



**EMBRACING
TRANSFORMATION**

CESBA Conference 2023
December 6-7

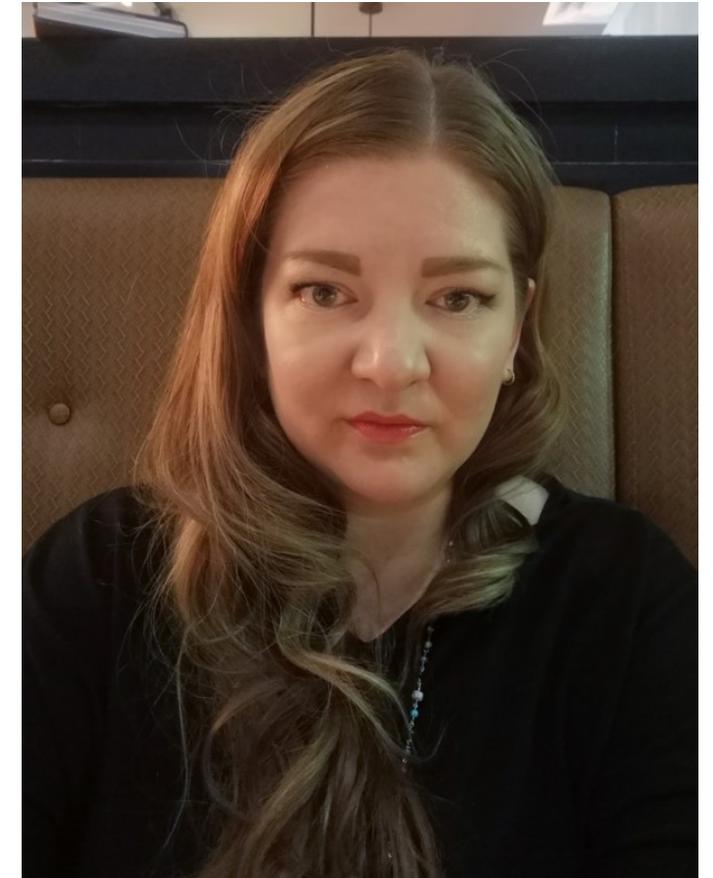
**ACCUEILLIR LE
CHANGEMENT**

Conférence de CESBA 2023
6-7 décembre

**Resolved Trauma vs Unresolved Trauma:
A Story of One Indigenous Family
with
Katie Maracle & Karlene Powless**

Katie's Intro

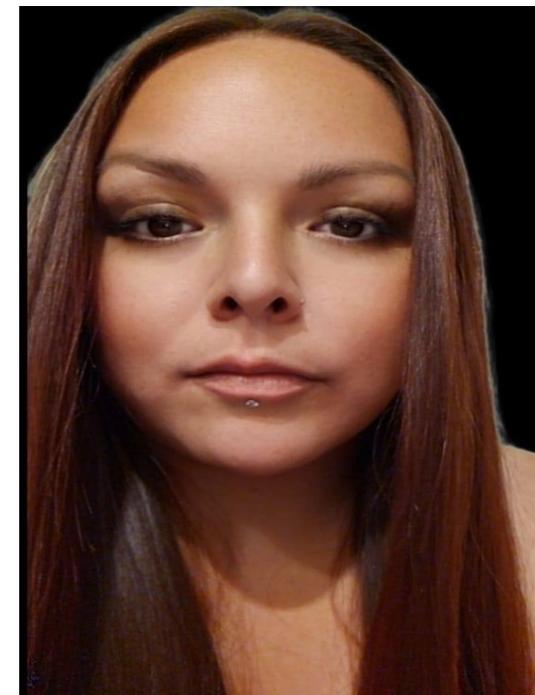
- Mohawk Nation, Turtle Clan
- Lives on Six Nations Reserve
- Has 1 son – he's 7.5
- Native Community Care: Counselling and Development – Mohawk College
- B. Ed: Aboriginal Adult Education - Brock University
- Indigenous Teacher Education Program – Queen's University
- MPEd (Educational Leadership) – Western University
- Doctoral Candidate (currently on leave) – Western University



Karlene's Intro



- Mohawk, Bear Clan
- Grew up on Six Nations Reserve and in Brantford
- Earned her GED while she was incarcerated in the United States
- Main caregiver for her younger sister, Jolie and dog, Loki



Why Are We Here?

- We'll share our stories about growing up in two radically different households, despite being the same age, spending much of our childhood together, and living next door to each other on the Six Nations Reserve
- The impact of resolved trauma vs unresolved trauma will be demonstrated by memorable storytelling
- **Learning Outcomes:**
 - Gain a better understand intergenerational trauma and its impact in Indigenous communities
 - Recognize possible outcomes of resolved vs unresolved trauma



Housekeeping

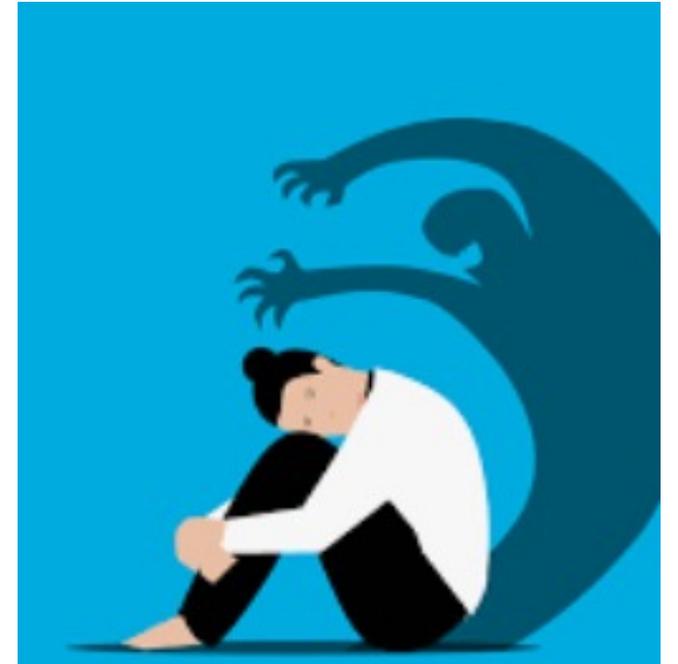
- This is a SAFE SPACE!
- Everything that is said should here stay here
- We are not looking for sympathy - we want to help educate helpers so they can relate better to at-risk youth
- Be kind 😊



What is Trauma?

- An emotional response to a terrible event like an accident, rape, or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea

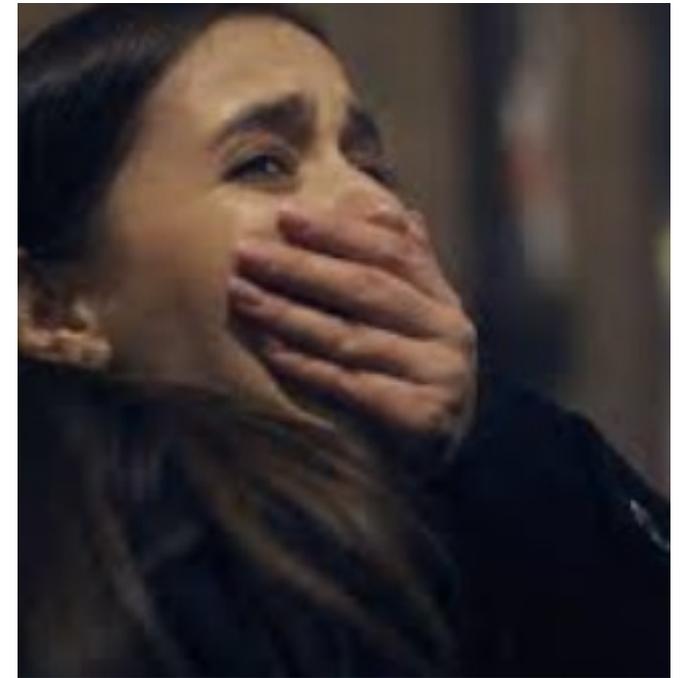
– American Psychological Association



What is Unresolved Trauma?

- Occurs when the person has experienced an overwhelming event – or series of events – outside their brain’s window of tolerance. The survivor protects themselves from the pain by repressing and avoiding the disturbing emotions and trying to get over the trauma by pushing it down

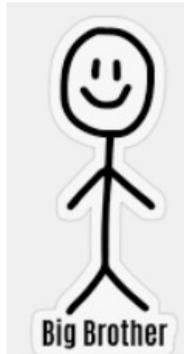
– Dr. Zackson



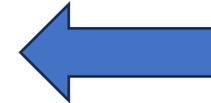
Our Dads



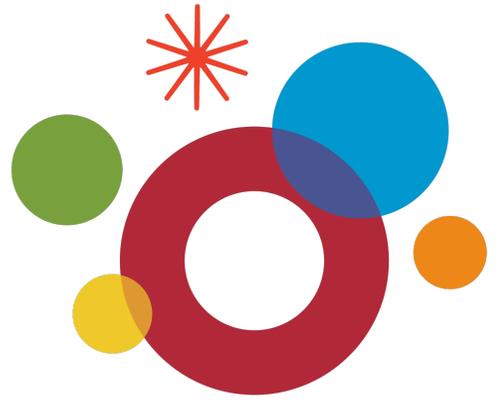
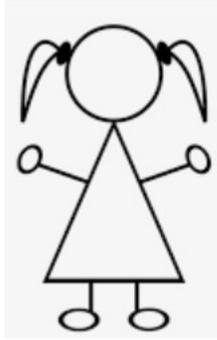
Katie's dad, Bill



Karlene's dad, Steve



Growing Up



Karlene's House

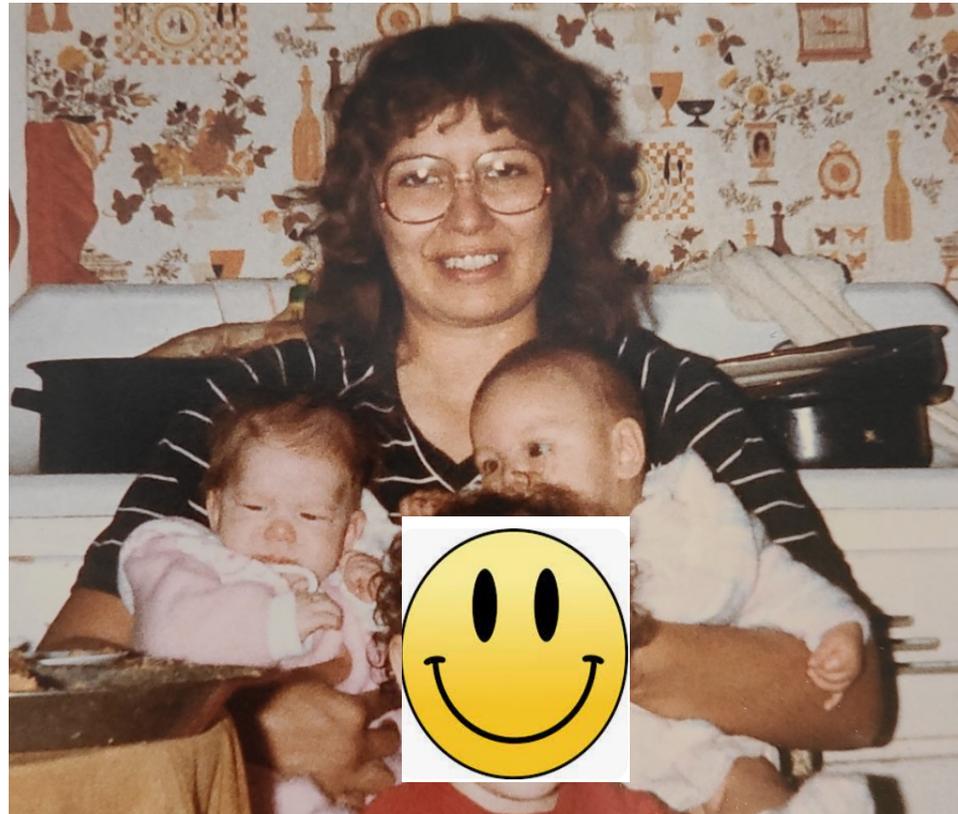
Katie's House



Background



The Beginning: 1983





Childhood:
1991



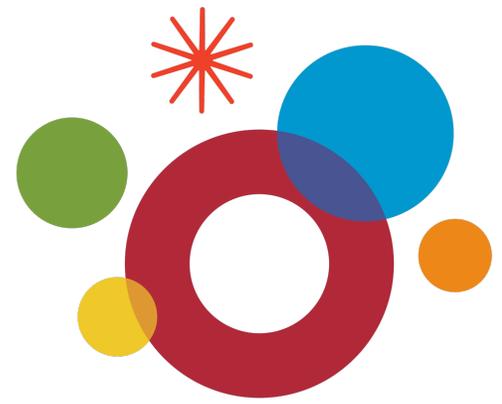
Pre-Teen Years





Going into
Teenage
Years

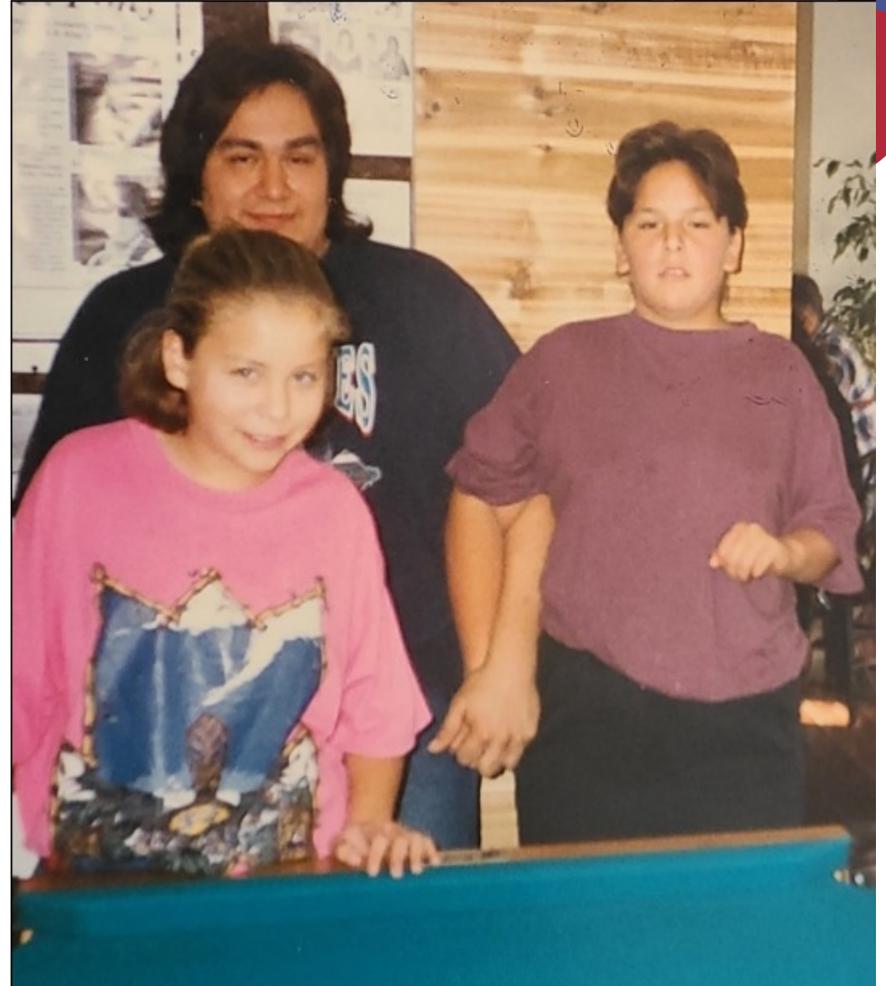
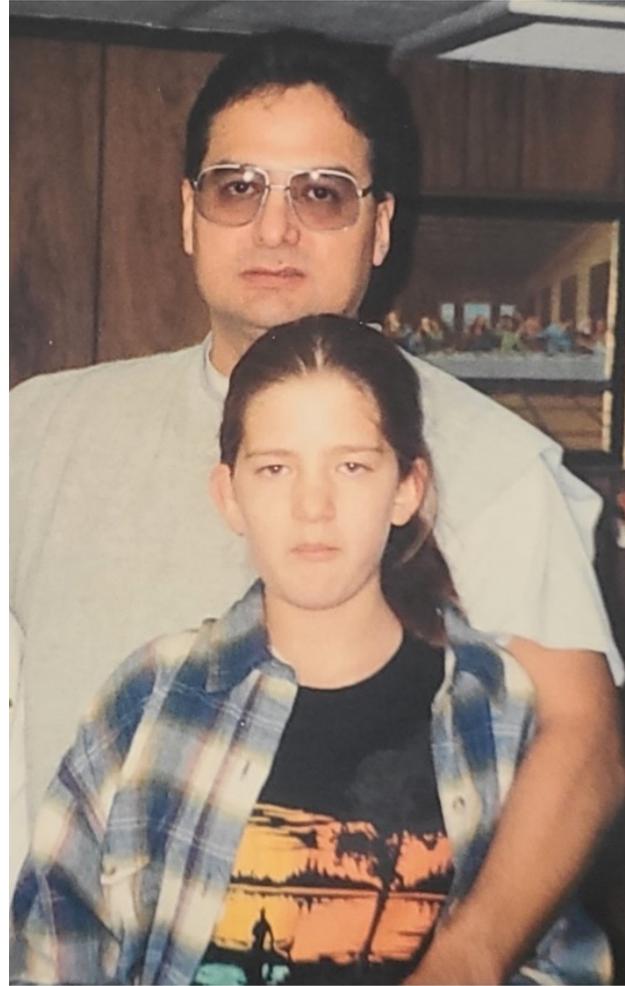




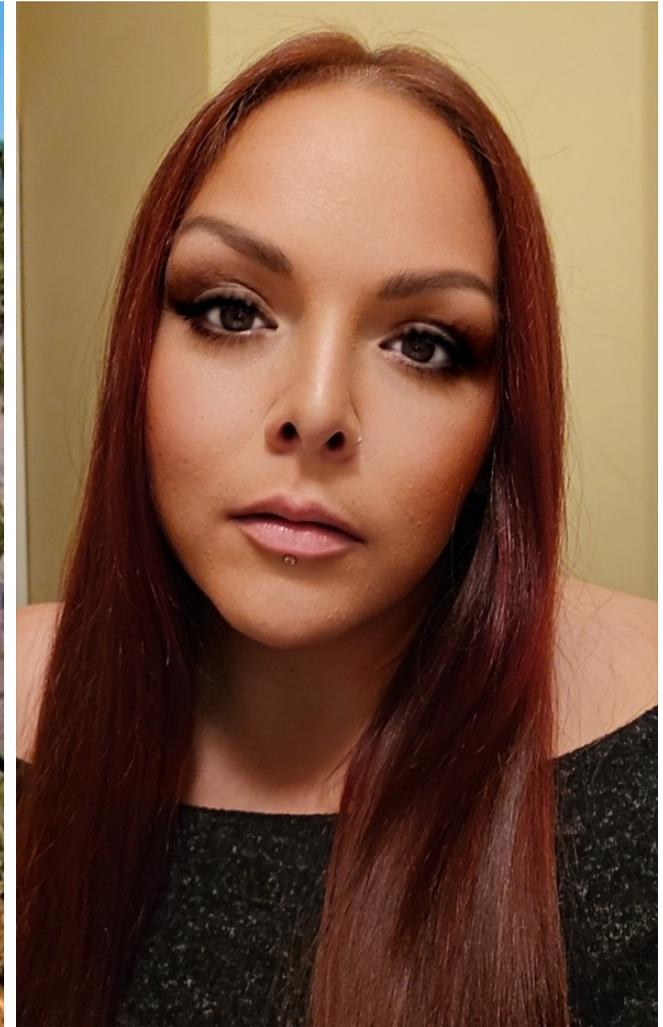
Adulthood



Daddy's Girls



The Future



In Closing

- Please share 1-2 words about where you are with this. How are you doing with processing this information, or what you're taking away from this presentation.



Need Help?

- This presentation may have triggered traumas, so please do not hesitate to reach out if you need to talk to someone:
- **Crisis Line: 1-866-996-0991**
- **Talk Suicide: 1-833-456-4566**



References

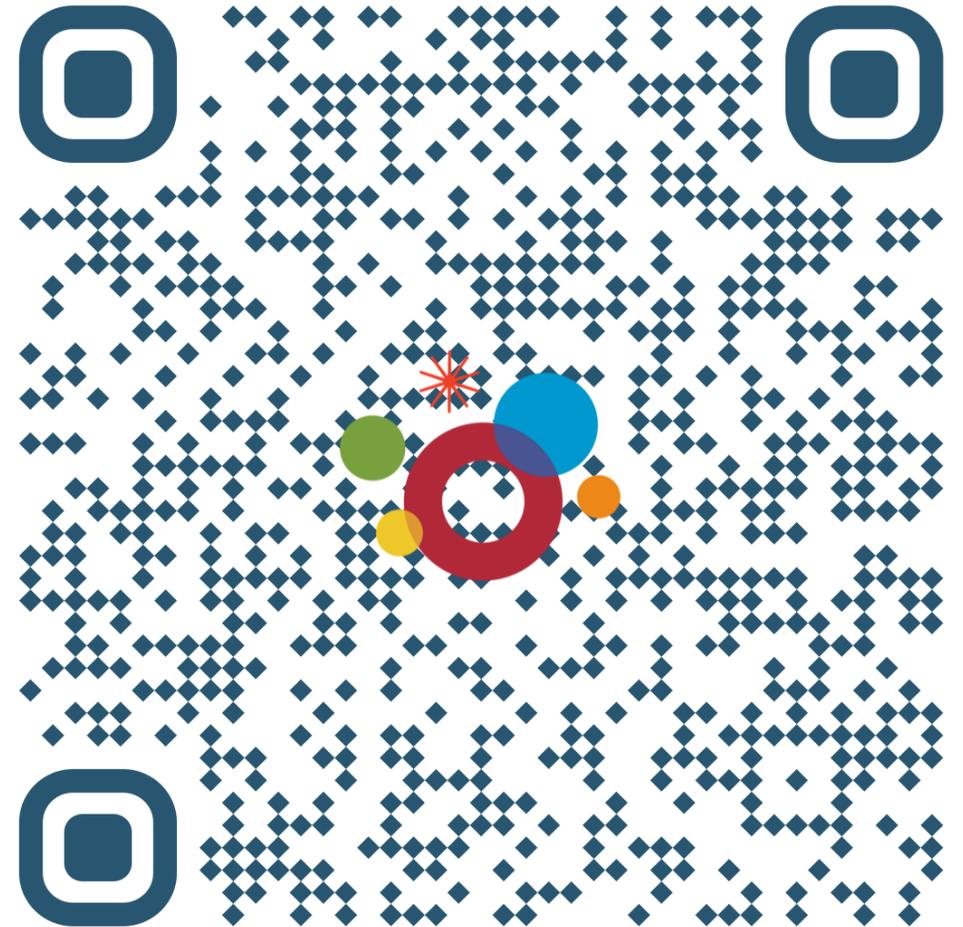


- American Psychological Association. (2023). Taken from <https://www.apa.org/topics/trauma#:~:text=Trauma%20is%20an%20emotional%20response,symptoms%20like%20headaches%20or%20nausea>.
- Zackson, J. (2023). Taken from <https://www.greenwichpsychology.com/staff/dr-judith-zackson/>

Evaluation Surveys | Sondages d'évaluation

Provide your feedback with the QR codes or visit cesba.com/2023surveys

Donnez vos commentaires avec les codes QR ou visitez cesba.com/2023surveys



Coming up next | À suivre

9:30 a.m. – 9:50 a.m.	Break Pause
9:50 a.m. – 11:00 a.m.	Workshops Block A Atelier bloc A
11:00 a.m. – 11:20 a.m.	Coffee break Pause-café
11:20 a.m. – 12:30 p.m.	Workshops Block B Atelier bloc B
12:30 p.m. – 1:30 p.m.	Lunch break Pause déjeuner
1:30 p.m. – 2:40 p.m.	Workshops Block C Atelier bloc C
2:40 p.m. – 3:00 p.m.	Coffee break Pause-café
2:40 p.m. – 3:00 p.m.	Final plenary Plénière finale
3:00 p.m.	Adjourn Ajourner

Workshops Block C | Atelier bloc C

C1 - Uprooted: Grounding Instruction in Indigenous Worldviews	Baker
C2 - Beyond Drugs: Understanding Problematic Substance Use Through a Trauma Informed Lens	Seymour
C3 - Let's Create! Integration of Executive Functioning Skills Using Arts & Technology: A Hands-on Workshop	Stevenson
C4 - Marketing and Monitoring: A Novel Approach to A&CE Visibility and Performance Measurement	Mountbatten A
C5 - Transforming a Struggling Adult High School in a Post-COVID Environment	Windsor
C6 - The Balanced Life: How to Move from Striving to Thriving	Mountbatten B
C7 - A Welcome Kit for Online Learners	Gerrard



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