

Workshop

Re-storying trauma towards love and healing: How to reclaim ancestral stories to promote health and wellbeing among Indigenous populations

Dr. Johnson-Jennings (Choctaw Nation) a clinical health psychologist, who has expertise in Narrative therapy and motivational interviewing will provide an overview of the importance of ancestral stories, original instructions in healing. She will discuss the importance of indigenizing and decolonizing therapeutic methods and how to integrate these into clinical practice and research. The workshop will provide an opportunity to identify and recall ancestral stories and relate how these could be used in practice among Indigenous groups.

Presenter: Dr Michelle Johnson-Jennings



Dr Michelle Johnson-Jennings (Choctaw Nation Enrolled Tribal Member) is a license eligible clinical health psychologist and serves as the Canadian Research Chair (CRC) Nominee in Indigenous Community Engaged Research and associate professor in Indigenous Studies and Associate in Community Health and Epidemiology in Medicine. Over the years, Dr. Johnson-Jennings has partnered with multiple

International and nation Indigenous nations, organizations and communities to prevent both substance use and food addiction/obesity risks. To do so, she has co-developed health interventions entrenched in ancestral guidelines to encourage a renewed commitment to health and revitalization of medicine, food and land-based practices. Her research endeavours span the globe from founding and formerly directing the Research for Indigenous Community Health (RICH) Center, at the University of Minnesota to recently completing a US Fulbright Scholar award to conduct research in New Zealand at the University of Waikato, Te Kotahi Research Institute. Dr. Johnson-Jennings received her PhD from the University of Wisconsin-Madison in Counseling Psychology and a Master's from Harvard University in Human Development and Psychology and Contemporary Native Issues. She has taught courses in Indigenous health, Global Indigenous health and Indigenous psychology. Dr. Johnson-Jennings' therapeutic expertise lies in working with Indigenous communities and decolonizing healing while transforming narratives of trauma. She also serves on several international and national advisory committees, mentors students in several countries, and is honoured to be the mother of four amazing children.