



# Firestarter Training

The Medicine Wheel and 12 Step program was developed to provide a culturally appropriate 12 Step program for Native American people. This program was developed by White Bison, based upon Teachings of the Medicine Wheel, the Cycle of Life and the Four Laws of Change. The program includes workbooks and videos: 9 videos for women and the 7 videos for men.

## How the Process Works

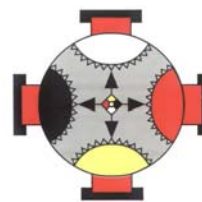
The Medicine Wheel and 12 Step program is designed in a series of modules that enable people to meet their individual needs. Participants watch a video that explains Medicine Wheel teachings and apply them to the Steps. In addition, participants share their insights and experiences in a talking circle. They also learn how to mind map their own innate knowledge around these teachings and then apply that knowledge to their daily lives and decision making processes. For those working through the program in a group setting (i.e. Circles of Recovery) very strong social and emotional bonds are created that help the individuals who participate to develop trust, autonomy, and other healthy feelings and thought patterns that will help them to grow emotionally, mentally, physically, and spiritually.

The focus of the program is on character and values. Thus each of the 12 Steps is presented from the perspective of the value that it reflects.

Step 1: Honesty	Step 7: Humility
Step 2: Hope	Step 8: Forgiveness
Step 3: Faith	Step 9: Justice
Step 4: Courage	Step 10: Perseverance
Step 5: Integrity	Step 11: Spiritual Awakening
Step 6: Willingness	Step 12: Service

**Steps 10-11-12**  
**Finding the**  
**Wisdom of the Elders**

**Steps 7-8-9**  
**Finding Your**  
**Relationship**  
**with others**



**Steps 1-2-3**  
**Finding the**  
**Creator**

**Steps 4-5-6**  
**Finding Yourself**

## How the Program is Implemented

Depending upon the community, the culture, or the group, various additional experiences are added. Drum groups, sweat lodges, singing, learning traditional dances, learning traditional language and listening to local Elders are sometimes a part of the Medicine Wheel and 12 Step program. The framework allows for the program to be adapted to fit the cultural and spiritual preferences of the people who are participating. Also, materials are designed for men and women to work through their own issues, including co-dependency, friends and family members of alcoholics, adult children of alcoholics, recovery from sexual abuse, gambling and other addictions. This program can also provide support and direction for those recovering from mental disorders that co-occur with addictions.





## Teachings of the Medicine Wheel

The Medicine Wheel is an ancient method for teaching important concepts about truth and life. Many Native American communities use a Medicine Wheel, although the colors and the symbols are different depending upon the culture. However, the purpose is the same in each culture. These teachings, when applied to one's life, have the power to influence significant change in attitudes, behaviors, values and intent.

The Elders have shared a series of Teachings based upon the Natural Order of the way things should be. These "original instructions" are part of everyone's innate knowledge, but we have just forgotten them. In the Medicine Wheel and 12 Step program, they are reintroduced to help each person access that innate knowledge that they have on how to be a healthy human being and return to permanent recovery from alcoholism.

Four Seasons of Change

Four Laws of Change

Four Directions of Growth

Ten Teachings for Leadership

Twelve Principles for Healthy Living

Reclaiming our Power

The 12 Steps of Recovery

Nature's Way: Principles, Laws and Values

Cycle of Life

Eight Feelings for Healthy Development

Comfort Zones

The Two Thought System: Love and Fear

The Medicine Wheel

The Laws of the Unseen World



## Requirements for Certification as a Firestarter

Medicine Wheel and 12 Step Programs are facilitated by Firestarters who have gone through the Firestarter Certification offered through White Bison. This program focuses on the processes for helping others work through the Medicine Wheel and 12 Steps using the videos, workbook and syllabus. If you fit the criteria below, and you wish to lead others in small groups as they work through the curriculum, then please complete the application is located at the White Bison website: [www.whitebison.org](http://www.whitebison.org) under the Wellbriety Movement button. There are several criteria that must be met in order for an individual to qualify for Firestarter Training:

### Criteria for Firestarters:

- Individual must be sober for one year prior to training.
- Has experience in Recovery (Al-Anon, AA, Gamblers Anonymous, NA, etc).
- Has demonstrated Recovery leadership in their own community.
- Is personally familiar with the 12 Steps
- Is willing to work on themselves emotionally, mentally, physically, and spiritually.
- Is willing to make a 4 year commitment to facilitate the trainings.

