

## Awakening the Healing Soul: Indigenous Wisdom for Today's Healers

**Presenter:** GERAL T. BLANCHARD, LPC, BCCP, NCP

**Recorded on:** February 17, 2022

**Length:** 4 hours

- 30 minutes**
  - Overview of anthropological and psychological examination of indigenous healing: What it is and what it is not.
  - Discussion of a central theme: Out with romanticism; in with objectivity.
  
- 15 minutes**
  - Defining evidence-based methods and best practice: Contrasting Bushman healing to the Mayo Clinic.
  
- 15 minutes**
  - Define relational, sacred healing in old and new terms. Modern perspectives on Shamanism
  
- 1 hour**
  - Placebo, nocebo, and psychosomatics: Mind over matter.
  - The power of belief, expectation, suggestion, ritual participation, altered states, and storytelling.
  - Old and new conceptualizations of magic. The art, science, and ethics of how mystery, spirit, and ancestors are employed to heal.
  - Examples of dramatic healings: An Ojibwa tribe of Canada and the Achuar of the Amazon. When neuroscience meets placebo.
  
- 1 hour**
  - The emerging psychedelic, entheogen, and empathogen movements: Current scientific research and application.
  - Legal and ethical issues of safety and proper administration.
  - Comparative analysis of the efficacy of various plant medicines and pharmaceuticals in treating trauma, crime, and addictions.
  - Defining set and settings.
  - The role of rituals within ceremonies, moving beyond cold and impersonal treatment settings.
  - What is approbation?

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**1 hour**

- Blending pragmatic indigenous influenced methodologies with western psychology and medicine to enhance treatment outcomes.
- Moving beyond symptom suppression.
- Addressing core issues including intergenerational abuse. Personal illnesses vs. cultural illnesses.
- Solo treatment vs. community treatment.
- Preparing professionals for the advent of empathogens and psychedelics in tomorrow's professional office.
- Q&A