



Healing Our Spirit Worldwide - Editorial

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Te Rau Ora

We are pleased to have received articles from Canada, Australia, and Aotearoa for our Healing Our Spirit Worldwide Special Issue 2020. This special issue brings together eight articles, written by authors who presented at the last Healing Our Spirit Worldwide (HOSW) Gathering in 2018.

Healing Complex Trauma 1: A Unity of Minds, Hearts and Culture authored by Dr Patricia Vickers and Ryan Moyer receives the Inaugural Maggie Hodgson Award, kei te mihi kei te mihi. It offers healing pathways from complex trauma, including the intergenerational transmission of trauma, focusing on holistic treatment, but also training and educational resources for healthcare professionals to better facilitate healing. The training program is based on the mentor process held in many Indigenous traditions throughout British Columbia, Canada, where one values methods and theories through life experience.

MSIT No’Kmaq: An Indigenous Framework for Understanding Children’s Social Emotional Attachment another article from Canada which explored in the context of the contemporary social issues that Indigenous families face, and implications on implementing *MSIT No’Kmaq* is a framework for

promoting healthy social emotional outcomes for children through a core Indigenous philosophy that understands life as a broad series of interconnectedness.

A Research Protocol - Indigenous Culture, Saves Lives - Australian Indigenous – Australian Cultural Views and Knowledge in Health Policy: A Case Study - the National Aboriginal and Torres Strait Islander Health Plan 2013 – 2023 is an article from Australia suggests an evidence gap exists for governments and policymakers about what it means when the cultures of Aboriginal and Torres Strait Islander people are included in public policies. How do policymakers enable, embed, and enact cultures? In recognition of the importance of Indigenous cultures to the health and wellbeing of Indigenous Australians, the centrality of culture, and the inclusion of Indigenous Australians in a public health policy like the Australian Government's National Aboriginal and Torres Strait Islander Health Plan 2013-2023 is a landmark, the first national Indigenous public policy that reflects the relevance of culture.

The Healing the Past by Nurturing the Future: Cultural and Emotional Safety Framework discusses the Healing the Past by Nurturing the Future (HPNF) research project which raises perinatal awareness, recognition, assessment and support strategies for Aboriginal and Torres Strait Islander parents who have experienced childhood complex trauma. Safety is essential for

working in and collaborating with others in the context of complex trauma. Therefore, the purpose of this framework is to

- provide a guiding document for emotional and cultural safety protocols;
- identify, document and synthesise the existing safety aspects within the HPNF project; and
- foster opportunities for cultural exchange.

Returning Birthing Services to Communities and Aboriginal Control: Aboriginal Women of Shoalhaven Illawarra Region Describe how Birthing on Country is Linked to Healing describes an initiative that has existed for almost three decades. The Waminda South Coast Women's Health and Welfare Aboriginal Corporation provides culturally safe and holistic wellbeing services to the Illawarra Shoalhaven region, New South Wales. This service model reflects Aboriginal women's aspiration to have a choice for more culturally safe care during pregnancy and birth. The model privileges Aboriginal knowledge of pregnancy, childbirth, and early parenting; which is contrary to the current biomedical model of maternity services available for Australian women.

The final article from Australia *Addressing the Gap within the Gap* provides evidence that the Stolen Generations and their families experience greater levels of adversity than other Aboriginal and Torres Strait Islander people (who are already at a disadvantage in Australia). There is a direct link between traumatic childhood experiences, intergenerational trauma, and many of the social and health issues in Aboriginal and Torres Strait Islander communities today. This data is helping to build an Action Plan for Healing and the need for increased and specific healing-centred services across areas of Australia where the Stolen Generations and their descendants live.

The article "*Cloaked in our Aspirations*": *Māori Mothers and Grandmothers Weaving Stories From Their Past for the Future* speaks of the multiple aspirations that Māori women hold for themselves and *whānau* (families) to be healthy, happy, and whole. It further expresses Māori women's aspirations to "live as Māori" – understood as living a full and holistically well life, connected to people and places, and able to participate confidently in both the Māori and the global world.

Ihirangaranga - Source Vibrations and Indigenous Women shares the story of *ihirangaranga* sound vibrations that continue to carry and impart source vitalities, the *wind* and how – despite colonisation – it continues to move and find expression beyond from Māori/Indigenous women into the vitalised lives of their grandchildren's' grandchildren.

I thank all the authors of the HOSW 2018 Special Issue on behalf of the Journal Editorial Board and Management team and know the contents in this issue will be of value to all Indigenous people and their health and wellbeing.

Ngā manaakitanga,

Dr Kahu McClintock