



*Two-Eyed Seeing Counseling: Indigenous Medicine for Mental & Emotional Well-Being For Health Practitioners & Laypersons  
with Lewis Mehl-Madrona and Barbara Mainguy*

**AGENDA**

**DAY 1**

**Saturday, January 30, 2021**

10:00 to 11:00: Exploring Two-Eyed Seeing, an indigenous approach to explanatory pluralism; history of its development from M'iqmqq Elder Albert Marshall

11:00 to 12:00: Exploration of application of two-eyed seeing to mental health; examples from Canada and Australia

12:00 to 13:00: Indigenous Approaches to people who hear voices; taking into account multiple perspectives and explanations of what conventional psychiatric labels psychosis.

13:00 to 15:00: Break

15:00 to 16:00: Eduardo Duran's concept of the soul wound; two-eyed seeing approaches to healing historical and intergenerational trauma.

16:00 to 18:00: Introduction to the methods of levels, an indigenous approach to motivational interviewing

**DAY 2**

**Sunday, January 31, 2021**

10:00 to 11:00: What does it mean to narrativize psychotherapy? What is narrative psychology?

11:00 to 12:00: How do we elicit the illness narrative and the healing narrative?

12:00 to 13:00: Use of the life story interview and the six-part story method.

13:00 to 15:00: Break

15:00 to 16:00: Therapeutic storytelling; picking a helpful story and how to tell it.

16:00 to 17:00: The art of helping clients to find more functional stories for guiding their lives.

17:00 to 18:00: Exercise in practicing narrative interventions.

### LEARNING OBJECTIVES:

Following the webinar, participants will be able to:

1. Define two-eyed seeing and give an example of its relationship to explanatory pluralism.
2. Describe two examples of communities in which a two-eyed seeing approach has been applied to mental health.
3. Identify three differences between Maori approaches to hearing voices and the conventional psychiatric approach.
4. Explain the concept of historical trauma and of intergenerational trauma.
5. Indicate the six parts to the six-part story method.
6. Interpret three ways in which a story becomes therapeutic.
7. Distinguish three parts of the brain that participate in creating and understanding stories.
8. Discuss the method of levels and state two ways in which it is similar to motivational interviewing and one way in which it is different.
9. Find three ways in which the life story interview has been used for research at the Center for Study of Lives at Northwestern University.