



## Media Release

**For Immediate Release  
March 20, 2009**

*An American Indian Non-profit Organization*

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March 20, 2009

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## Historical and Boarding School Trauma Workshops Offered In conjunction with the Wellbriety Journey for Forgiveness

The Wellbriety Journey for Forgiveness begins on May 16, 2009 in Salem, Oregon and concludes on June 24, 2009 in Washington, DC. Presentations about Native American historical trauma related to the boarding school era will take place at 23 historic boarding school sites on the 40-day cross-country journey.

White Bison, Inc. is offering day long workshops on historical and boarding school trauma at 13 locations across the country, prior to the start of the cross-country event. The purpose of the workshops is to provide insight into what historical trauma is, and ways to deal with it at an individual, family, and community level. Participation at these workshops will help prepare individuals to understand the nature of historical boarding school trauma. This educational orientation will benefit an individual and his or her community as the Journey visits boarding school sites within a state.

Workshops will take place in the following cities:

### Saturday April 4, 2009

Portland, OR  
Coeur D'Alene, ID  
Riverton, WY  
Reno, NV  
Sacramento, CA  
Phoenix, AZ  
Oklahoma City, OK

### Saturday April 18, 2009

Kansas City, KS  
Rapid City, SD  
Albuquerque, NM  
Minneapolis, MN  
Oneida, WI  
Mt. Pleasant, MI

Workshops will be facilitated by Native Americans with expertise in healing from intergenerational trauma, historic trauma, and multigenerational grief in an Indigenous cultural framework. All of the workshop sessions will draw on knowledge pioneered by Native researcher Maria Yellowhorse Braveheart's four components of healing from intergenerational historical trauma. These are: 1) Confronting the trauma; 2) Understanding the trauma; 3) Releasing the pain; and 4) Transcending the pain.

The workshop day will include Facilitator presentations, Small group discussions, GONA (Gathering of Native Americans) exercises, Community-based information, Boarding school era information, Video clips, a Healing circle, appropriate ceremony, and more. For the latest information on healing from intergenerational historical trauma, and research in this field, please visit the website [www.historicaltrauma.com](http://www.historicaltrauma.com).

More information about the workshops and online registration is available at [www.whitebison.org](http://www.whitebison.org). Registration is also available by contacting the White Bison office directly by phone at toll-free 1-877-871-1495. To ensure that the maximum number of people can attend, White Bison, Inc. is charging a nominal fee of \$25.00 to help cover workshop costs. Contact the White Bison office for all other questions. Space is limited and pre-reservation is advised.

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