

Approaches To Counseling As Done By Traditional Cultural Healers In North America

Authors : Lewis Mehl-Madrona, Barbara Mainguy

Abstract : We describe the type of counseling done by traditional cultural healers in North America. We follow an autoethnographic course development through the first author's integration of mainstream training and Native-American heritage and study with traditional medicine people. We assemble traditional healing elders from North America and discuss with them their practices and their philosophies of healing. We draw parallels for their approaches in some European-based philosophies and religion, including the work of Heidegger, Levin, Fox, Kierkegaard, and others. An example of the treatment process with a depressed client is provided and similarities and differences with conventional psychotherapies are described.

Keywords : indigenous approaches to counseling, indigenous bodywork, indigenous healing, North American indigenous people

Conference Title : ICETM 2022 : International Conference on Ethnomedicine and Traditional Medicine

Conference Location : Tokyo, Japan

Conference Dates : January 07-08, 2022