

Joselouita Joint

Class: Social and Cultural Diversity

Professor: Dr. Anna Locke

Extra Credit paper

### Dr. Miguel Gallardo podcasts

The Indigenization of Mental Health Services and the Broken Treaties and Broken Promises: COVID-19 and Native American Communities podcasts hosted by Dr. Miguel Gallardo are insightful and educational. Being members of native indigenous communities, the invited speakers, Dr. Jill Fish and Dr. Lomay, debate on issues that currently have high impacts on indigenous individuals; mental health and the viral respiratory disease, Covid-19. Native Americans have a long history of systemic oppression and mistreatment. In addition, although they are known to be the first inhabitants of the U.S. soil, they, like many cultural and ethnic groups in the United States, are not acculturated to the dominant culture. Instead, they have individual norms and beliefs they abide by.

I immensely enjoyed the podcast with Dr. Jill fish, especially her passion for conducting research and working with individuals in her community. In the podcast, she mentioned that she conceptualizes a therapy approach for native Americans grounded on Urie Bronfenbrenner's ecological systems theory model, called the indigenous ecological theory model. Her therapeutic approach combines theory and cultural beliefs, for she believes they are best fitted for indigenous people. On a personal note, as a student who aspires to be multiculturally competent, I think her therapeutic approach with native Americans is groundbreaking. Existing therapy theories such as behavioral, humanistic, cognitive, and other renowned theories are roadmaps or frameworks that assist mental health professionals in interpreting clients' feelings, behaviors, and thoughts. Thus,

reconceptualizing these theories is hugely beneficial as it allows individuals from different cultural groups to be more accepting of counseling services and, altogether, finds it more applicable.

As for Dr. Lomay, I find her perspective on the impacts of covid 19 on indigenous communities relatable. Many people, not solely U.S residents, have, in one form or another, been affected by the ravage and limitations caused by Covid-19. Due to the demise of several elders in tribal communities and imposed restrictions on traditional ceremonies, Dr. Lomay disclosed that members of her community are emotionally and spiritually fragmented. With the loss of numerous tribal elders, members of her society find it grueling and challenging to replace these elders as they contributed immensely to the physical and emotional wellbeing of tribal members and were, for many, due to their native wisdom, mentors, and educators.