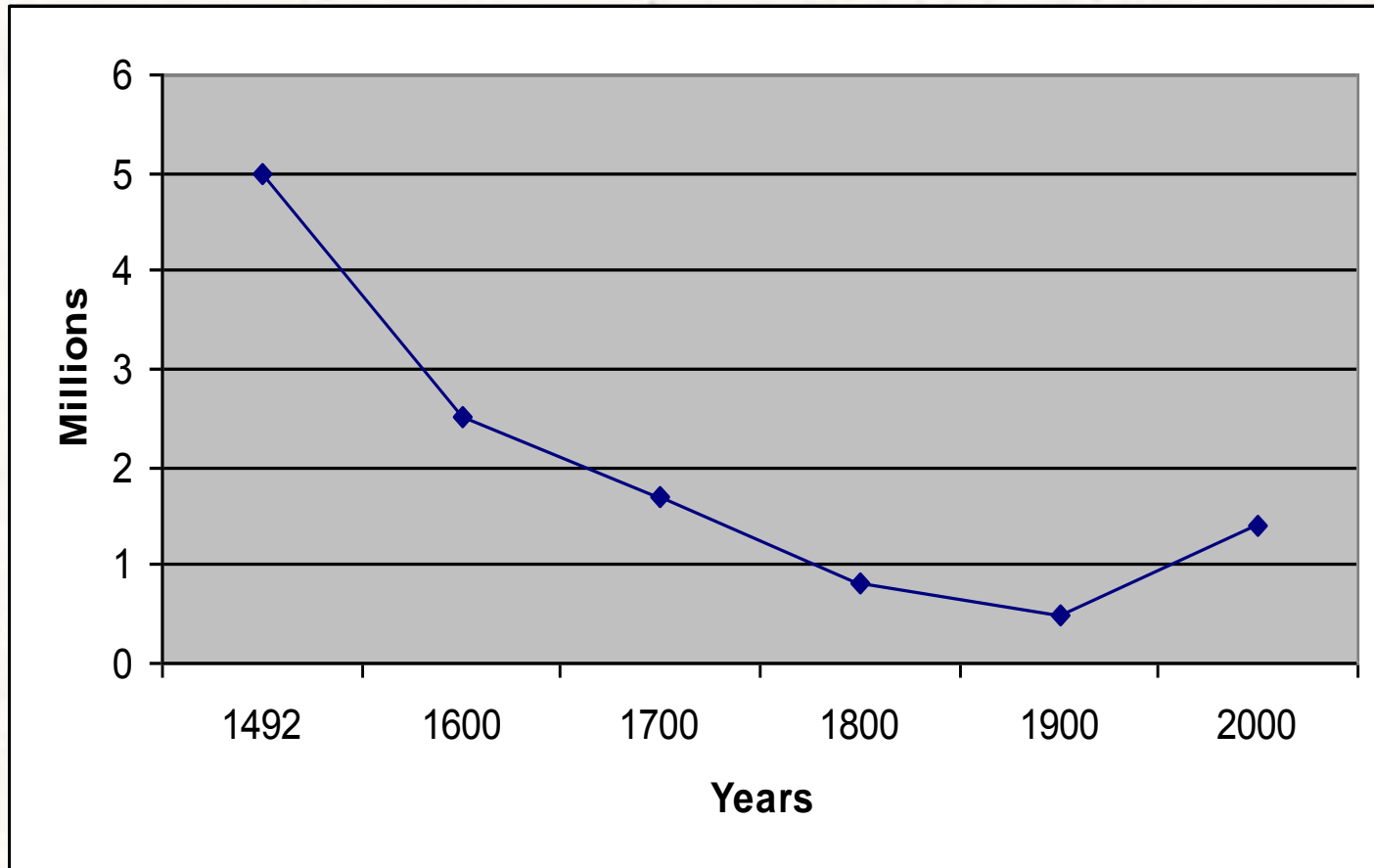
Overview of Factors that impact the
Behavioral Health of AI/AN children
and youth

Native American Healing Model

A Community Healing Circle ©



American Indian Population

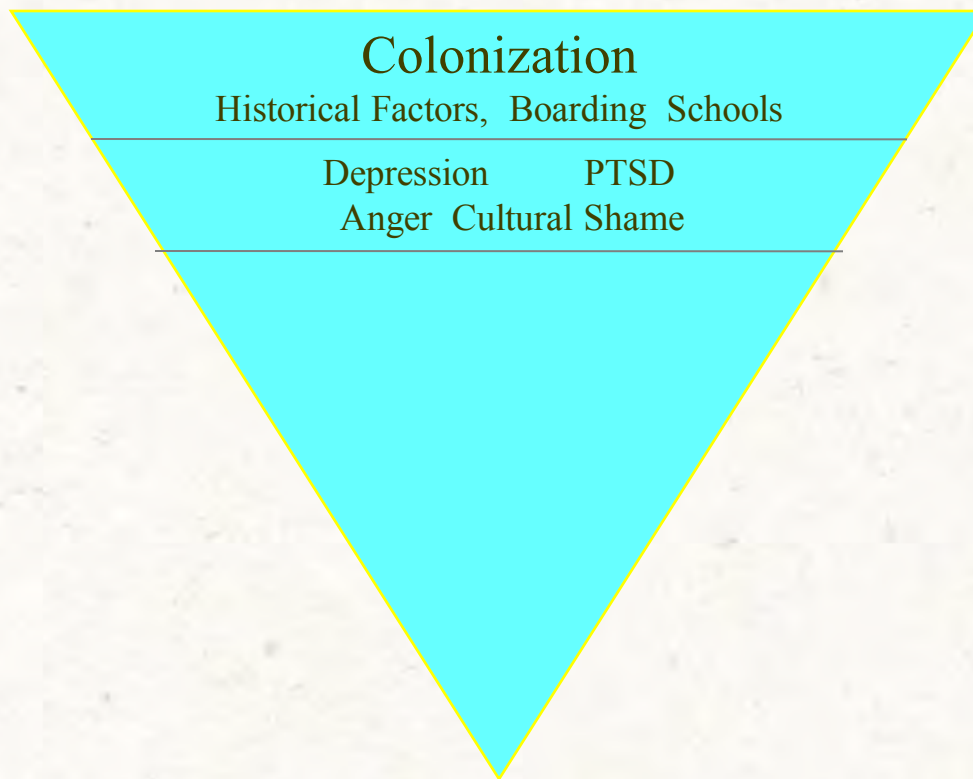


Unresolved Grief

The grief persons experience when they incur a loss that cannot be openly acknowledged, publicly mourned or socially accepted
(Doka, 1989)

Native American Healing Model

A Community Healing Circle ©

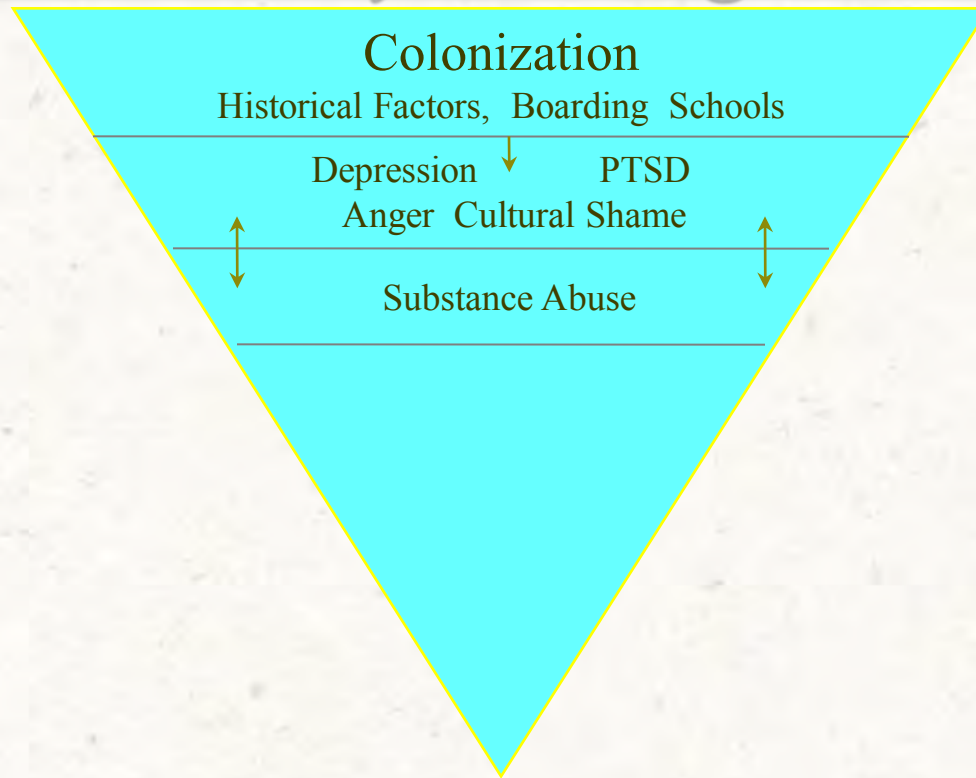


Depression, PTSD, Mental Health

- Depression due to loss of culture, identity, language, personal losses and feelings of rejection, discrimination and hopelessness
- PTSD- Flashbacks, nightmares, hypervigilience, avoidance of situations, thoughts, feelings that remind one of the abusive event, restricted range of affect, heightened startle response, anxiety disorders

Native American Healing Model

A Community Healing Circle ©



Prior to European Contact

- Prior to 15th century, North American indigenous people did not have alcoholic beverages
- Peyote was used by ceremoniously among some southwestern tribes
- Traditional tobacco was used by many tribes within a religious and ceremonial context

Alcohol use among AI/AN

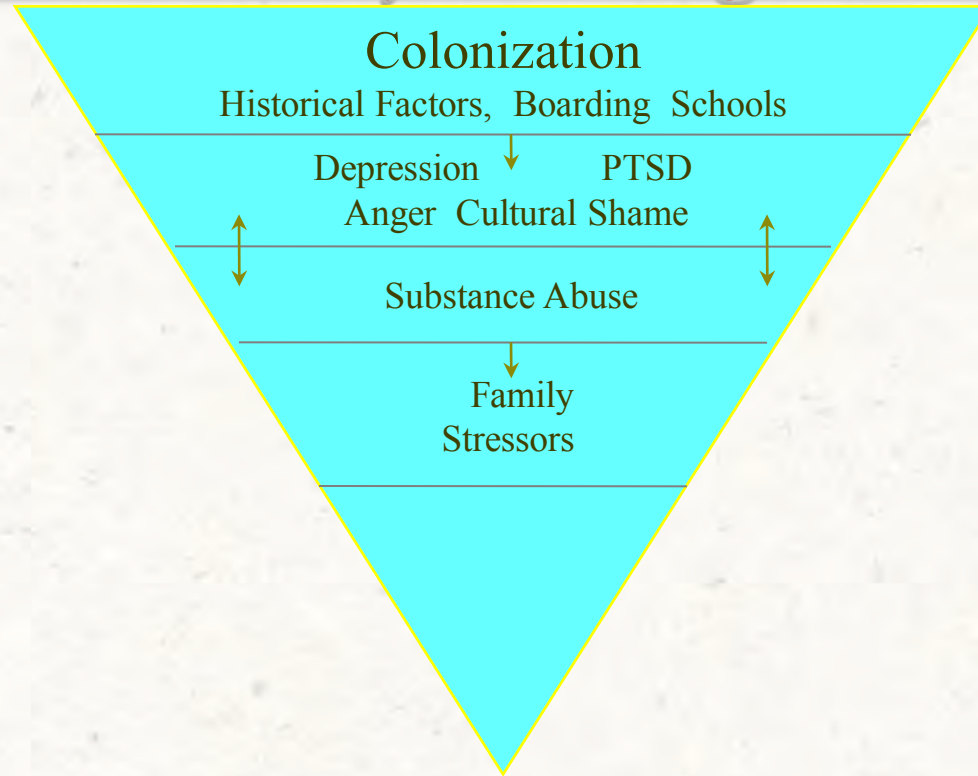
- In 2002-2005, AI/AN were more like to have a history of a past year alcohol use disorder compared to any other racial/ethnic group (SAMHSA, 2007)
- AI/AN have the highest morbidity and mortality associated with alcohol use compared to any other racial/ethnic group (Kovas, 2008)
- Less AI/AN drink compared to other races, however, those who do drink, drink excessively

Illicit Drug Use Among AI/AN

- AI/AN were more likely to use an illicit drug compared to any other ethnic/racial group (SAMHSA, 2007)
- Methamphetamine abuse is highest among AI/AN compared to any other racial/ethnic group
- Nicotine dependence is highest among AI/AN. Smoking rates are 33% (U.S. national average 22%) and are as high as 70% among some Alaska Native groups.

Native American Healing Model

A Community Healing Circle ©



Fetal Alcohol Spectrum Disorder

- Encompasses the wide range of physical, mental and behavioral effects seen under the diagnosis: Fetal Alcohol Syndrome (FAS), partial FAS (p-FAS) and alcohol-related neurodevelopmental disorder (ARND)
- One of the most leading known preventable causes of mental retardation and birth defects
- FAS highest among American Indians than any other racial group

Fetal Alcohol Spectrum Disorder

- Continuum of effects from prenatal alcohol exposure
- Risk factors
 - Higher dose of alcohol
 - Pattern of exposure- binge drinking more damaging to the fetus than chronic alcohol exposure.
 - Developmental timing of alcohol exposure

Fetal Alcohol Syndrome/Effects

- **Mental** and Physical Birth Defects
- Mild to Severe Mental Retardation
- Hyperactivity
- Attention Deficient
- Impulsiveness
- Learning Disabilities

Secondary problems associated with FAS

- 90% have mental health problems
- 50% over the age of 12 have disrupted school experiences, trouble with the law, which is frequently severe enough to require confinement.
- High rates of inappropriate sexual behavior
- Significant number have alcohol and drug abuse problems

Attachment Disorders

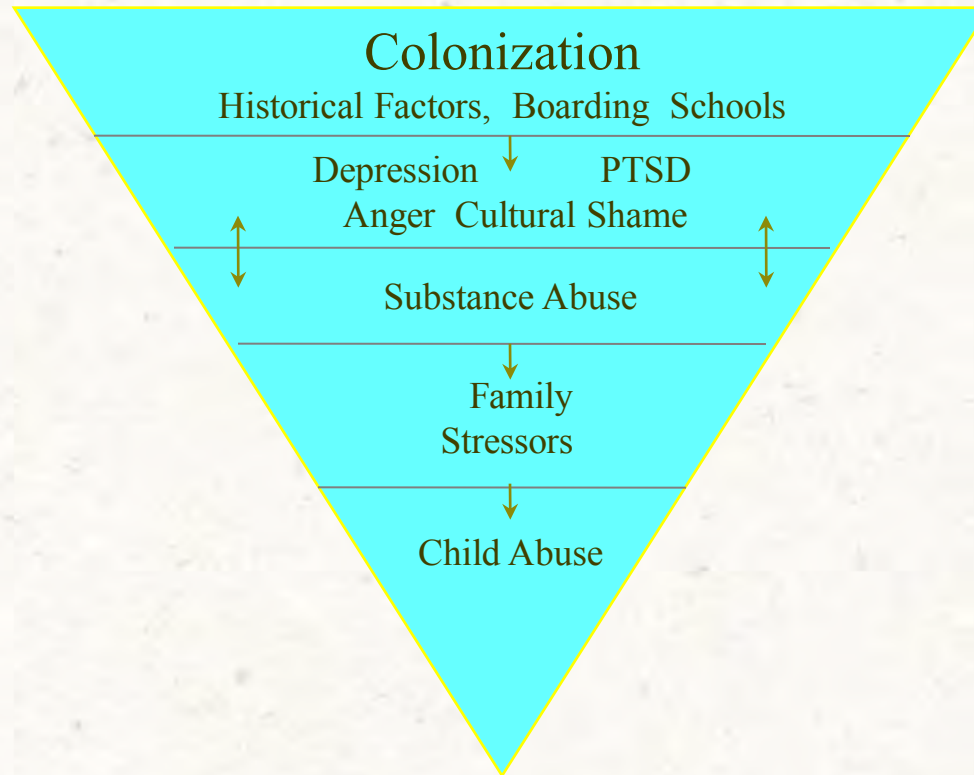
- Insecure Attachments
- Rage/View world as an extremely hostile environment
- A need to control events and people in their lives
- Lying
- Lack of a real connection to others
- Inability to give and receive attention
- Impulsive/acting out behavior- ADHD?
- Moderate to Severe Personality Disorders
 - usually Borderline or Dependent PD

Attachment and Domestic Violence

- Women with attachment problems are more likely to experience physical abuse, and frequent psychological abuse
- Difficulty getting out of abusive relationships.
 - They are use to being treated “bad”
 - Staying attached helps them regulate feelings of fear, anger, anxiety

Native American Healing Model

A Community Healing Circle ©





Child Abuse

- Current national statistics and published reports suggest that child abuse and/or neglect is a serious problem among AI/ANs, with prevalence/risk higher than the general pop.
- Parental alcohol abuse has been associated with child abuse.
- A study found that a child's mother was most frequently indicated as the offender in neglect cases (62.9%), fathers in physical abuse cases (36.3%) and biological relatives in sexual abuse cases (55.3%). This study showed that substance abuse was a factor in most cases, except for sexual abuse (Chino, Melton & Fullerton, 1992).



The Effects of Child Abuse on Indian Children

Emotional: nervous, anxious, fearful, withdrawn, depression, constricted emotions, emotionlessness

Girls more internal withdrawn

Boys more external/aggression, acting out

Behavioral: lying, torturing animals, passivity, cruelty to other children, manipulation, hyperactivity, aggressiveness, nightmares, suicide attempts, high risk behaviors, regression, impulsivity; substance abuse. Boys more likely to bring their anger and hopelessness against others. Learn that violence is an appropriate way to solve conflicts or to gain respect or control.

Physiological/Somatic: poor health upset stomachs, head aches, sleep disturbances, eating disorders

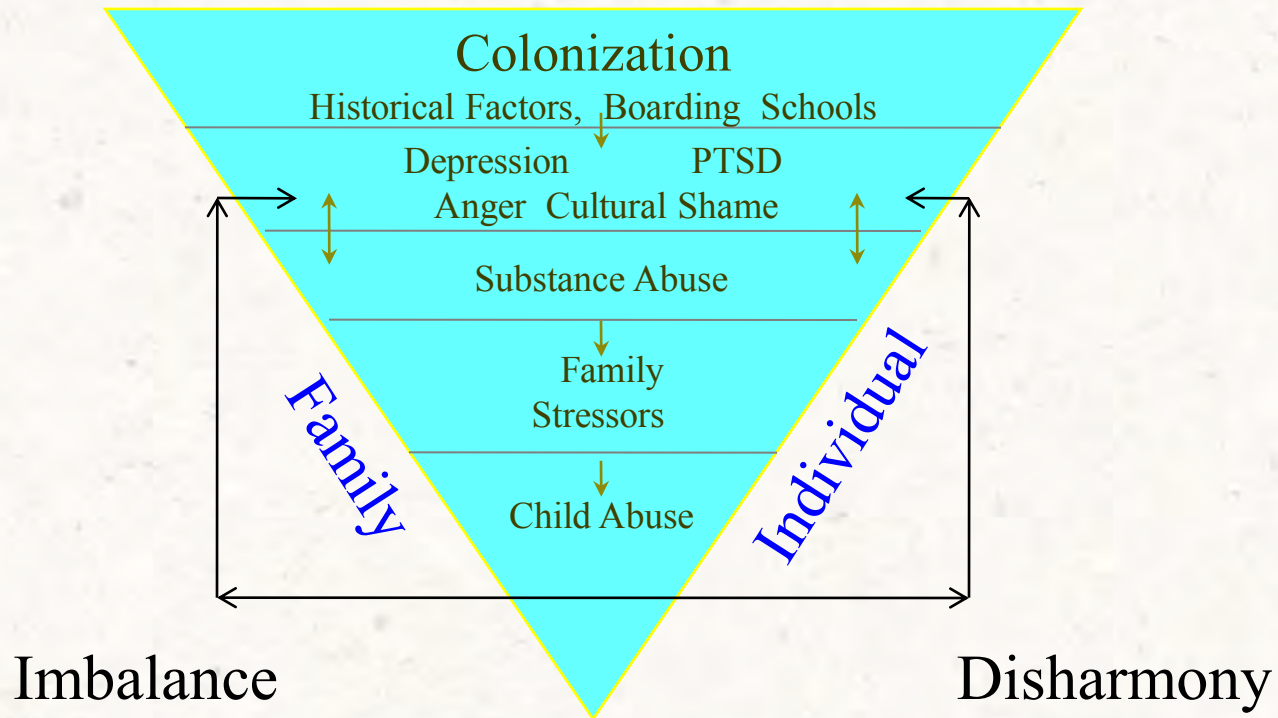
Cognition: problem solving difficulties; black/white thinking, difficulty concentrating, learning disabilities, disassociation, pessimism, low self-confidence, thoughts of suicide, daydreaming, fantasies, problems in school

Long Term Effects

- At least one half of families in which their mother is abused, the children are also abused.
- Boys are more likely to abuse their partners when they grow up if they have been raised in a violent home
- Seventy-three percent of abusers were abused as children and 80 percent of men in prisons grew up in violent homes
- Girls learn that society accepts violence against women.
- A study found that child abuse and both physical and sexual abuse were risk factors for conduct disorders and that both child abuse and conduct disorders were risk factors for alcohol dependence. Alcohol dependency was a risk factor for physical intimate partner violence. However, just a history of physical abuse in childhood was a significant predictor of being a victim and a perpetrator of physical partner violence (Kunitz et al. 1998).

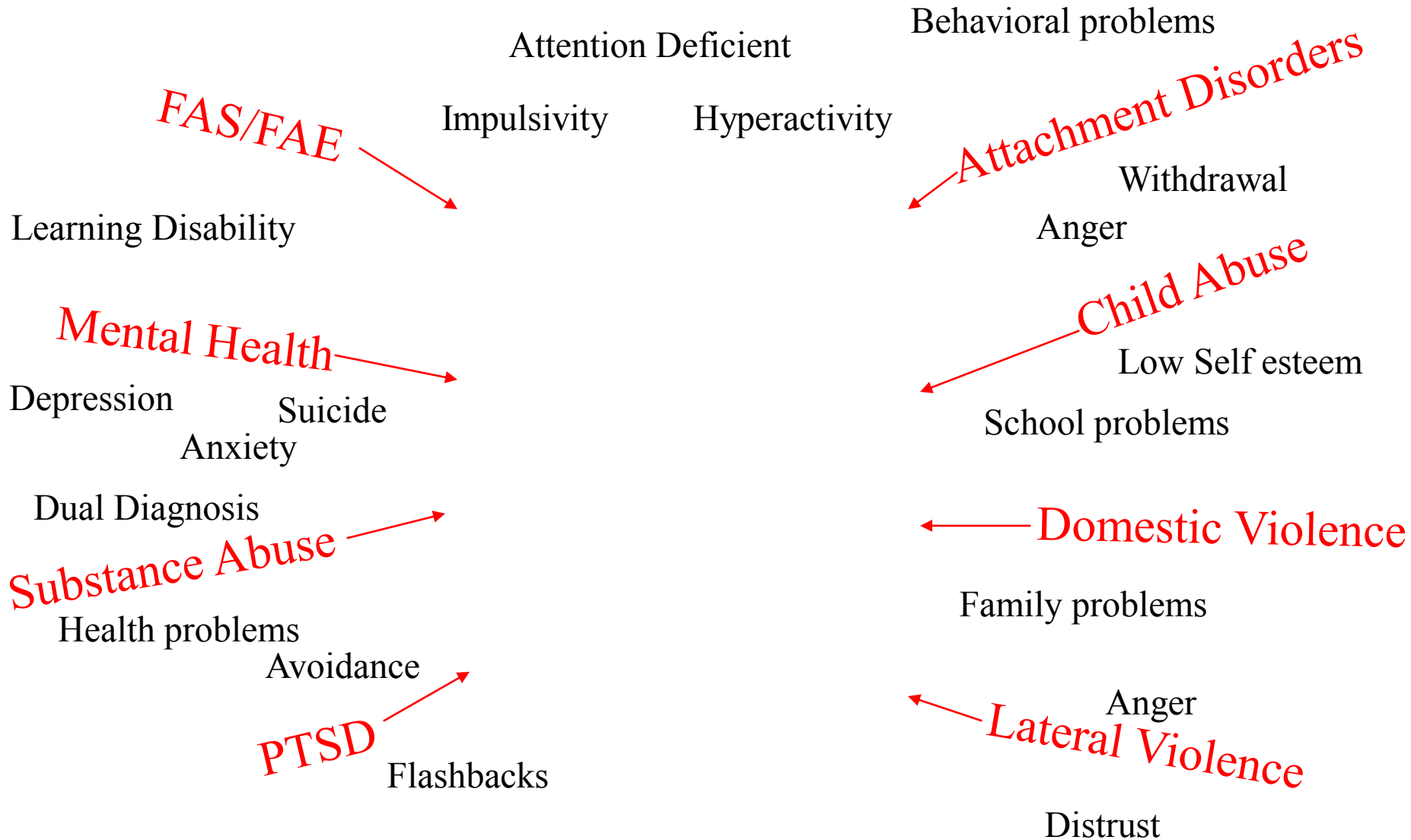
Native American Healing Model
A Community Healing Circle ©

Community



The Multigenerational Trauma Cycle

The Effects of Multigenerational Trauma



Resiliency and Strengths of American Indians

In order to regain integrity, vision, cultural competence and break the cycle of family violence focus on the resiliency.

- Strong group affiliation
- Extended family
- Cultural Respect
- Spirituality
- Community Support
- Wisdom and Strength of Elders
- Humor
- Ancestral strength





Treatment of American Indians/Alaska Natives

- There is little consensus in public discourse about what constitutes “effective” treatment (Prendergast & Podus 2000).
- Different views on the problem of addiction (moral, medical, public health, criminal justice) shape the different views on treatment effectiveness; models for evaluating effectiveness are socially constructed.
- Currently there is a lack of information about which types of treatment interventions are most effective with American Indians; however, experts agree that combining community cultural values and community healing with current evidence-based interventions is most appropriate (Abbott 1998).

The Medicine Wheel

- The Medicine wheel is an ancient symbol for Native Americans.
- The medicine wheel is divided into four quadrants and there are many different ways that the quadrants are expressed. Some of these include the four directions, the four elements- fire, earth, air and water or four parts of oneself- physical, mental/cognitive spiritual and social.
- When all the four quadrants are in balance, life continues in an intricately balanced and harmonious way, if they are not in balance Native Americans are not in harmony.

Native American Healing Model- A Community Healing Circle

NORTH

White Buffalo

Wisdom Honesty
Acceptance Prayer

Community

Colonization

Historical Factors, Boarding Schools

Depression PTSD

Anger Cultural Shame

Substance Abuse

Family Stressors

Child Abuse

Family

Individual

EAST

Eagle

Illumination Humility
Acknowledgement
Prudence

WEST

Bear

Introspection Harmony
Ascension Practice

SOUTH

Mouse

Innocence Humor
Acquiescence Perseverance

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Treatment
 Parenting Skills
 Grief and Loss
 Anger Management
 Depression
 Substance Abuse
 Individual Therapy
 Family Therapy
 Equine
 Play Therapy

Cognitive

NORTH

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Social

SOUTH

Mouse

Innocence Humor
 Acquiescence Perseverance

Nurturing

Prevention
 Information
 Education



South- Prevention-Social Needs Advocacy

- Basic Needs- Housing, food
- Employment
- Education- Schools
- Health- Physical activities
- Prevention programs
- Case Management

West- Western Traditional Treatments

- Cognitive Behavioral Therapy
- Group Therapy
 - Preferred over Individual
 - Culturally Focused- Talking Circle
- Evidenced Based Treatments
- Trauma Focused Treatments
- Play Therapy

Definition of Play Therapy

- Play therapy is the systematic use of a theoretical model to establish an interpersonal process wherein trained play therapist use the therapeutic powers of play to help clients prevent or resolve psychological difficulties and achieve optimal growth and development. (Association for Play Therapy Board, March 1997)

Why Play Therapy?

- Appropriate therapy for children 12 years old and younger because child might not have the vocabulary to express feelings.
- Play is a natural process of self expression for a child.
- Child is encouraged to play out feelings, conflicts, and problems during play
- Also can be used for children older than 12 and adults

Theories of Play Therapy

- Directive
 - Cognitive behavioral
 - Gestalt
 - Developmental
 - SFBT
 - Non-Directive
 - Child-centered
 - Jungian
 - Psychoanalytic
- Adlerian-
- Filial-

Methods of Play Therapy

- Sand Tray
- Games
- Story Telling
- Art/Crafts

Toys Needed for Play Therapy Room

- *Scary toys*
 - Client's can use these to deal with fears
 - Plastic monsters, snakes, bugs, bears, lions, dinosaurs
- *Nurturing Toys*
 - Client's can use these to play out family relationships and events
 - Doll house, dolls, puppets, baby dolls, baby doll supplies, kitchen set

Source: InAPT conference 2005

Toys Needed for Play Therapy Room

- *Aggressive Toys*
 - Clients use these to express anger and aggression and explore power and control issues
 - Guns, play knives, hammer and nails, toy soldiers, punching bag
- *Expressive Toys*
 - Clients use these to explore relationships, express feelings, deal with problem/solution
 - Crayons, paper, scissors, paint, craft items.

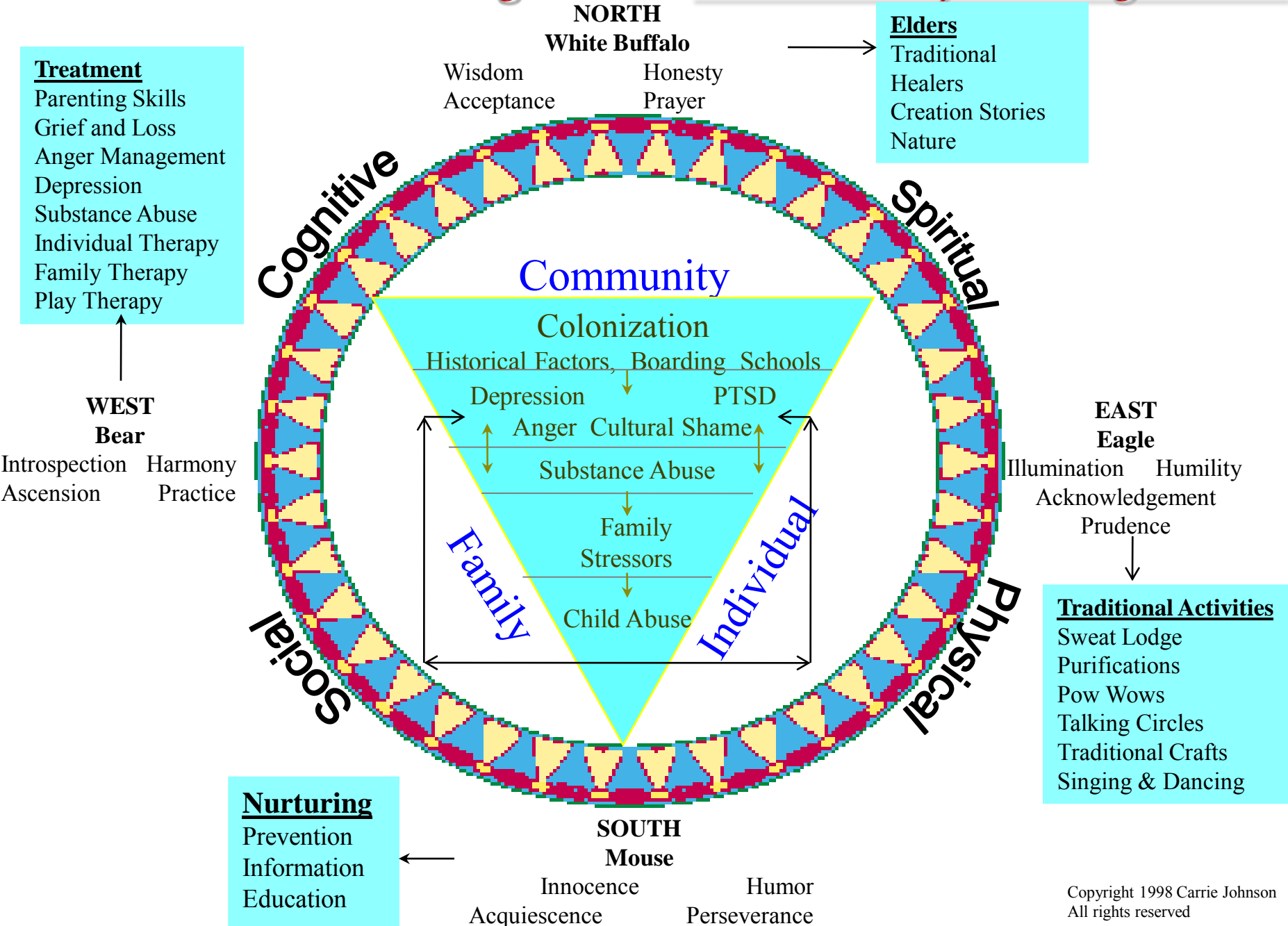


Play Therapy Activities



Integrating Cultural into Play Therapy Activities

Native American Healing Model- A Community Healing Circle



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