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Exploring Irish Multigenerational Trauma and Its' Healing: Lessons from the Oglala Lakota (Sioux)

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ABSTRACT

This exploratory article reviewed the professional literature related to the construct of multigenerational trauma and the importance of cultural identity and practices as healing and protective/resilience factors against such trauma. It also posited that the Irish and the Oglala Lakota (Sioux) of the North American Northern Plains have commonalities; one commonality perhaps being multigenerational trauma (also called historical loss, transgenerational trauma/shame). Emerging evidence about treatment of multi-generational trauma with the Lakota through implementing their cultural practices and cultural renewal in rural settings are also discussed. Finally, this investigation describes results from a focus group experience with 12 Irish counselors from rural Southeastern Ireland that explored resiliency related to multi-generational trauma using genograms to describe and compare traumatic and resiliency patterns. {Note: This exploratory approach does not include Irish Diaspora (e.g., Irish-Americans, Irish-Australians, and Irish-Canadians)}. It is hoped that based on the results of this approach, further investigations can occur with these populations.

KEYWORDS

Trauma; Irish; Lakota; Cultural Healing; Renewal; Resiliency

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