

An Introduction To

# Walking the Four Directions

A Traditional View of  
Discipline

*Boozhoo! Welcome!*

**Alan Rabideau**  
Youth & Family  
Engagement  
Specialist



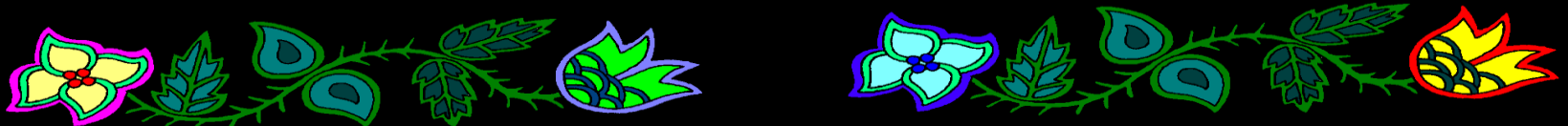
**Shannon CrossBear**  
Training and  
Technical  
Assistance  
Specialist





# NNCTC: Partner of the Tribal Youth Resource Center

- The National Native Children's Trauma Center (NNCTC) serves as a primary partner for the TLPI, Tribal Youth Resource Center; funded by the Office of Juvenile Justice and Delinquency Prevention.
- Over the past three years of the partnership NNCTC has provided OJJDP Tribal Youth Program, Juvenile Healing to Wellness Court Grantees, and federally recognized Tribes with trauma-informed tools, resources, and onsite trainings. The NNCTC has also partnered with the TYRC to provide onsite and virtual regional and national conferences, trainings and technical assistance.
- To learn more about the TYRC – NNCTC partnership please go to [www.TribalYouth.org](http://www.TribalYouth.org).



# A 20-year journey.....



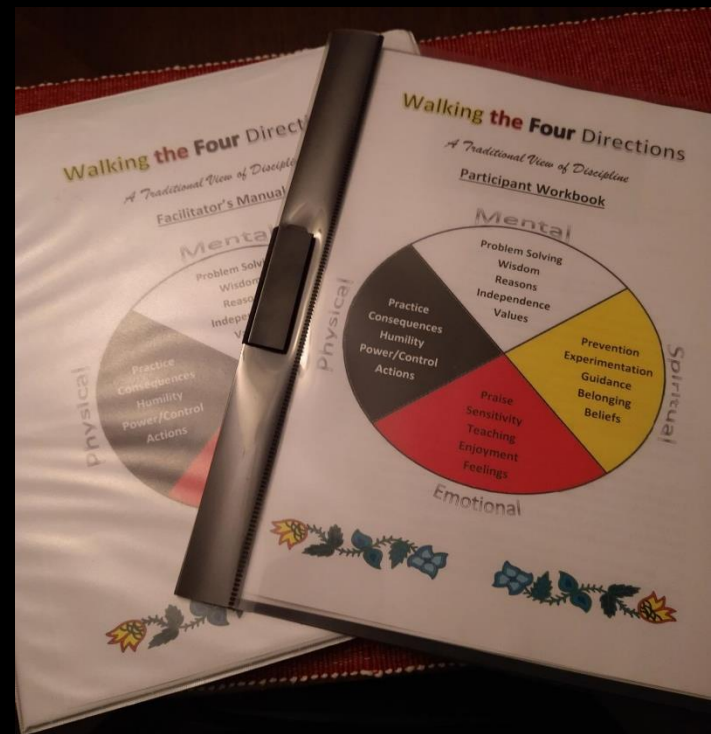
- ❖ Started as weekly parent support groups
- ❖ Question asked, “How does our culture dictate how we discipline our children?”
- ❖ Combined techniques from many sources and programs that were culturally congruent.



# Walking the Four Directions

## *A Traditional View of Discipline*

- ❖ 2 – 2.5-day training for parents, educators, child-care workers, etc. in a strength-based, non-confrontational or trauma-informed approach to teaching youth social/emotional skills.
- ❖ Seven Modules utilizing the medicine wheel or the Four Directions Teachings as a framework.
- ❖ PowerPoint Presentation – Participant Workbook & Handouts



# Walking the Four Directions

## *A Traditional View of Discipline*

Utilizes different types of instruction to include:

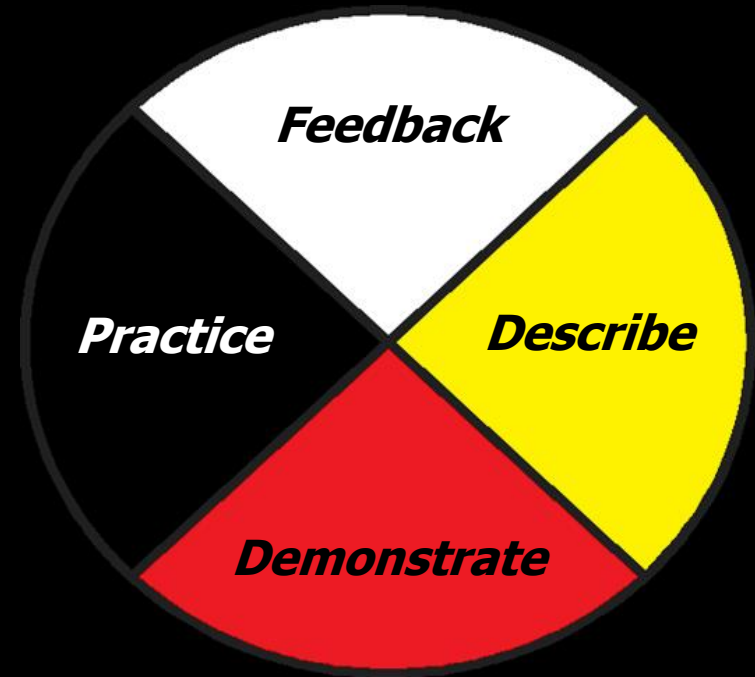
Lectures

Large and Small Group Activities

Demonstrations and Role-plays

Feedback on utilization of skills being taught

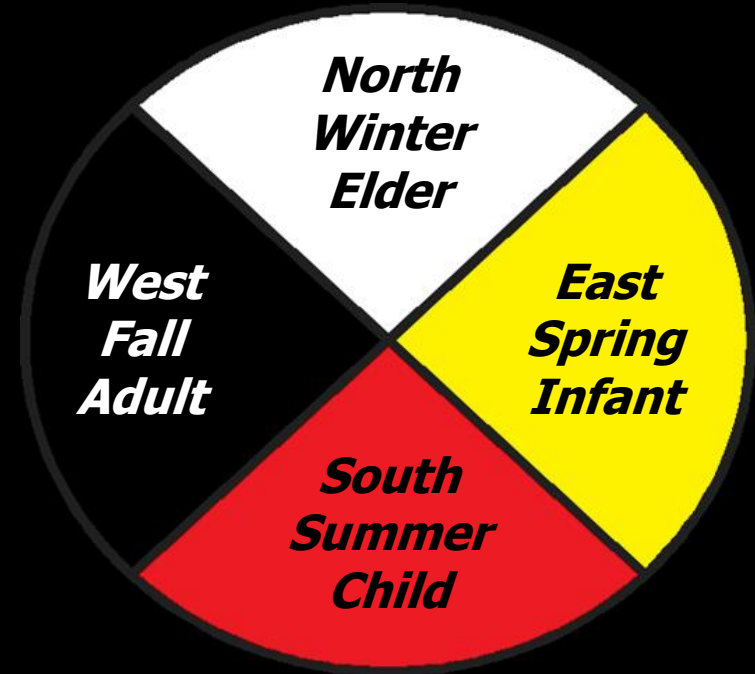
Incorporates adult learning styles and principles



# Module 1:

## *Basic Teachings of the Medicine Wheel*

- ❖ Welcome and Opening
- ❖ Housekeeping
- ❖ History
- ❖ Basic Medicine Wheel Teachings
  - 4 Directions
  - Seasons of the Year
  - Stages of Life and others
- ❖ The Relational View
- ❖ Laws of Nature



# Module 2:

## *Advanced Teachings of the Medicine Wheel*

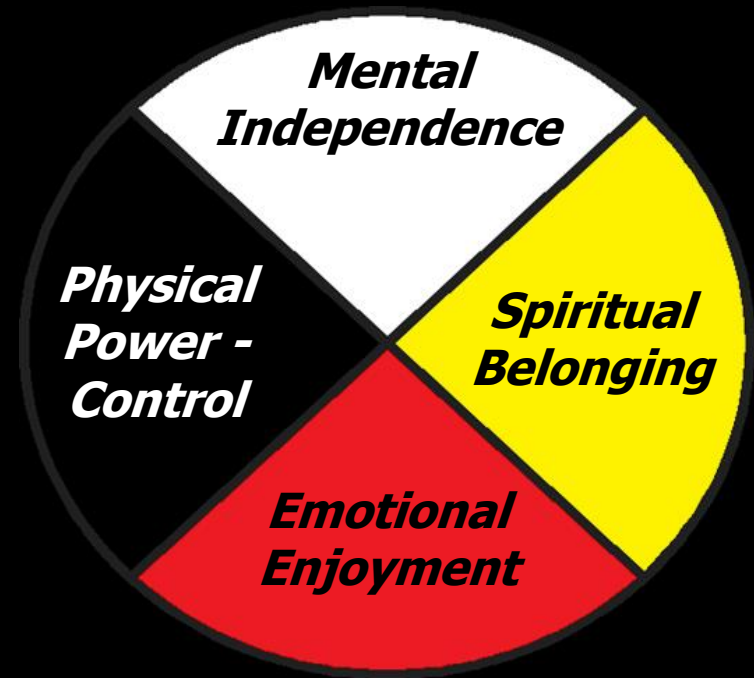
- ❖ **Advanced Medicine Wheel Teachings**

  - Holistic View of Health

  - 4 Needs and other applications of the medicine wheel

- ❖ **Personal Assessment of Balance**

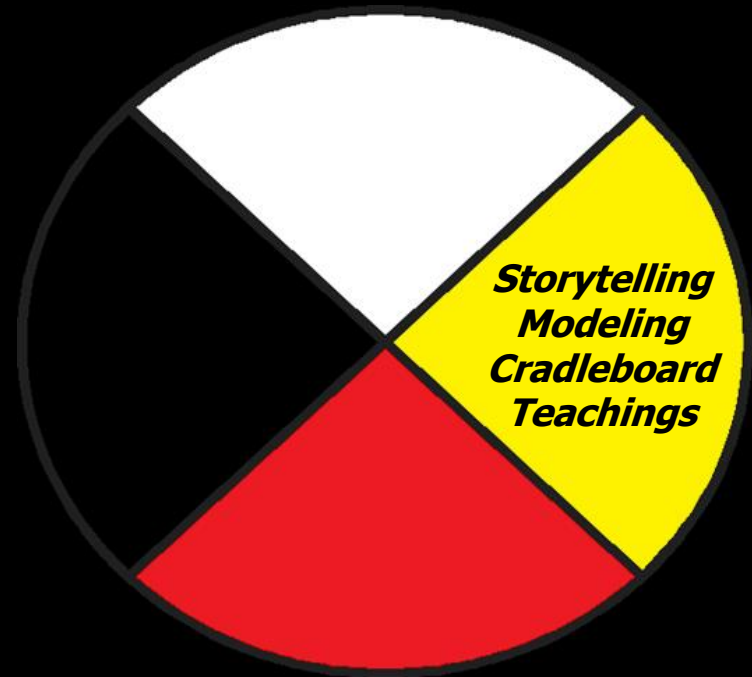
- ❖ **Group games and activities**



# Module 3:

## *Spiritual Gifts of the East*

- ❖ Prevention through Storytelling Teachings of the Cradleboard Prevention Wheel
- ❖ Introduction to Social Skills
- ❖ Effective use of rewards
- ❖ Giving youth a “good reason”

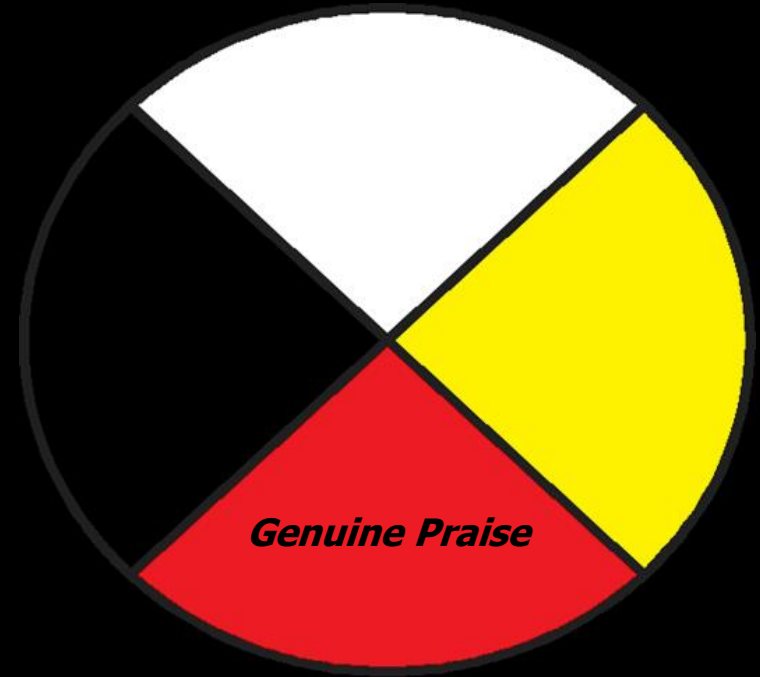




# Module 4:

## *Emotional Gifts of the South*

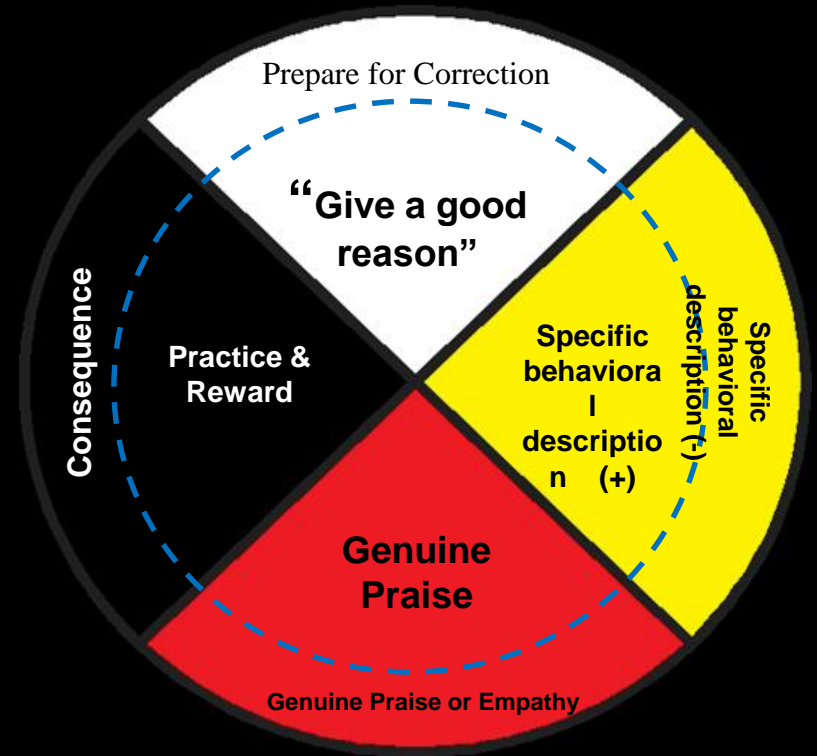
- ❖ **Genuine Praise**  
4:1 Ratio  
Making praise authentic  
Praise Wheel
- ❖ **Role-plays and Feedback**



# Module 5:

## *Physical Gifts of the West*

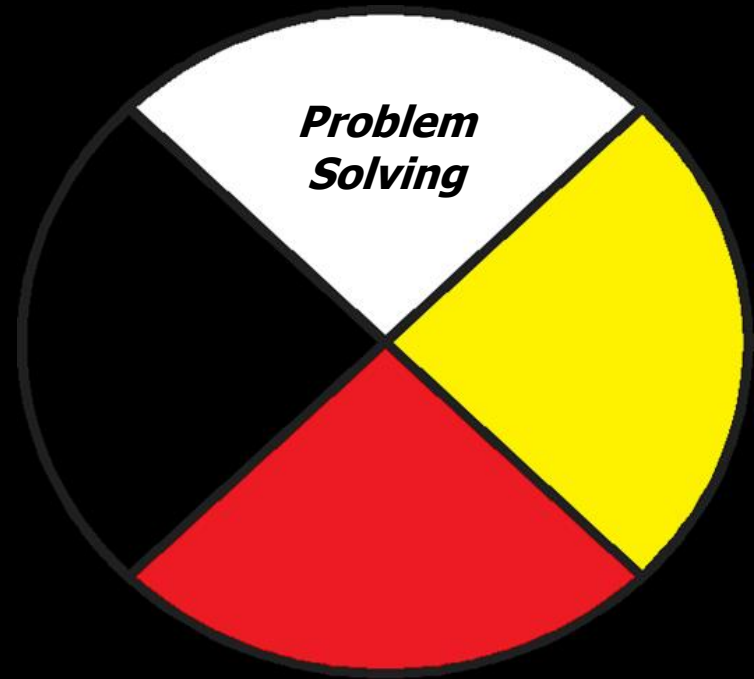
- ❖ Providing youth opportunities to practice skills being taught  
**Practice Wheel**
- ❖ Using flexible consequences
- ❖ Continue giving youth a “good reason”



# Module 6:

## *Mental Gifts of the North*

- ❖ Teaching youth problem solving
  - Problem Solving Wheel
  - Using Talking Circles
- ❖ Sharing power with youth



# Module 7:

## *Putting It All Together*

- ❖ Case Vignettes for Behavioral Intervention Planning

Hyper Hank

Angry Andrew

Sad Sarah

- ❖ Celebrate Accomplishments

Notes to Self

Certificates of Completion

- ❖ Evaluation and Closing



*Megwetch!*

*Thank you!*



Please visit us at  
[www.NNCTC.org](http://www.NNCTC.org)

**Alan Rabideau**

Youth & Family Engagement  
Specialist

[Alan.Rabideau@mso.umt.edu](mailto:Alan.Rabideau@mso.umt.edu)

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**Shannon CrossBear**

Training and Technical Assistance  
Specialist

[Shannon.crossbear@mso.umt.edu](mailto:Shannon.crossbear@mso.umt.edu)

