



# Wellbriety!

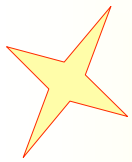
The Wellbriety Movement's Online Magazine

Volume 9, Number 3

March 14, 2008

White Bison's 7<sup>th</sup> Annual Wellbriety Conference--

*Register Now!*



*~Healing the Hurts: The Youth and Families Speak~  
Understanding the Power of Forgiveness*

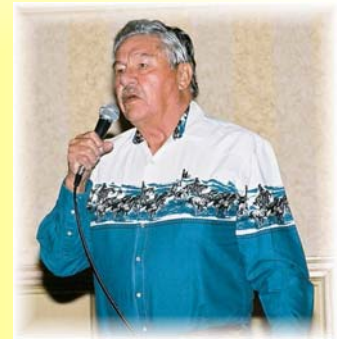
April 17-19, 2008 • Minneapolis, Minnesota



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*Welcoming...  
Old and New Friends*



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# Forgiveness--Indian Style

White Bison's 7<sup>th</sup> Annual Wellbriety Conference takes on the work of healing the grief of intergenerational trauma in a two-day, one-evening event designed to go deeper into the place where the intergenerational trauma lies.

To do that, we will explore the healing power of forgiveness, Indian style. We will share our time together in

- ❖ Sacred Hoop Ceremony,
- ❖ Individual Prayer at the Hoop,
- ❖ 4 powerful Keynotes with followup workshops and breakout sessions,
- ❖ A youth track with a presentation shared by the whole conference,
- ❖ Two Elders' panels,
- ❖ An open mic for participants,
- ❖ AA and AI Anon meetings each day,
- ❖ Viewing a forgiveness video,
- ❖ A relationships building exercise, and
- ❖ A Men's and Women's Healing ceremony.

White Bison's Don Coyhis feels that now is the time to put a toe into the healing water of forgiveness for those walking the road of Wellbriety.

*"Taking the toxic roots in the healing forest—the anger, guilt, shame and fear we all know about—we want to purposefully go deeper into the place where the intergenerational trauma lies,"* he says. *"We want to begin to bring that to the surface as part of the Movement. I think we are ready and I think we have an infrastructure to handle that hurt when it comes up.*

*"Our conference workshops will focus on grief. We don't know how to grieve. Grief hides in the body, and it hides in the mind. We will learn how to face our grief. We will learn that it's OK to do that, it's OK to cry,"* he continues. *"Many men are*

*conditioned not to do that. In fact, both men and women get tough and don't face their grief properly. We want to change the dialog. We are in a victim mode and a poverty consciousness mode. We are in fault finding and blaming modes. That part won't crumble until we start talking about forgiveness."*

Elders will be present to share their wisdom and good hearts and minds. They will talk about how forgiveness was traditionally practiced in our communities. They will share their knowledge about the forgiveness ceremonies and medicines we used in our traditional societies to make sure that a real forgiveness was with the people in day-to-day life. They will talk about the meaning of forgiveness for us as Native people.

Tribal leaders, grassroots community members, counselors, whole families, and especially youth will all find something for them during their days at the conference. At this year's conference we will visit with and listen to both old and new friends. On the first page of this issue of Wellbriety Online Magazine are photos of a few old and new friends who will guide us through another White Bison Wellbriety conference. Here is who they are:

## **1-Don Coyhis**

Don (Mohican Nation) is the Founder and President of White Bison, Inc. and a force behind the Wellbriety Movement for American Indians and Alaska Natives. As usual, Don will guide the conference through all the laughter, prayers, talks, ceremonies and healing tears that always take place. He will Keynote about the Power of Forgiving.

## **2-Ozzie Williamson**

Ozzie (Blackfeet Nation) is a long-time member of the Wellbriety Council of Elders that guides the



Wellbriety Movement. Those who have been to past conferences know that Ozzie is always there when a person needs to talk to an Elder. His contribution to the Elder's panels is rooted in his traditions and in good AA recovery.

### **3-Dr. Henrietta Mann**

Henri (Cheyenne Nation) is a member of the Wellbriety Movement Council of Elders. She is known as an eminent traditional knowledge holder and a university professor who is the first person to hold an endowed chair in Indian Studies at any American university (Montana State). We know her for her clear words from the podium of past Wellbriety conferences, as well as her excellent statements during the Elder's panels.

### **4-Ray Daw**

Ray Daw (Navajo Nation) is a new presenter at the national Wellbriety conferences. He will talk about the in's and out's of historical trauma in order to help in the healing process of Native American communities and families. His Keynote on Historical Trauma and Healing the Hurts will cover some of the hurts our youth speak of as they encounter the Eurocentric systems, while striving to balance this with Native cultural identity and values. Ray also works with Dr. Maria Yellowhorse-Braveheart and her approach to healing historical and intergenerational trauma.

### **5-Dr. H. Westley Clark**

Dr. Clark is Director of CSAT, the Center for Substance Abuse Treatment, one of the arms of SAMHSA, the Substance Abuse and Mental Health Services Administration. Dr. Clark is a long-time friend and ally of Native American healing. His agency has supported the Wellbriety Movement through RCSP (Recovery Community Support Program) grants since 2000. We look forward to meeting Dr. Clark once again and hearing about the connections between CSAT and Native recovery.

### **6-Jane Middleton-Moz**

Jane Middleton-Moz is a first-time White Bison conference presenter and a well known author of many books on healing from grief and trauma of all kinds. She has become well known nationally and internationally for her work in the areas of Adult Children of Alcoholics, Multi-Generational Grief in individuals and families, Children of Trauma, Ethnic and Cultural Awareness, Differential Diagnosis, Cultural Self-Hate and Multi-Generational Sexual and Physical Abuse in families. Ms. Moz will apply her expertise to help in the healing from Native intergenerational and historical trauma.

### **7-Theda New Breast**

Theda New Breast (Blackfeet Nation) is a member of the Wellbriety Council of Elders and a long-time friend and presenter at White Bison events and conferences. Her articles have also appeared in Wellbriety! Online Magazine. Theda has recently been teaching about four different generations or age groups that make up Native people in healing. Each of these generations has different experiences and needs in the healing and recovery process. Theda will give a Keynote on Forgiveness: Healing in Each of the Four Generations. Her approach will emphasize that there is an Indian way for forgiveness.

### **8-Horace and Andrea Axtell**

Horace and Andrea (Nez Perce Nation) have been very long time supporters and members of the Wellbriety Council of Elders. Horace brings some of his ceremonial practices from the Nez Perce Seven Drums tradition to each and every Wellbriety conference and event. He speaks clearly and deeply from his Nez Perce background as part of each Elders panel, and from the podium in many opening and closing prayers. Horace is the author of a book on Native American wisdom. He and Andrea are always available to conference participants throughout the conference.



Living a life where the forgiveness process is alive and well can restore harmony to individuals, families, communities and whole nations. We invite you to attend White Bison's 7<sup>th</sup> Annual Wellbriety Conference in Minneapolis from April 17-19, 2008 and experience firsthand what healing and the forgiveness process might offer.

*Richard Simonelli*  
Editor, Wellbriety! Online Magazine

### Register online

Go to the White Bison website [www.whitebison.org](http://www.whitebison.org) or call toll-free 1-877-871-1495 to register. Registration fee \$100 • **Conference location Sheraton Bloomington Hotel • Bloomington, MN**

*"We'll be at  
the  
conference  
in  
Minneapolis...  
how about  
you?"*





**White Bison's 7th Annual Wellbriety Conference  
Healing the Hurts: The Youth and Families Speak  
(Understanding the Power of Forgiveness)**

**Agenda Highlights**

**Thursday, April 17th, 2008**

12:00pm-7:00pm Registration and Vendor Set-Up

6:30pm-7:00pm Opening Ceremony  
7:00pm-9:00pm Showing of "I Forgive You" Video  
Building Relationships Exercise

**Friday April 18th, 2008**

8:00am-5:00pm Registration

7:00am-8:00am AA/ Al Anon Meetings  
8:30am-9:00am Opening Ceremony  
9:00am-10:15am Keynote-Jane Middleton –Moz  
*Establishing Intergenerational Lines*  
10:15am-10:30am Break  
10:30am-12:00pm Workshop on Establishing Intergenerational Lines  
12:00pm-1:30pm Lunch  
1:30pm-3:00pm Keynote– **Ray Daw**–Historical Trauma & Healing the Hurts  
3:00pm-3:15pm Break  
3:15pm-4:15pm Breakout Sessions  
4:15pm-5:00pm Elders Panel  
7:00pm-9:00pm Men's and Women's Healing Ceremony

**Saturday April 19th, 2008**

8:00am-12:00pm Registration

7:00am-8:00am AA/ Al Anon Meetings  
8:30am-9:00am Opening Ceremony  
9:00am-9:30am Keynote-Dr. H. Westley Clark  
9:30am-10:30am Keynote-Theda New Breast  
*The Four Generations Solution*  
10:30am-10:45am Break  
10:45am-12:00pm Discovery Circles  
12:00pm-1:30pm Lunch  
2:00pm-3:00pm Keynote- Don Coyhis  
*The Power of Forgiving*  
3:00pm-3:15 pm Break  
3:15pm-5:00pm General Session  
7:00pm-7:30pm Youth Track Presentation  
7:30pm-8:30pm Elders Panel and Open Mic  
8:30pm-9:30pm Closing Ceremony