



## **Suscol Intertribal Council Curriculum Topics for Cohort 2:**

5 Workshops, presented in chronological time on Historical Trauma. Information is presented in sections. In addition to the workshop topic, there are healing elements, journal prompts and other topics covered. All workshops will briefly touch upon examples of resilience, but the last workshop will go into greater depth with examples and explorations of tribal resilience.

**Location:** Napa Valley Unitarian Universalists-1625 Salvador Ave, Napa, CA 94558

### **1. Workshop 1, February 26, 2019 9:30am-12:00pm**

Topic: Overview of Napa County Regional Native History from pre-Colonial to Contemporary times

Healing Element: Traditional uses of sage The importance and impact of smudging with sage, the different methods used by native communities, and the taboos involved.

### **2. Workshop 2, March 26, 2019 9:30am-12:00am**

Topic: Pre-colonial History of California Natives The beauty and complexity of the local Native communities before European contact.

Healing Element: Traditional uses of salt The traditional healing and ceremonial uses of salt.

### **3. Workshop 3, April 23, 2019 9:30am-12:00pm**

Topic: Colonial History in California Native Territories The intense trauma of a 60,000 year old civilization decimated in 25 years.

Healing Element: Traditional uses of tobacco The traditional healing and ceremonial use of tobacco

### **4. Workshop 4, May 21, 2019 9:30am-12:00am**

Topic: Post-Colonial History of California Natives Discussions of the core causes of lateral violence and substance abuse within the Native Community today

Healing Element: Traditional uses of the rattle The traditional healing and ceremonial uses of the rattle. How different types of rattles are used.

### **5. Workshop 5, June 25, 2019 9:30am-12:00pm**

Topic: “Thrival” and Tribal Resiliency How culture and ceremony helps Native communities survive and thrive.

Healing Element: Traditional Uses of the Drum The traditional healing and ceremonial uses of the drum. How different types of drums are used.

**Contact Suscol Intertribal Council for questions or to register for workshops, [suscol@suscol.net](mailto:suscol@suscol.net) or 707-256-3561. The Suscol Intertribal Council Native American Historical Trauma and Traditional Healing Project was made possible with Napa County Mental Health Service Act (MHSA) Innovations Fund.**

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