



Intergenerational/Historical Trauma

Targeted Resources for Tribal Child Welfare, August 2016

Historical Trauma, as defined by Dr. Maria Yellowhorse-Braveheart, is “the collective emotional and psychological injury both over the life span and across generations, resulting from a cataclysmic history of genocide.” The resources and links below provide more information on what historical/intergenerational trauma is, how it is experienced by Native communities, and how traditional cultural practices may be able to help Native people and communities heal.

[Historical Trauma and Cultural Healing](#)

The University of Minnesota (UMN) developed a short, three part video series: 1. What is historical trauma? 2. How historical trauma is perpetuated today, and 3. How connection to culture and community can heal wounds. A set of guiding questions, designed to help start conversations, are also provided for each video.

Additional materials from UMN:

- [Historical Trauma and Microaggressions: A Framework for Culturally-Based Practice](#)
- [Historical Trauma Book List](#)
- [Historical Trauma Articles List](#)
- [Historical Trauma and Microaggressions Lecture List](#)
- [Microaggressions Reading List](#)

[Rebuilding TRUST: A Community, Multi-Agency, State, and University Partnership to Improve Behavioral Health Care for American Indian Youth, their Families, & Communities](#)

This article highlights the numerous health disparities and challenges faced by Native youth, including high suicide rates, as a result of colonialism. A series of advisory meetings and research were conducted, and resulting policy, provider, and research recommendations are

Learn More:

- [National Native Children’s Trauma Center](#)
- [National Indian Child Welfare Association](#)
- [National Child Traumatic Stress Network](#)
- [SAMHSA: Historical Trauma Tips for Disaster Responders](#)
- [Indian Health Services Webinars](#)
- [Native American Training Institute](#)

provided that recognize the importance of moving beyond western models of care.

[Wicasa Was’aka: Restoring the Traditional Strength of American Indian Boys and Men](#)

This 2012 article examines health disparities among American Indian men and boys within the framework of historical trauma. They describe two interventions used with Lakota men and Southwestern American Indian boys and offer public health implications and recommendations.

[Native American Tribal Communities Provide Hope for Overcoming Historical Trauma](#)

This 2012 article highlights the work of Elicia Goodsoldier, a leader in the field of Native mental health, and the Pine Ridge Indian reservation in South Dakota. The historical trauma intervention model was introduced at this reservation as something that can lead to lasting healing.

[Transcending Historical Trauma](#)

Wisdom of the Elders (WISDOM) website provides information on historical trauma, including its history, effects, and treatment. WISDOM has produced numerous training models and a *Discovering Our Story Project* aimed at recovering cultural traditions and family structures that have been lost across generations.



Capacity Building
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