

Healing Centered Engagement: Compassion, Connection, Community, Culture, and Curiosity

This presentation will introduce you to the 5C's, these are significant concepts learned from Alaska Native Elders around healing and wellness. As you do good work in your academic institution and community, consider reflecting on how these 5C's can impact your own relationships and efficacy with students and colleagues as well as yourself. Stress and trauma inhibit learning and move us from our thinking brain into our emotional brain, which makes it harder to concentrate, remember things, and recall things. When we learn about how stress and trauma impact our mind and body we are more compassionate with ourselves and others. When we are curious about what causes pain and grief we can help to create connection and ceremony for healing. Healing happens when we are in our bodies and in relationship to others and our community. "Learning is healing." ~ Esther Green (Yup'ik Elder)

Biography

Dr. LaVerne Xilegg Demientieff is Deg Xit'an (Dene) and her family is originally from Holy Cross and Anvik, Alaska. She currently resides in Fairbanks, Alaska, and is working as an Associate Professor for the University of Alaska Fairbanks, Bachelor of Social Work program where she has taught since 2006; she is also a licensed master social worker through the State of Alaska. LaVerne is a statewide trainer on the topics of historical trauma and historical wellness, adverse childhood experiences, resilience, trauma informed care, and healing centered care. LaVerne is very active in learning and teaching her Deg Xinag language, she facilitates a weekly Deg Xinag language learning group and is a content creator for the Doyon Languages Online program for Deg Xinag. LaVerne's research interests focus on looking at how cultural and traditional practices contribute to individual, family, group and community resilience, health, healing, and wellness, specifically with the Indigenous people of Alaska. She is also interested in studying the connection between language and well-being.