



Patricia Vickers: Northwest Coast Indigenous Beliefs and Healing



Patricia Vickers PhD is a Registered Clinical Counsellor, Spiritual Director International, and artist. Dr. Vickers is currently the department head of mental health at Skidegate Health Center in Haida Gwaii, British Columbia and is deeply interested in founding mental health services on ancestral teachings and principles.

TOP EMBODIMENT TIP: Take some time to recall a connection when your heart and mind was one with the land and with nature. That is Ceremony at its simplest.

Resources & Resiliency: Through Our Ancestors and Nature

- Patricia's cultural heritage weaves ancestry from the UK and the Ts'msyen and Heiltsuk nations in British Columbia. She belongs to the Eagle clan from the village of Gitxaala in B.C. She believes that **our ancestors are behind us** and their energy can be incredibly strong when we need it the most.
- All of the golden childhood connections with nature, and with the land were resources for her. As she learned later in life through **Somatic Experiencing**, that connection with nature was incredibly vital for her survival through trauma.

The Feast Hall: One Heart One Mind

- Hear Patricia's profound journey through trauma, **hatred and forgiveness** out to the other side through the lens of the four phases of the sacred ancestral stories from her lineage.
- Patricia was overwhelmed at her first 'feast' (a community ritual/ tradition of her clan) with the openness and incredible beauty/ wisdom of these ancestral teachings. Spiritual awakening, integration and healing became possible for her and her whole family through what is called the **encounter with the supernatural** and then the gifting back to all the people of the community.

Neurofeedback: LENS (Low Energy Neurofeedback System)

- Patricia was struggling to remember large parts of her childhood due to trauma, and knew that she had dissociative amnesia -which is the brain blocking off access to memory. **She discovered a form of neurotherapy called LENS - Low Energy Neurofeedback System. The frequency disrupts the brain's functioning and allows memory to happen.** This was a painful yet profound experience for her - *one that her body already knew*- but for her mind, was confirmed by science.
- These days Patricia works towards offering transformative programs using neurofeedback and ancestral teachings, not only in mental health, but in partnership with political and traditional leadership.

Resources:

- ❖ **Website:** patriciajunevickers.com
- ❖ **References:** Somatic Experiencing, Dan Siegel



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