



Off The Wall & Inner West Sydney PIR invite you to:

DIALOGUING WITH THE CHARACTERS OF OUR MINDS: NORTH AMERICAN ABORIGINAL APPROACHES TO MIND AND MENTAL HEALTH WITH LEWIS MEHL-MADRONA AND BARBARA MAINGUY



24 NOVEMBER 2018, 9 -5 PM

ADDRESS:

LEVEL 3, 2-4 HOLDEN ST, ASHFIELD

North American's indigenous people view the self as a swarm of stories. Within our swarm, we have characters and voices imported from our outer world, like avatars in a video game. These characters are in continual communication, offering their opinions on everything that we do. We make decisions by forming coalitions of characters and stories to push through an agenda. Mostly we manage our menageries seamlessly, but some people, particularly those who have experienced trauma or abuse, may have particularly destructive characters, voices and stories that are difficult to manage. Sometimes they come to the attention of the mental health system.

In this workshop we will:

- play with these ideas to meet and greet the characters who dwell within the swarm that is our mind (nagi in Lakota, the indigenous language of Lewis' paternal ancestors).
- discover the stories that are guiding our lives and the characters behind these stories.
- make mind maps of these characters, their interests and stories and explore how to pick better stories for living lives that are more in harmony and balance.
- explore how to better manage these difficult parts of our selves in which we form coalitions to stand up to them or import other characters (superheroes, spiritual beings, cultural heroes) to aid our resistance to negative narratives.

During all this, we will aim to have a good time while we explore healing opportunities for each other and ourselves.

This workshop would be helpful for people who hear voices, see visions or experience other unusual states, as well as people who assist them in personal and professional capacities.

Cost:

\$225 full fee per person

\$125 low income

Financial hardship rates are available – e-mail us for more information

Morning tea, lunch and afternoon tea will be provided.

Bookings:

Email:

critical.perspectives.sydney@gmail.com

to register or call Natalia on 0411270264 for more information



Lewis Mehl-Madrona

Lewis Mehl-Madrona MD, PhD graduated from Stanford University School of Medicine and is trained in family medicine, psychiatry, and clinical psychology. His work discusses healing practices from Lakota, Cherokee, and Cree traditions, and how they intersect with conventional medicine.

He has been writing about the use of imagery and narrative in healing since the 1980s and is certified in psychiatry, geriatrics, and family medicine. His research collaborations include work on various psychological conditions, issues of psychology during birthing, nutritional approaches to autism and diabetes, and the use of healing circles to improve overall health outcomes.

He has been on the faculty of several medical schools, most recently as associate professor of family medicine at the University of Saskatchewan College of Medicine.

Lewis, who is of Cherokee and Lakota heritage, continues to work with aboriginal communities to develop uniquely aboriginal styles of healing and health care for use in those communities, while also working with individuals who have been diagnosed with schizophrenia.

He is the author of numerous books, including *Coyote Medicine*, *Coyote Healing*, and *Coyote Wisdom*, a trilogy on what Native culture has to offer the modern world, *Narrative Medicine*, and *Healing the Mind Through the Power of Story: The Promise of Narrative Psychiatry*.



Barbara Mainguy

Barbara Mainguy, is Creative Arts Director and Education Director for Coyote Institute for Studies of Change and Transformation in Orono, Maine. She also works with the Wabanaki Health and Wellness Center in Bangor, Maine. She is a psychotherapist and especially enjoys working with people experiencing psychosis and extraordinary experiences. She is a filmmaker and a visual artist.

She is currently editing a film on women in the psychiatric system. She attended the University of Toronto and York University in Toronto. Her M.A. is in Creative Arts Therapies with an emphasis on Drama Therapy from Concordia University in Montreal. She is the author of scholarly papers on embodied narratives and drama therapy with autism and schizophrenia, and is co-author (with Lewis Mehl-Madrona) of *Remapping Your Mind: the Neuroscience of Self-Transformation through Story*.

She has assisted Lewis in teaching Cherokee Bodywork since 2007, and is especially interested in exploring the ways in which trauma is encoded in the body and how bodywork can unlock trauma and how traditional North American healers used stories to them bind this trauma and the accompanying emotions so as to be digestible.