



Improving mental health and wellbeing for pēpi | infants, tamariki | children and taiohi | young people through service improvement, workforce development and advocacy.

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# Culture, Trauma & SPHC

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# Tamariki in Context

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Tamariki experience their world through their **relationships with parents, whānau, other caregivers and strong ties to their cultural practices and traditions.**

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Safe, stable and nurturing relationships have a lasting impact on a child's mental health and wellbeing, self-confidence, learning, and ability to relate to others.

# Cultural Frameworks

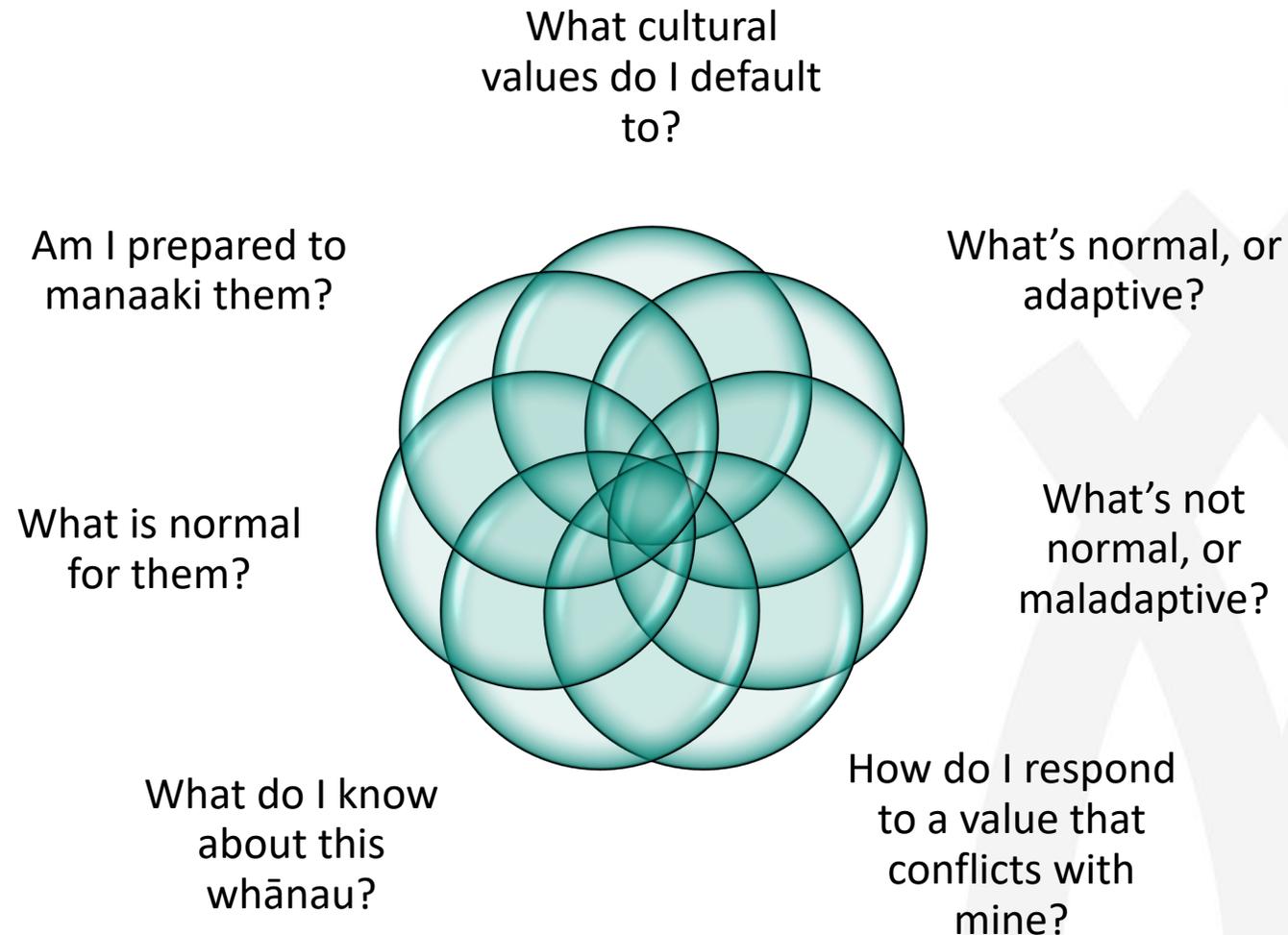
## Collectivistic

- Allocentric people
- Harmony in group benefit
- Interdependent
- Holistic
- Prioritise collective goals over personal reward
- Social stability – self changes to fit in
- Execute duties to the group
- Identifies self in relation to a group
- Relationship and Context focused
- Loyalty to in-group over out-group
- Maintain established relationships, even at personal cost
- Likely to attribute cause to external factors – contextual, more situation than disposition
- Risk – excessive concern for relationships; some privacy concerns

## Individualistic

- Idiocentric people
- Autonomy for personal benefit
- Independent
- Analytical
- Prioritise individual rights, private benefits
- Self stability – social changes to suit the self
- Execute duties to self first
- Identifies self as separate, discrete entity apart from the group
- Focus on Objects and Self Fulfilment
- Free from group demands
- Rationalise losing relationships over personal cost
- Likely to attribute cause to individual internal factors – disposition than situation
- Risk – excessive self regard, social experimenting

# Cultural Awareness...





NATIVE FAMILY.

Litho. 1869. Reproduced & Published by E. Moritz & Co. 38, Leig. Ave.

# Mokopuna of Te Ao Māori

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- Tamariki were “spoiled” and “over indulged”
- Traumatizing tamariki is counter intuitive  
(Mana Ririki, 2011)
- All child pedagogy begins from the premise that Tamariki are ancient spiritual entities, shaped by their feelings of emotional and social security  
(Te Aho Matua, 1982)
- Māori human development seen in a systemic, relational context  
(Te Korowai, 1981)

# Māori & Indigenous Trauma-informed Approaches

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Collective rather than individual values and beliefs.

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Consider the effects of historical, cumulative, intergenerational and situational trauma.

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Consider wairua, whakapapa (acknowledgement that some layers are trauma layers), whakatauki, te reo Māori, whenua, whānau, whanaungatanga.

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McClintock et al, 2018.

Pihama et al, 2017.

# Cultural Systems at Work

	Collectivistic	Bicultural	Individualistic
Service Organisation	X		X
Practitioner	X	X	X
Whānau	X		X

# SPHC Can Contribute to Whānau Ora

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Consider the purpose of engaging whānau and how your role can contribute to whānau ora

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Conduct an honest self-appraisal of your skills, including cultural understanding, knowledge and confidence

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Consider Manaaki (the enhancement and protection of mana) at all stages of engagement and to walk beside whānau on their journey

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Consider restoration of mana for the individual, and the whānau

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The Pōwhiri is a predictable engagement ritual designed to reassure whānau and create a safe space for group discussion

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Let the whānau inform and “train” us

# Kaupapa Māori Principles for Whānau Wellbeing

Whānau (the extended family principle)

Taonga tuku iho (the cultural aspirations principle)

Ako (the culturally preferred pedagogy principle)

Kia piki ake i ngā raruraru o te kainga (the socio-economic mediation principle)

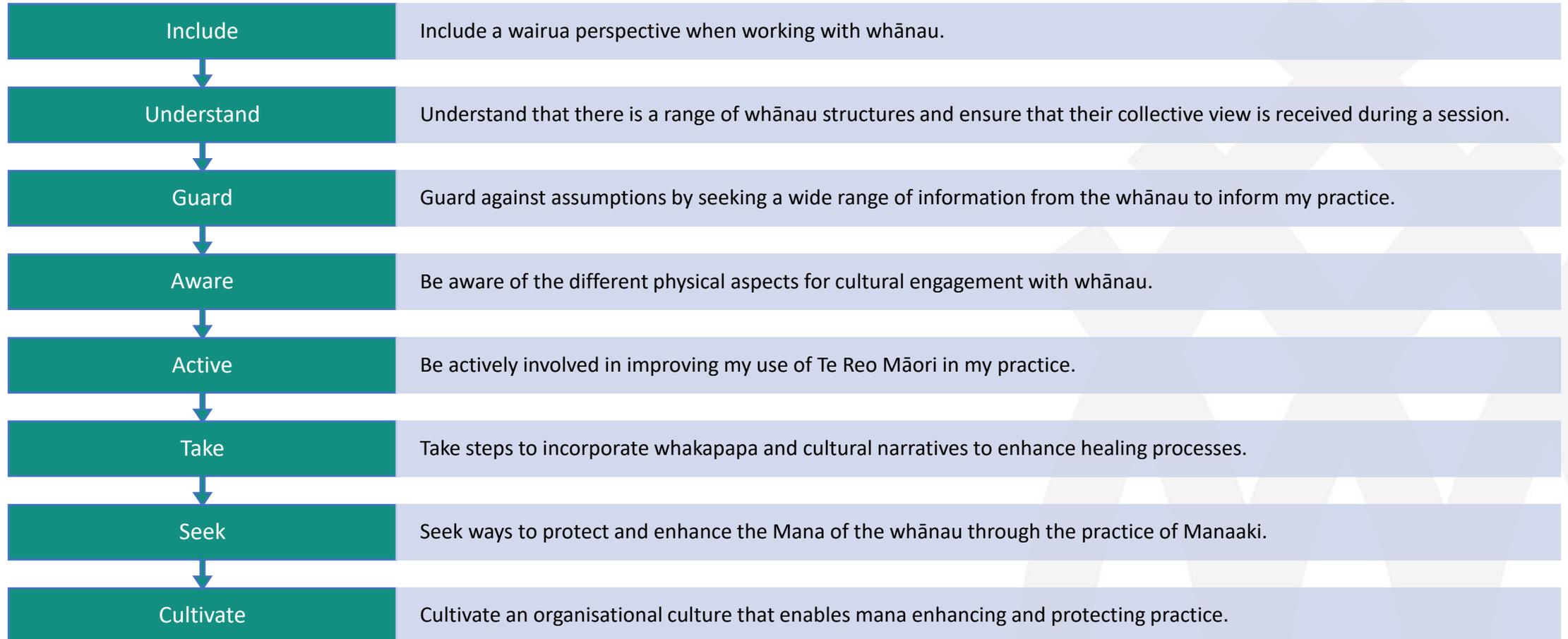
Kaupapa (the collective philosophy principle)

Tino rangatiratanga (the self-determination principle)

# Core Competencies to Enhance & Protect Mana

Engage	Value	Reaffirm	Recognise	Recognise
Engage with clients through listening, understanding and respecting cultural difference	Value the contribution of whakapapa and cultural narratives to restorative healing processes through the generations	Reaffirm the ability and capacities of whānau to engage in self-determination and provide support to do so	Recognise that the cultural wisdom embedded in Māori ideological and philosophical beliefs can generate solutions or resolutions to Māori welfare concerns	Recognise the significance of historical relationships, and in particular relationships in the context of Te Tiriti O Waitangi (Ruwhiu,2009)

# Key Tasks Working with Whānau



## Further Resources

- Synergies & Opportunities: How Tikanga-Informed Care is Trauma-Informed Care (Dr Kiri Prentice, 2021)  
[https://youtu.be/WKLKI9Ot\\_fE](https://youtu.be/WKLKI9Ot_fE)
- Te Taonga o Taku Ngākau: Ancestral Knowledge and the Wellbeing of Tamariki Māori (Pihama, Simmonds & Waitoki, 2019)
- Manaaki: Mana Enhancing and Mana Protecting Practice – A Practitioner’s Resource (Te Rau Ora, 2017)