

My name is **Brad Marsden** and I am from the **Gitsegukla Indian Reserve** within the **Gitksan Nation** of **Northern Canada**.

In response to the **Truth & Reconciliation** in Canada, I have been providing **experiential "Historical Trauma and Colonization" workshops** for the last 10 years in both Canada & U.S.A. to help educate about the **Real & Hidden History** that existed between the **First Nations** and the **Canadian Government**.

In this workshop we highlight the **Unacknowledged & Unprocessed Trauma** that the **Indigenous** people of **Turtle Island (Canada/USA)** **have had to endure** because of the **Systemic Discrimination** within **Government Institutions (i.e. Media, Education, Law Enforcement, Law & Policy)** which **resulted in myself unknowingly being born into a community** that was **collectively traumatized** for the last **200+ years**.

As a result of this **Unacknowledged and Unprocessed Trauma** inflicted on Indigenous People by way of: **Removal from their Traditional Lands, Disempowerment** through **Unfair & Unjust Laws & Policy, Severe Generational Trauma** for over 100 yrs. of the **Residential School/Boarding School**, unfortunately a pattern of **Generational Loss of Parenting** began to take hold in our communities.

Growing up as a little boy on the Indian Reserve, there was **no parent to help me process my negative childhood experiences in society and in my own community** as well. (**Lateral Abuse**)

I was left to my own thinking as a little boy to make a sense of this **traumatized world** that I was born into.

Needless to say, with this **Loss of Parenting coupled with the Systemic Racism** within Governments Institutions, my **Self Esteem** was **shot at Age 7** and **I started to believe** the negative narrative (**Negative Stereotypes**) that Canadian Society had towards my people and I began to Internalize this racism seen & felt until I became the Racist "**I'm not Indian, I'm Mexican**" (**Internalized Racism**)

In these sessions we look at how this **Systemic Discrimination shaped the minds** of not only the **oppressed communities**, who now **unconsciously believe** that they are the **Inferior race** but as well as the **Dominant society** who now **unconsciously believe** that they are the **Superior race**, as a result of the **Socialization, Conditioning (brainwashing)** and the **Internalization of this Systemic Discrimination** that both groups experienced in their respective **Governments Institutions** (i.e. **Negative Media Portrayal, Erasure of Indigenous Existence in Educational Institutions, Unequal & Unjust Laws created to Disempower & Control communities**)

This workshop will show **how this Oppressive System imposed by** the respective **Governments; Traumatized & Shaped the Minds/Beings** of the First Nations **into the behaviours and social conditions** that we see today in Indian Country.

The sessions will show how **Systemic Discrimination created the Disempowering Feelings** of: **Shame, Anger, Resentment, Fear, Helplessness and Powerlessness** that began to **infiltrate, settle and stay** in our communities and has **led to our Social Conditions** and our **New Unconscious way of "Being"**.

A few of our well known **Social Conditions** are: **Alcohol, Welfare Dependency, Unemployment, Domestic Violence, Suicide and Abuses**.

When we think of **Domestic Violence** - we'll explore how **Systemic Discrimination** was a key contributor to the **disempowerment** of **Native men**, where the **respective governments denied our men** their **Original Instructions** which is their right/responsibility to **Protect & Provide for their Families**.

Historically, **our men** were **forbidden to sell our fish/vegetables to provide** for their families **and forbidden to protect their children** as the **Gov't Representatives & Police** came into our communities and apprehended (we say **kidnapped**) our children to **take them to these Legislated Trauma Institutions. (Boarding Schools in USA-Residential Schools in Canada)**

Unfortunately, that **sense of pride** amongst our men that comes with **fulfilling one's obligations (protect/provide)** was **denied by the Government**.

As a result, **a sense of shame, powerlessness, helplessness, guilt and anger began** to overtake our men.

Unfortunately, in order **to relieve** oneself of these **disempowering feelings**, one has to **empower** themselves **by disempowering others** (trauma being passed down to next generation - **Intergenerational trauma**)

So you can see how our men were introduced to **Shame and Anger**, and **combined with Alcohol (Coping Mechanism/Social Condition)** is **unfortunately** one of the **main contributors** to the **Domestic Violence** we see in our oppressed communities.

We will also explore: how after our **Introduction to the Settlers**, we were **forced onto** these **Artificial Man made Environments** called **Indian Reserves** and how once they got us there they began to Systemically (through their self-interest made laws) take away our **Freedom & Rights** as a result of their amendments to the **Indian Act** which helped **create** the **Dependency and Unemployment** in our communities.

Although **my interactive workshops** are about the **Indigenous Experience in Canada**, the main focus is about oppression and how different ethnicities have been affected/traumatized over time by: **Racism, Systemic/Institutional Discrimination** as well as the **Unacknowledged and Unprocessed Trauma**.

Even though the **Dates, Details and Methods of Oppression** may be **different**, it is the **collective feelings** that are **the same**.

Those **Feelings** of: **Loss, Guilt, Shame, Resentment, Powerlessness, Helplessness** are **all of ours**, and it is out of these feelings that **create our Social Conditions**.

Participants will **experience on a physiological level** the **feelings** associated with the **Historical Trauma** that Oppressed communities have had to endure for centuries.

It is with this **new understanding and awareness** through experiential learning that I hope will **help change the perceptions and stereotypes** within society (which **help to maintain** and **perpetuate Oppression & Systemic Racism**)

I believe with a thorough understanding of the history of marginalized communities, service providers will be better prepared, therefore, more effective when interacting with the people that they serve.

I also **hope** that the **participants** in the audience whose **families come from oppressed communities** and have **suffered Systemic Racism** and **Generational Trauma** will begin to **Understand, Appreciate and Love** the **Sacrifice & Resilience** that **their Ancestors** have had to **Show for Generations** just so we all could be here today and live to talk about it.

My wish is that they can begin to **Internalize** that same **Generational Strength & Resilience** shown by their **Ancestors** and to go out **into this world** in a **different and Empowering way**.

I have provided this workshop for:

- Government of Canada - Indigenous Services Department
- BC Law Society (1500+ new Lawyers)
- Canadian Bar Association
- City of Vancouver, BC (1700+ City Employees)
- City of New Westminster, BC
- City of Terrace, BC
- City of Coquitlam, BC
- University of British Columbia School of Social Work
- McGill University School of Social Work
- Indigenous Child & Welfare Conference of BC.
- Various Family Service organizations.
- Crisis Intervention and Suicide Prevention Centre of BC.
- Mosaic (New Immigrants Society of BC)
- Jewish Holocaust Centre in Vancouver Canada
- Vancouver Public Library
- Vancouver Parks & Recreation
- Various Secondary and Elementary schools. (600 Staff & Students/session)
- Professional Development Days for various School Districts
- Various MLA Ridings Office Staff

- National Museum of the American Indian in NYC
- National Indian Education Association Conference in Orlando, Florida
- University of New Mexico Indigenous Law Program.
- Featured speaker for Fordham School of Law/ Lincoln Center, NYC during Native American History Month.
- World Mental Health 2018 Conference
- Body & Earth Conference in Minnesota USA

Over 50,000 participants have taken part in this training, ranging from: Government of Canada, City of Vancouver Employees; City Planners, City Managers, Commissioners, Librarians, Lifeguards and Janitors etc. as well as Students, Teachers, Lawyers and Judges, Fire Department, Police Officers

These workshops have been getting great reviews from all participants; one of the common feedbacks is:

"This workshop was powerful" and "This needs to be offered to all of Canada"