



Healing Intergenerational Roots

“Illness becomes wellness when I becomes WE”

Definitions

Intimate Partner Violence (IPV)

Intimate partner violence (IPV) is abuse or aggression that occurs in a close relationship. “Intimate partner” refers to both current and former spouses and dating partners. IPV can vary in how often it happens and how severe it is. It can range from one episode of violence that could have lasting impact to chronic and severe episodes over multiple years. IPV includes four types of behavior:

- Physical violence is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.
- Sexual violence is forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g., sexting) when the partner does not or cannot consent.
- Stalking is a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one’s own safety or the safety of someone close to the victim.
- Psychological aggression is the use of verbal and non-verbal communication with the intent to harm another person mentally or emotionally and/or to exert control over another person.

Several types of IPV behaviors can occur together. IPV is connected to other forms of violence and causes serious health issues and economic consequences. By using a public health approach that addresses risk and protective factors for multiple types of violence, IPV and other forms of violence can be prevented. (CDC, 2019)

Domestic Violence

The term “domestic violence” includes felony or misdemeanor crimes of violence committed by a current or former spouse or intimate partner of the victim, by a person with whom the victim shares a child in common, by a person who is cohabitating with or has cohabitated with the victim as a spouse or intimate partner, by a person similarly situated to a spouse of the victim under the domestic or family violence laws of the jurisdiction receiving grant monies, or by any other person against an adult or youth victim who is protected from that person’s acts under the domestic or family violence laws of the jurisdiction. (Department of Justice, 2020)

Sexual Assault

The term “sexual assault” means any nonconsensual sexual act proscribed by Federal, tribal, or State law, including when the victim lacks capacity to consent. (Department of Justice, 2020)

Historical Trauma

“Historical trauma is cumulative emotional and psychological wounding over the lifespan and across generations emanating from massive group trauma.” (Dr. Maria Yellow Horse Brave Heart, 1985)



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Intergenerational Trauma

“Intergenerational trauma is an event or series of events perpetrated against a group of people and their environment, namely people who share a specific group identify with genocidal or ethnocidal intent to systematically eradicate them as a people or eradicate their way of life”. (Dr. Karina Walters 2012)

Dehumanization

Dehumanization is the process of depriving a person or group of positive human qualities. (Oxford, 2020).

We have been dehumanized through subversive treaties, forced relocation, boarding schools, urban relocation, tribal termination, and Indian-child foster care. (Barbara Blackdeer-Mackenzie, 2020)

Lateral Oppression

“Bullying amongst ourselves” (Barbara Blackdeer-Mackenzie, 2020)

Marginalization, negative comments, or violence towards fellow community members or family members. (NCAI, 2015)

Epigenetics

“Responses in our nervous system have been written into our DNA – Blood Memory” (Barbara Blackdeer-Mackenzie, 2020)

For example, our ancestors’ responses to experiences such as historical trauma experiences or adverse childhood experiences have been written into their DNA, changing the gene expression. This new gene expression is passed down from generation to generation and impacts the way that our nervous system responds to our experiences.

Safety Planning

A safety plan is a personalized, practical plan that can help you avoid dangerous situations and know the best way to react when you’re in danger. If you’re experiencing abuse or are in an unhealthy relationship, creating a safety plan can be very helpful. Whether you decide to end the relationship or stay, it’s a good idea to empower yourself with the knowledge of how to act in different scenarios. (Love Is Respect, 2017)



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Tribal Representatives

Tribal Legislatures and Council Members

Federal Representatives

Congress, Senate, and House of Representatives

Trauma Bonds

Traumatic bonding occurs as the result of ongoing cycles of abuse in which the intermittent reinforcement of reward and punishment creates powerful emotional bonds that are resistant to change. Emotional abuse is often mistaken for love by those who are trapped in a cycle of abuse in their relationship. (National Domestic Violence Hotline, 2018).