Welcome to
EFT for Cultural Humility
Emotional Freedom Techniques:
Part 1

Northwest Regional Conference on Indigenous Peoples:
Awareness, Knowledge, and Cultural Practices
July 27, 2023

Michael DeMolina PhD
Diplomate, Comprehensive Energy Psychology
EFT Clinical Director, ACEP
Wisdom Traditions Integrated Behavioral Health

Acknowledgements

Land Acknowledgement
- I live and work on the land of the Dena’ina People
- We gather in relationship here on the land of the Duwamish people

Privilege Acknowledgement

Elders and Teacher Acknowledgment
Who Am I?

- Michael Gomez de Molina
- Survivor, veteran, ACEs
- Psychotherapist, teacher, healer
- Lifelong learner
- Alaskan
- Student of:
  - 12 Steps
  - Chinese Shamanism, Master Zhongxian Wu
  - TaiChi & Healing Qigong, Ken Cohen, Dr. Roger Jahnke and others
  - Andean Cosmovision, Fredy Conde Huallpa and Andean shamans
  - Ho’oponopono Tradition, Uncle Howard Pea
  - My family, colleagues, friends, students and clients for 30 + “adult” years

Objectives

**PART 1**
1. Participants will be able to define cultural humility, and describe its importance in addiction treatment, with references to SAMHSA TIP 61.
2. Participants will gain an understanding of unconscious biases and the different subtypes, and how to identify them using the concept of Two-Eyed Seeing/Etuaptmumk.

**Part 2**
1. Participants will learn the mechanisms and background of Emotional Freedom Techniques (EFT), and how it can be used to uncover unconscious biases and assist in the healing of underlying traumas.
2. Participants will be able to apply EFT in their clinical practice to promote cultural humility and address unconscious biases.

**Part 3**
1. Participants will practice utilizing EFT to assist clients in healing past wounds that may have led to cultural bias, using experiential exercises.
2. Participants will demonstrate an increased understanding towards cultural differences, leading to more effective and equitable treatment outcomes for all.
Importance of Historical Trauma

Providers should learn about, acknowledge, and address the effects of historical trauma when working with American Indian and Alaska Native clients.

Most American Indians and Alaska Natives believe that historical trauma, including the loss of culture, lies at the heart of substance use and mental illness within their communities. TIP 61, p vi

Value of Cultural Awareness

- If providers are aware of their own cultural backgrounds, they will be more likely to acknowledge and explore how culture affects their interactions, particularly their relationships with clients of all backgrounds.
- Without cultural awareness, providers may discount the influence of their own cultural contexts—including beliefs, values, and attitudes—on their initial and diagnostic impressions of clients and selection of healing interventions. TIP 61, p vi
"When the White Man remembers again who he is, we can sit together as equals and work out our differences."

Dr. Apela Colorado PhD

"Learn...to see from one eye with the best in the Indigenous ways of knowing, and from the other eye with the Western (or mainstream) ways of knowing...and learn to use both of these eyes together for the benefit of all."

- Two-Eyed Seeing / Etuaptmumk
  The Gift of Multiple Perspectives

- Albert Marshall
  Mi'kmaq Elder
Relational Identity

Knowing who you are and where you come from

What is Bias?

- Explicit Bias – conscious and purposeful. Something we are aware of and have control over.
- Implicit Bias - *Unconscious by definition*, Automatic and universal. We *all* have it.
- Examples of Bias in Practice
  - Confirmation Bias - “My side” Bias
  - Attribution Bias - Attributing reasons for my and other’s actions. Judgments and opinions of why people do what they do.
  - Conformity Bias - when we model our behavior to fit the behavior of others rather than using our own judgement.
  - The Halo Effect - the tendency for positive (first) impressions of a person, company, or nation in one area to positively influence one’s opinion or feelings in other areas.
  - The Horns Effect - causes one’s perception of another to be unduly influenced by a single (first) negative impression.
  - Contrast Bias - Distorts our perception of someone when we compare it to someone else.
Pathways of Implicit Bias

- Just starting out in the field
- Feeling overwhelmed
- Feeling grumpy or in a bad mood
- Fight or Flight, Stress Response, Sympathetic Nervous System
- Split-second decision making, “Knee Jerk” responses
- “Multi-tasking”, managing too much.

Humility

Number of times the word humility is used in TIP 61?
Humility
Number of times the word humility is used in TIP 61?

8

How many of these references were to the dominant, western, colonial paradigm?

8
Humility

Number of times the word humility is used in TIP 61?

8

How many of these references were to the dominant, western, colonial paradigm?

ZERO
If we can carry and manifest intergenerational trauma, we can carry and manifest intergenerational wisdom.

**Privilege**

An advantage given to a group of people, due to factors not part of the current situation. Not noticing privilege creates discrimination. Note: different privileges interact, and each person usually has some experience of oppression and some of privilege (called Intersectionality)

<table>
<thead>
<tr>
<th>Native English Speaker</th>
<th>Gender as at Birth</th>
<th>Thin Bodied</th>
<th>No Speech Impediment</th>
<th>Belong to Dominant Faith</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>White</td>
<td>Attractive</td>
<td>Heterosexual</td>
<td>Able-bodied</td>
</tr>
<tr>
<td>Standard Accent</td>
<td>No Criminal Record</td>
<td><strong>PRIVILEGE</strong></td>
<td>Tall</td>
<td>Mentally Healthy</td>
</tr>
<tr>
<td>Mainstream Party Voter</td>
<td>Adult</td>
<td>Born in Country Living in</td>
<td>Wealthy</td>
<td>Intelligent</td>
</tr>
<tr>
<td>Employed</td>
<td>Live in First World</td>
<td>Well-connected Family</td>
<td>Not a Red-head</td>
<td>Educated &gt; High School</td>
</tr>
</tbody>
</table>
Racism: Attitude + Power

- **Institutional Racism.** Eg votes for individual landowners
- **Cultural Racism.** Eg Maori facial art (moko) on stamps, Maori sacred tiki soap on a rope
- **Individual Racism.** Eg People with Maori names get less job interviews. Prejudice + Discrimination

Apply to:
- Ageism
- Ableism
- Classism
- Sexism
- Gender choice bias
- Sexual Orientation bias
- Religious bias
- Skin colour bias
- Language bias etc.

<table>
<thead>
<tr>
<th>Possessions</th>
<th>Poverty</th>
<th>Middle Class</th>
<th>Wealthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>People</td>
<td>To be spent</td>
<td>To be managed, planned</td>
<td>One of a kind, legacies</td>
</tr>
<tr>
<td>Things</td>
<td>Quality counts</td>
<td>Presentation counts</td>
<td></td>
</tr>
<tr>
<td>Money</td>
<td>Individual style</td>
<td>Brands and acceptance</td>
<td>Designer, artistic</td>
</tr>
<tr>
<td>Food</td>
<td>Valued in theory</td>
<td>For climbing to success</td>
<td>For connections</td>
</tr>
<tr>
<td>Clothing</td>
<td>Life is fated</td>
<td>Choices can change future</td>
<td>&quot;Noblesse oblige&quot;*</td>
</tr>
<tr>
<td>Education</td>
<td>Casual, survival oriented</td>
<td>Formal, negotiation</td>
<td>Formal, networking</td>
</tr>
<tr>
<td>Destiny</td>
<td>National</td>
<td>International</td>
<td></td>
</tr>
<tr>
<td>Language</td>
<td>Local</td>
<td>About social faux pas</td>
<td></td>
</tr>
<tr>
<td>World-view</td>
<td>People and sex</td>
<td>Situational</td>
<td></td>
</tr>
</tbody>
</table>

**The Culture of Poverty**

In English “Noblesse oblige” is the theory that nobility is more than just entitlement, requiring the wealthy to fulfill social responsibilities such as generosity towards those around them, and guidance of society. More cynically called “The White man’s burden”.

19

Presented by: Michael DeMolina, PhD, LPCS, CDCS, MAC
Humility: we all make mistakes. Permission to make mistakes and apologize is the only path to learning and success.

$380 a month plus housing allowance

I have to eat. $10 is a bargain and they only leak for the last part of the year.

Cost of Boots per year

<table>
<thead>
<tr>
<th>$10</th>
<th>$10</th>
<th>$10</th>
<th>$10</th>
<th>$10</th>
<th>$10</th>
<th>$10</th>
<th>$10</th>
<th>$10</th>
<th>$10</th>
</tr>
</thead>
<tbody>
<tr>
<td>$50</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

$760 a month plus housing allowance

I make wise decisions. e.g. I always buy quality. That’s why I’m rich and he’s poor!
The Story of the Treaty
Enacted as a series of 4 human sculptures

1. The Treaty
1840: “Hey bro! Nice seat. How about we share?”

2. Constitution Act 1852:
Wow, seems like everyone applied to join with my new arrangement. This seat is getting a bit small.

3. New Zealand Wars
1860s.
Sorry, there’s just not room for us both on the seat and you’re causing trouble. Back of the queue please.

Wow. I can see that I forgot about our deal. So many complaints – you used to be so cooperative! Better bring you to the front of the queue. People are not going to like it though. You’ve broken the democracy!
"Red ants against black ants. They won't fight unless you keep shaking the jar. And that's what Frank was doing, shaking, shaking the jar."

Kurt Vonnegut
"Cat's Cradle"
1963

(not Richard Attenborough)

TRAUMA-INFORMED CARE

- "In our view, community healing along with individual and family healing are necessary to thoroughly address historical unresolved grief and its present manifestations.
- The process is not quick nor is it easy. However, without such a commitment to healing the past, we will not be able to address the resultant trauma and prevent the continuation of such atrocities in the present.
- Nor will we be able to provide the positive and healthy community activism needed to stop and prevent the social pathologies of suicide, homicide, domestic violence, child abuse, and alcoholism so prevalent in American Indian communities—as in society at large—today.

Source: Brave Heart & DeBruyn, 1998, p 75
Cited in TIP 61 p 128
TRAUMA-INFORMED CARE con’t

- “The crux of our argument has far-reaching implications for other colonized, oppressed peoples throughout history and those being oppressed, as we write, that are obvious to us.
- Wherever peoples are being decimated and destroyed, subsequent generations will suffer. We need only heed the traditional American Indian wisdom that, in decisions made today, we must consider the impact upon the next seven generations.
- The concept of historical unresolved grief has powerful implications not only for healing from our past but for giving us the strength and commitment to save ourselves and future generations.”

Source: Brave Heart & DeBruyn, 1998, p 75
Cited in TIP 61 p 128
End of Part 1