

Cultural Healing Reading List

CULTURAL HEALING READING LIST: *This list is intended to complement the Historical Trauma and Cultural Healing: Articles List- Historical Trauma, provided by the University of Minnesota Extension. This list is not comprehensive, it is intended to stimulate curiosity and continued learning on these perspectives and the concerns Alaska Native (AN) People navigate.*

The articles and resources included in this section provide information on healing centered engagement, relational-harmony, and Indigenous ways of knowing that have protected and helped Alaska Native People and communities heal from the impact of historical, intergenerational, and transgenerational trauma. Although expanding, research and literature on the cultural, relational strengths of Alaska Native People is limited. Literature on the context of Native American and Indigenous Peoples around the world are included.

Source	Description
Ullrich, J. S., Demientieff, L. X., & Elliott, E. (2022). Storying and re-storying: Co-creating indigenous well-being through relational knowledge exchange. <i>The American Review of Canadian Studies</i> , 52(3), 247-259. https://doi.org/10.1080/02722011.2022.2095498	Two Alaska Native and one Native American academic research scholars offer their personal stories of healing and connecting based on the wisdom of from their Elders and communities. Included here is Dr. Demientieff's work on healing centered engagement.
Demientieff, L. M. (2017). <i>Deg xit'an athabascan conversations on wellness: A qualitative study exploring the radical possibilities of relationships</i> (Order No. 10634333). Available from ProQuest Dissertations & Theses Global. (2180107801). Retrieved from here .	This dissertation explored the was the Deg Xit'an Athabascan People engage in cultural experiences, ways of knowing, values and relationships for wellness and wholeness.
Ullrich, J. S. (2019). For the love of our children: an Indigenous connectedness framework. <i>AlterNative: An International Journal of Indigenous Peoples</i> , 15(2), 121–130. https://doi.org/10.1177/1177180119828114	Through the process of a qualitative content analysis, Ullrich outlined an Indigenous conceptual framework that emphasized how Indigenous connectedness contributes to the restoration of Indigenous wisdom and practices that nurture child wellbeing.
Crouch, M. C., Skan, J., David, E. J. R., Lopez, E. D. S., & Prochaska, J. J. (2021). Indigenizing quality of life: The goodness of life for every Alaska Native research study. <i>Applied Research in Quality of Life</i> , 16(3), 1123-1143. https://doi.org/10.1007/s11482-019-09782-5	Dr. Crouch, Deg'Xit'an and Coahuiltecan psychologist connected with 15 Alaska Native People to identify culturally grounded perspectives on quality of life for Alaska Native People. This article provides insight on how Alaska Native People perceive wellness in their lives.
Lewis, J. P. (2011). Successful aging through the eyes of Alaska Native Elders. What it means to be an elder in Bristol Bay, AK. <i>The Gerontologist</i> , 51(4), 540-549. https://doi.org/10.1093/geront/gnr006	Dr. Lewis is an Alaska Native cross-cultural community psychologist and is the Associate Director of the Memory Keepers Medical Discovery Team at the University of Minnesota. This article provides a holistic perspective on aging in rural Alaska communities and examined "Eldership." This paper inspires positive healthcare delivery for AN People and communities.
Brave Heart, M.Y.H., Chase, J., Elkins, J., & Altschul, D.B. (2011). Historical trauma among Indigenous Peoples of the Americas: Concepts, research, and clinical considerations. <i>Journal of Psychoactive Drugs</i> , 43(4), 282–290. https://doi.org/10.1080/02791072.2011.628913	This respected article has been cross referenced over 300 times in research literature. Dr. Brave Heart et al. reviewed the concept of historical trauma (HT), efforts to measure the impact of HT, and concluded with implications of HT on clinical and community interventions, followed by recommendations.
Center for Health Care Strategies, CHCS.org	Incorporating Racial Equity into trauma informed care By Danica Richards, Center for Health Care Strategies. This 2021 brief was funded by the Robert Wood Johnson Foundation. It offers

	considerations to health care systems on the topics of racism racial equity, and, trauma-informed care.
Restoration Magazine, https://www.niwrc.org/restoration-magazine	The National Indigenous Women’s Resource Center (NIWRC) publishes this magazine, with content centered on the restoration of AN/NA sovereignty and safety of AN/NA Women. This magazine is a source for current issues AN/NA communities face.
Healing Collective Trauma, https://www.healingcollectivetrauma.com/	Articles, podcasts and interviews on the topic of collective trauma for BIPOC communities.
National Alliance on Mental Illness, NAMI.org	The Importance of Community in Indigenous People’s Healing
<i>Microaggressions continue to harm AN/NA People and Communities. This section offers literature and resources that address microaggressions against AN/NA People and Communities. Some articles focus on the experience of microaggressions in specific settings.</i>	
Source	Description
Diversity Inc Best Practices, Misconceptions of and Microaggressions Toward Native Americans (2019). https://www.diversityincbestpractices.com/medialib/uploads/2019/11/Native-American-Heritage-Month-MIB-Microaggressions-and-Misconceptions.pdf	Misconceptions of Microaggressions Toward Native Americans. Drafted in 2019, this one-page information sheet offers four popular misconceptions of Native American People paired with a Fact Check. It also highlights four microaggressions.
ICT News, https://ictnews.org/archive/my-top-ten-microaggressions-against-indians	Top Ten Microaggressions Against Indians. ICT is an independent nonprofit news enterprise, and a division of IndiJ Public Media. IndiJ Public Media’s mission is to honor ancestors and future generations through stories that inspire Indigenous Peoples. This article was initially published in 2016 and updated in 2018. The article lists examples of contemporary microaggressions and a response by the author.
<i>Microaggressions and AN/NA Young Adults (post-secondary education settings).</i>	
Source	Description
O’Keefe, V., & Greenfield, B. (2019). Experiences of microaggressions among American Indian and Alaska Native students in two post-secondary contexts. <i>American Indian and Alaska Native Mental Health Research</i> , 26(3), 58-78. https://doi.org/10.5820/aian.2603.2019.58	The authors examined the prevalence and associated distress of microaggressions on post-secondary students in New Mexico and Oklahoma. They found a high prevalence of microaggressions for students in the study with variance across demographic characteristics and cultural factors.
Greenfield, B. L., Elm, J. H. L., & Hallgren, K. A. (2021). Understanding measures of racial discrimination and microaggressions among American Indian and Alaska Native college students in the southwest united states. <i>BMC Public Health</i> , 21(1), 1099-1099. https://doi.org/10.1186/s12889-021-11036-9	The authors sought to fill a gap within the literature regarding adequate psychometric evaluation of discrimination and microaggressions among AN/NA college students. They evaluated the psychometric performance of three discrimination/microaggression measures among AN/NA college students. This included severity and type of discrimination and every day microaggressions.
Jones, M. L., & Galliher, R. V. (2015). Daily racial microaggressions and ethnic identification among Native American young adults. <i>Cultural Diversity & Ethnic Minority Psychology</i> , 21(1), 1-9. https://doi.org/10.1037/a0037537	The authors examined the experience of daily racial microaggressions (reported on one measure) among 112 NA young adults and self-reported ethnic and cultural identity (two measures). They found gender differences on the impact of microaggression, and a correlation between strength of AN/NA identity and frequency of microaggression for males.
<i>Microaggressions and AN/NA in Health Care Setting</i>	
Source	Description
Walls ML, Gonzalez J, Gladney T, Onello E. (2015). Unconscious biases: racial microaggressions in American Indian health care. <i>J Am Board Fam</i>	The authors examined the prevalence and impact of microaggressions (MA) reported by NA People with type 2 diabetes in a healthcare setting. They found MAs were associated

<i>Medicine</i> , 28(2), 231-9. https://doi.org/10.3122/jabfm.2015.02.140194	symptoms of depression, self-reported history of heart attacks and prior year hospitalization.
Cruz, D., Rodriguez, Y., & Mastropaolo, C. (2019). Perceived microaggressions in health care: A measurement study. <i>PloS One</i> , 14(2), e0211620-e0211620. https://doi.org/10.1371/journal.pone.0211620	Although AN/NA People were not included in this study, this study revealed the psychometric properties of the Microaggressions in Health Care Scale is promising to understand perceived racial microaggressions, discrimination, and mental health for racial/ethnic groups and gender.
<i>The Contemporary Progression of Entitlement of Settlers: Pretendians. Since the time that colonizers have arrived, they have exploited Indigenous People, culture, and Lands. The exploitation of Indigenous People continues in many forms (i.e., missing and murdered Indigenous People, land extraction, commercial fishing of salmon). This section is included to raise awareness and consciousness of those who rely upon the limited research published on AN/NA People and communities. This section offers insight and resources to the progression of Indigenous exploitation through the phenomena of Pretendians in academia.</i>	
Source	Description
Narine, S., Local Journalism Initiative Reporter, & Windspeaker.com. (2023). <i>To stop pretendians, universities, indigenous communities must work together</i> . Canadian Press Enterprises Inc.	This article reveals the toll Indigenous academic scholars and leaders experience when witnessing Indigenous identity fraud. The article explores motivations behind fraudulent claims of Indigenous identity and is a call for the collaboration of Indigenous communities to work together to address this issue.
National Public Radio npr.org	The race-shifting of ‘Pretendians.’ This February 23, 2022 episode hosted by Ailsa Chang who interviewed Sam Yellowhorse Kesler on “All Things Considered” explored the phenomena of people falsely claiming Native identity. Ironically the episode notes do not include the Nation which Kesler is part of, his webpage does not include this information as well.
Isai, V. (2022). <i>Canada Letter: Doubts over Indigenous identity in academia spark ‘Pretendian’ claims</i> The New York Times (online). Retrieved April 23, 2023, from https://www.nytimes.com/2022/10/15/world/canada/canada-indigenous-identity-pretendians.html	This article covered the complex considerations and serious implications of fraudulent claims of Indigenous identity of an esteemed health researcher and professor from a Canadian university. The article reflected on the increased appreciation for Indigenous positionality and the temptation for scholars to falsely claim Indigeneity to procure grant funding and staff positions.
Owen, B. (2023). <i>‘Pretendian’ the ultimate step in colonialism, says Metis legal expert</i> The Canadian Press. Retrieved April 23, 2023, from https://nationalpost.com/news/canada/indigenous-identity-fraud	This article echoes the grave concern of fraudulent Indigenous identity claims and highlighted the depth of this phenomena in not only present in academia, but it has also been occurring in Canadian government and entertainment industry. The article noted the lack of education on Indigenous culture, and the perpetuation of Indigenous stereotypes is part of the reason fraudulent claims are possible.
<i>Anti-racism resources list for education.</i>	
Source	Source
Anti-Racism Resources: White Fragility (n.d.). CSB/SJU Libraries. Retrieved May 20, 2023 from https://guides.csbsju.edu/c.php?g=1053204&p=8063009	Anti-Racism Resources: White Fragility (n.d.). CSB/SJU Libraries. Retrieved May 20, 2023 from https://guides.csbsju.edu/c.php?g=1053204&p=8063009
Anti-Racism Resources (n.d.). Penn Carey Law: University of Pennsylvania. Retrieved May 20, 2023 from https://law.upenn.libguides.com/antiracism_resources/articles	Anti-Racism Resources (n.d.). Penn Carey Law: University of Pennsylvania. Retrieved May 20, 2023 from https://law.upenn.libguides.com/antiracism_resources/articles
Reading and watch list of anti-racism resources (n.d.). Vanderbilt Website. Retrieved May 20, 2023 from	Reading and watch list of anti-racism resources (n.d.). Vanderbilt Website. Retrieved May 20, 2023 from

https://www.vanderbilt.edu/diversity/reading-and-watch-list-of-anti-racism-resources/	https://www.vanderbilt.edu/diversity/reading-and-watch-list-of-anti-racism-resources/
<i>Emotional coping resources related to stress, asset driven and strength-based activities for AI/AN communities.</i>	
Source	Description
American Psychological Association (2022). 11 healthy ways to handle life's stressors: When stress becomes unmanageable, try these evidence-based tools to tackle it in healthy ways. Retrieved May 20, 2023 from https://www.apa.org/topics/stress/tips	The APA normalizes the stress response and provides recommendations to combat the negative effects of stress.
Center for Disease Control and Prevention (2023). Coping with stress. Retrieved May 20, 2023 from https://www.cdc.gov/mentalhealth/cope-with-stress/index.html	Many people are facing challenges that can be stressful and overwhelming. The website outlines ways in which we may experience stress and learn to cope with stress in a healthy way.
Schaffner, A.K. (2020). How to Practice Self-Care: 10+ Worksheets and 12 Ideas. Positive Psychology. Retrieved May 20, 2023 from https://positivepsychology.com/self-care-worksheets/	The website reviews the history of self-care traditions, recommendations for self-care activities, a self-care assessment and more.
Substance Abuse and Mental Health Services Administration (2015). Tribal TTA Center Healing-informed Care Handout. Retrieved May 20, 2023 from https://www.samhsa.gov/sites/default/files/tribal-tta-healing-informed-care-handout.pdf	Indigenous cultures have wisdom that has always provided guidance through difficult times. This wisdom calls us to focus on strengths, on what is working. SAMHSA recognizes this wisdom, guiding communities to base prevention on strengths-based practices that build protective factors and community collaborations.
<i>Resources for non-Indigenous and White Identifying Persons that may be dealing with distressing emotions related to guilt and anger or ways to support decolonization.</i>	
Source	Description
Untangling Colonialism: Building a Decolonization Framework. Native Movement Training Series. https://native-movement.teachable.com/p/untangling-colonialism	A decolonizing practice requires recognition of the history of colonization and its current manifestations. This training briefly covers United States Federal Indian Policy carried out dominantly in the lower 48 and its expansion into Alaska policy and the implications on Alaska Native peoples. Discuss how the history of environmental conservation has mirrored colonial worldviews and what possible strategies we can further in order to decolonize conservation.
Helms, J.E. (2020). A Race is a Nice Thing to Have: A Guide to Being a White Person or Understanding the White Persons in Your Life (3rd Edition). Cognella Books.	The book is designed to help White people fully recognize and accept their racial identity, assume the proper responsibility for ending racism, and develop an understanding of how racism impacts their own racial group.