



National American Indian & Alaska Native  
**ATTTC** Addiction Technology Transfer Center Network  
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# **Addressing Grief and Loss in Native American Culture: Sunka Wankan Okiya Part 2**

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**Objectives today:**  
Share ways to teach our relatives to deal with grief properly

**The Language**

**The role the horse plays**

**Review the role culture plays in finding oneself**

**Explore stories to help find your way**

**Discuss Importance of identifying who you are**

**Looking at Lakota Grief**

**Understand Sacredness**

**Language gives you  
life!**



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- It gives you mind and spirit.
  - A way to understand everything around you.
  - How to behave.
  - Be wise- know what is good and what is bad. Know the difference.
  - Language has art and beauty
  - This isn't for everyone! You may get triggered but it is time to make a choice to heal!




**Chief's son.**





# Lakota Grief





**Tansagsagta = Go into  
shock**



**Tawacin ebac= Mind  
is backwards**





**Canzeeka = Anger**





**Elakiciya pi= Blame**






**Ohan  
Hecetu= It is  
so,  
Acceptance**

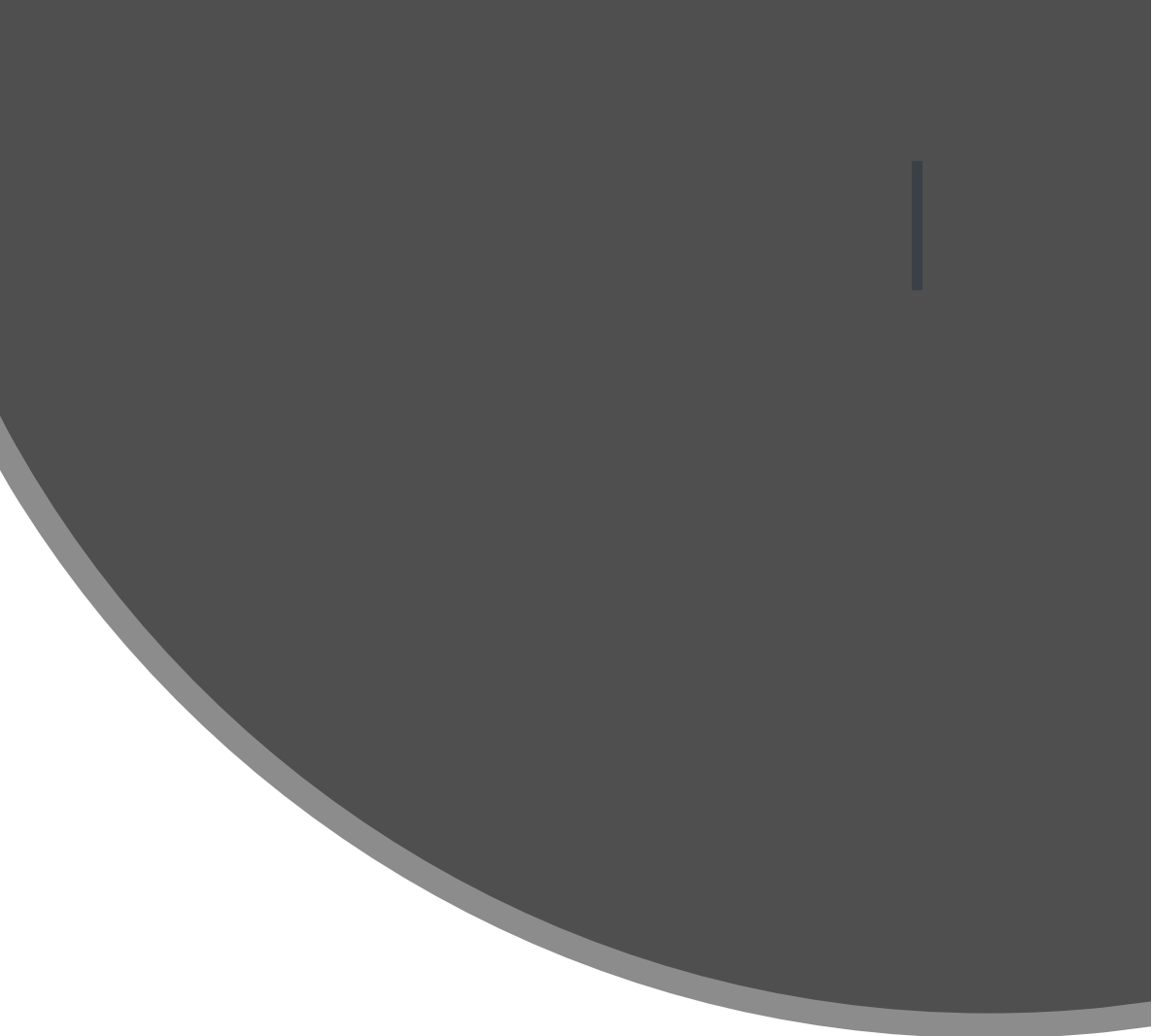




**Napja na oyate  
oakyayo = Swallow the  
grief and help others**







**Do I have the  
strengths and  
weaknesses?**

**What values do I  
demonstrate?**

**And live by?**



# Understanding the sacredness...





Tiospaye




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The Tiospaye concept simply brings back an old message in our DNA for happy life that emphasize the true need for family. Understanding one's self worth and value they bring to their family will change their very nature, drawing them closer to loved ones.



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Our cultural approach often moves us away from modern treatment modalities, which focus on medical objectives that are rooted in illness, sickness or dysfunction. We take the position that the great majority of our people are not ill, sickness or dysfunction, as we generally believed. Therefore, working with our Relatives using the Tiospaye concept is helping them stay sober.



A photograph of two horses, one brown and one grey, looking towards the left. The brown horse is in the foreground, and the grey horse is behind it. The background is a soft, out-of-focus natural setting. The text 'Sunka Wankan=Horses' is overlaid on the image in a white, sans-serif font.

**Sunka Wankan=Horses**



Horses, Sunka Wankan, they have been beside us for years. They know things about us, that we don't know about or try to hide. I use horses to connect with people. The pain is what connects us all together.



- The horse has four sides of life to them
- right shoulder is infant side
- right hind is the left shoulder
- tail is the rights of passage
- Left hind is the adult
- Left shoulder is the elder side.

**Each person has a set of troubles, trials and tragedies, such as illness, injury, social and emotional challenge, divorce or death, just to name a few. Service towards others is the best way to heal.**

**Help one another, Watch over one another and comfort one another. That time is to get reacquainted with the Creator.**



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**Sacrifice is a higher level of service. Giving up something to help someone else.**





# Time to Re-set





**Questions or Comments?**



**For more information;**

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