

Inyan Hocoka Tipi Ki Prevention Resource Center

In Memory of Roy D. Stone Sr.

Presents; Train the Trainer

Healing Trauma through Traditional Arts

Dates: December 18th, 19th, 20th, 2019

Civic Center: Alpine Room 9:00 am - 4:30 pm

**Presenters: Luti Stone– Davis , SunRise Black Bull, LeToy Lunderman ,
Hatti Dunham-Horse Looking & Rikki Spotted Tail**

Learn how to create safe space within your community:

How to hold a variety of classes that promote language, history, healing & empowerment

All supplies are included:

Variety of activities to choose from: Raw hide style earrings, belts, knife cases, strike boxes, awl cases, boxes, envelopes, purses, hand drums, beaded earrings and more.

Tools on how to create successful youth and adult events, how to order supplies, keeping organized, collaborating, strategic planning.

Importance of using our ceremonies to strengthen identity.

All supplies are provided

Snacks

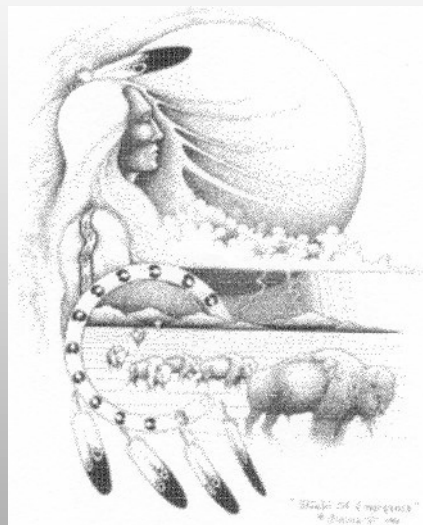
Hand-outs

Hand's on learning

Idea sharing

Networking

Understanding Trauma in order to heal Trauma.



Checks can be made out to:

Inyan Hocoka Tipi Ki PRC

P.O.Box 302

Parmelee, SD 57566

Or Via Pay Pal

Email: IHTK12@gmail.com

Seats are limited to 30

Participants.

Co– Sponsored by SGU Native Connections

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REGISTRATION FORM

\$400 Registration fee

Space is limited to first 30 individuals

Name: _____ **Title:** _____

Organization: _____

Phone: _____ **Cell:** _____

Email: _____

Registration forms can be emailed to IHTK12@gmail.com

Make checks payable to:

Inyan Hocoka Tipi Ki PRC

P.O.Box 302

Parmelee, SD 57566

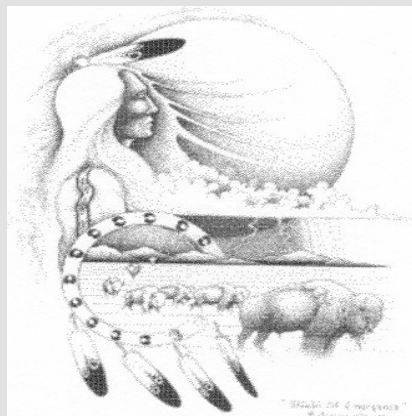
Or email IHTK12@gmail.com and we can send an invoice via Paypal

If you would like more information please contact:

Luti Stone-Davis– 605-828-8290

SunRise Black Bull– 605-515-2821

LeToy Lunderman 605-319-9401



Day 1 December 18th, 2019

- 8:00 am:** Registration
- 9:00 am:** Welcome: Smudge and Prayer
- What is Inyan Hocoka Tipi Ki Prevention Resource Center? How can you be an agent of change?
- Logistics: going over agenda/ lunch/breaks/
- 9:15 am:** Introductions: What is your name: Reservation/Community you come from: What is your role in your program/ community: Write down 3 things you want to get out of this training. Understanding of knowing all your resources to make events successful.
- 10:00 am:** Stand up and stretch
- 10:05 am:** Understanding trauma in order to heal trauma; Where are you at in your healing journey? Self-Care.
- Making of spiritual tool kit: (sewing together of bag, and include abalone shell to smudge, sage, sweet grass, Lavender, flat cedar, matches. Small flash cards with pictures of medicines and Lakota words) During this time you explain why we burn these medicines. Promoting language by saying the Lakota words with your group and learning together.
- 11:00 am:** Break
- 11:15 am:** Creating a vision for yourself, family, organization and the Oyate.
- How to encourage goal setting and overcoming lateral oppression. (create a vision board)
- 12: 15 pm:** Lunch on your own
- 1:30 pm:** Parflech making Activity Gathering of materials needed;
- This activity teaches patience, attention to detail, eye hand coordination, planning, making of designs, color schemes. A person can help supplement their income and increase self-esteem when they learn something new. Collect all the items needed: with lists of all materials used: Where to purchase items: Lakota words of all items used to promote Language and stories through your activities.
- 2:30 pm** Break
- 2:45 pm** Finishing up parflech project; How to create discussion while hosting events that promote awareness, hope, inspiration and sharing stories of Lakota values and teachings.
- 3:45 pm** Staying organized is key to hosting events: create checklists and strategic planning.
- 4:15 pm** Evaluations; questions
- 4:30 pm** End of Day

Day 2: December 19th, 2019

- 8:30 am:** Sign in
- 9:00 am:** Welcome back; Opening Prayer/Debrief: Answering any questions from the day before: expectations of today.
- 9:30 am:** Why it is so important to create safe spaces for young girls and women: Statistics of Native Women in Indian Country. Discussions on various events you can coordinate.
Making of Parflech belt and Lakota teachings on winyan roles throughout their lifespan.
- 10:30 am:** Break:
- 10:45 am:** Making of accessories for parflech belt, talking about women coming of age ceremonies and creating healing opportunities.
- 12:00-1:30** Lunch on your own
- 1:30 pm** Why is it important to create safe spaces for young boys and men: What happened when warrior roles were taken away? A new generation of warrior societies: Ideas on how to engage men to be protectors of the sacred: Where did the drum come from?
Making of hand drum activity.
- 2:45 pm** Break
- 3:00 pm** Finishing hand drum: talking about men coming of age ceremonies and creating healing opportunities.
- 3:45 pm** Knowing your resources that promote healing:
- 4:15 pm** Evaluations and taking pictures of finished products
- 4:30 pm** End of day

Day 3 December 20th, 2019

- 8:30 am:** Sign in
- 9:00 am:** Welcome back; Opening Prayer/Debrief: Answering any questions from the day before:
- 9:30 am** Finishing up projects or start a new parflech project:
What does Trauma Informed/Lakota Informed mean? How to assess your current organization when looking at being Lakota Informed, and how to create safe spaces that promote awareness and healing.
- 10:30 am** Break
- 10:45 am** Individual activity: Planning an activity from idea to implementation; utilizing all tools provided: Presentation of project and group discussion. Feed back will be provided;
- 12:00 pm** Lunch on your own
- 1:30 pm** Continued Individual activity: Planning an activity from idea to implementation; utilizing all tools provided: Presentation of project and group discussion. Feed back will be provided;
- 3:00 pm** Break
- 3:15 pm** Continued Individual activity: Planning an activity from idea to implementation; utilizing all tools provided: Presentation of project and group discussion. Feed back will be provided;
- 4:00 pm** Evaluations, wrap-up, certificates