



# Culture is Medicine

Dr Lewis Mehl-Madrona

Barbara Mainguy

## Who should attend

This seminar is designed for health professionals and members of the public who are interested in culture and health

## Seminar outline

The recent era of colonisation suppressed culture for Indigenous people throughout the world. In the modern era, Indigenous people are recovering culture and its benefits for mental health. For example, in Canada, communities who speak their language have 50 times less suicides than the national average, and communities who have lost their language have 50 times more.

In this seminar, we will explore how culture influences mental health and how culture can be recovered, nurtured and promoted.

We will dialogue about how current health services could incorporate more cultural elements and what that would mean.

The presenters bring their experience from both being Indigenous in North America and working with Indigenous people in North America to incorporate culture into health care. They have also consulted to indigenous groups in Australia regarding incorporating culture into health care.

## Seminar

Wed 30 May 2018

6:00pm - 7:00pm

Centre for Remote Health  
Cnr Simpson & Skinner Streets  
Alice Springs Northern Territory  
Lecture Room 1 & 2

To register email:

[crh.seminars@flinders.edu.au](mailto:crh.seminars@flinders.edu.au)



**Dr. Mehl-Madrona** is a family physician, psychiatrist, neuropsychologist, and geriatrician affiliated with the University Of New England College Of Medicine in Maine in the USA. He comes from North American indigenous origins, his mother's family being Cherokee, and his father's being Lakota. Lewis' research has focused upon traditional North American indigenous healing and healers, their efficacy for mental and physical illnesses, how they approach their work, their role in managing diabetes, preventing domestic violence, their thoughts about mental health training, and their relationships with family medicine. Lewis has consulted to aboriginal nations in Australia about how to bring their own culture back into their health care.



**Barbara Mainguy**, MA, is a psychotherapist with strong roots in Indigenous cultures. She received her degrees from the University of Toronto and Concordia University in Montreal. Prior to her education, she worked extensively with aboriginal women in the psychiatric system as an artist in residence. Currently Barbara works with Wabanaki Health and Wellness, an urban NGO that provides services to aboriginal people off-reserve. She is the co-author of *Remapping Your Mind: The Neuroscience of Transformation through Story*, and is currently at work on a book entitled *Narrative Hypnosis: The Art of Telling Really Good Stories*. She has also consulted to Aboriginal nations in Australia about bringing their own culture into their health care.

Please note there is no charge for this seminar but places are limited. RSVP is necessary

*The views, opinions, methodologies, practices or information expressed by guest speakers and those providing comments are theirs alone, and do not necessarily reflect those of the Centre for Remote Health.*