

Historical Trauma Summary

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Mental health problems have become a huge problem for American Indians. These problems include substance use, posttraumatic stress disorder, and increased suicide risks so they are a big deal. Some of this risk could be due to historical trauma which is why it is so important for nurses to help reduce historical trauma which may involve interventions that we are not used to. Historical trauma for American Indians includes things like displacement, massacres, and suppression of culture. This group of people still grieve the loss that occurred a long time ago and it still affects their day-to-day life and how they look at the world. Another big thing they may struggle with is a loss of culture due to integration in society and they may want to affiliate more with other American Indians.

For these people, they may feel different than everyone else and think they are being forced to fit in which goes against who they are. This can be hard and discomforting especially if they are the only American Indian around. We also have stereotypes that we associate with American Indians that can be demeaning and hurt them. It makes it hard when other people already have a biased look at who you are. This may also make it hard for them to seek medical help for any mental issue because of fear of getting judged which is why it is so important that nurses learn everything they can about this population so that they can get the help they need. They do have some similar struggles to other groups but a lot of it is different.

American Indians may suffer more from aggressive behavior, alcohol use, drug use, obsessive-compulsive disorder, and thought problems. Knowing this helps nurses be aware of possible problems and adds to the fact of why it is so important to be educated about them. These cultural problems do affect people, so nurses need to take them seriously so that patients get the

best help they deserve. People deserve to be treated as well as everyone else regardless of their culture or background. It is not right for us to treat others and not treat the needs of American Indians too. Their mental health needs are just as important as everyone else needs. If we gain more knowledge on the effect of historical trauma on this group of people, we can further the process of helping them.