

A Model For Holistic Healing

⇒ Honouring And Reconnecting

- ▶ trust in self and others
- ▶ trust in the potential for oneself and others to change
- ▶ trust in the ability to help oneself, one's family, and community
- ▶ belief in being worthy of love and kindness
- ▶ belief in being capable of showing love, kindness and respect to others

⇒ Physical Healing Strategies

- ▶ breathing and relaxation techniques
- ▶ exercise (walking, sports, games of skill or endurance)
- ▶ hunting, fishing, camping, being on the land
- ▶ healthy diet and nutrition, community feasts
- ▶ recovery from addictions

⇒ Mental Healing Strategies

- ▶ cognitive strategies (diaries, log book)
- ▶ increase of knowledge
- ▶ telling of life stories/Creation stories

⇒ Emotional Healing Strategies

- ▶ stress and anger management
- ▶ non-verbal expression through arts, crafts, song, dance, etc.
- ▶ talking and sharing circles
- ▶ restoring cultural pride through identity
- ▶ individual affirmations and esteem building

⇒ Spiritual Healing Strategies

- ▶ meditation, prayer, giving thanks
- ▶ participation in Church activities
- ▶ participation in traditional ceremonies
- ▶ guidance from Elders