



Society of Indian Psychologists

SIP Conference

By Jolene M. Firmin

ANPsych, UAA

This summer marks my first attendance at the Annual Convention of the Society of Indian Psychologists. I had a wonderful experience at the Bear Lake Retreat prior to the convention and at the convention itself. The few days spent at Bear Lake were a great way to relax and prepare for all there was to learn in the days ahead of us. Though it was difficult for me at first, I did get to meet many new people with whom I later began exchanging stories with, shared interests with, and even went horseback riding with. In attendance over the weekend was a special guest, Ken Bordeaux, an elder who

brought a very special and very important feature to the convention with his talking circles and blessings. Each of the speakers at the convention presented valuable information for those working in the field and those who aspire to work in the field. At the business meeting I was able to gather with the individuals who make up the Society of Indian Psychologists and even participate in their discussions. After the convention, I returned to Alaska with many notes, new ideas, and new friends. Thank you for a great and unique learning experience.

Mashsi' yeendaa ji' gwinzii gwandaii haa nakhwan (Thank you and best wishes).



Volume 1, Issue 1

Newsletter Date

SIP Newly Elected Officers:

SIP President:

John Peregoy

SIP President Elect:

Mark Daniels

APA Counsel Observer:

Doug McDonald

Student Representatives:

Martha Vlasoff and

Matt Jones

Looking Out the Opening of the Teepee

By John Peregoy

I greet each of you and wish you well, to be healthy, and have a prosperous New Year. I've titled this column with the vision of the multitude of stars that grace our heavens as we see them looking out of our Teepee. They represent some of the many things to accomplish this year, and many things that have transpired during the past year. We have had several of

our friends and mentors pass on, we pray for them and for their guidance.

This past August I had the opportunity to address the governing council of APA at the Washington D. C. conference. I asked for their support in calling for the retirement of Indian mascots. As a result of the work of many members of SIP, as many of you know, in October APA officially called

for the retirement of American Indian mascots, symbols, images and personalities by schools, colleges, universities, athletic teams and organizations.

Planning will begin soon for the first independent SIP conference. Several of us are searching for funds for future conferences. Remember, donations made to SIP are tax deductible (cont. on page 4).

SIP website:

<http://geocities.com/indianpsych/>



Funding for SIP Annual Convention:

For the past 18 years, the SIP Annual Convention has been funded by the Indian Health Services (IHS) and Utah State University (USU).]

During the 18th Annual SIP Convention, a question was raised in whether

there could be a possibility that the convention would pay future presenters for their time and contribution.

If anyone knows of any grant funding sources or opportunities, or even organizations interested in possibly co-

sponsoring the SIP Annual Convention, please contact :

John Peregoy (peregoyjj@aol.com)

or Candace Fleming
(candace.fleming@uchsc.edu).

SIP Conference 2005

For the 18th year in a row Carolyn Barcus and her staff did a wonderful job at organizing the conference and keeping it running smoothly and on time -- I'm not sure what she would do without that drum of hers that announces her presence and "calls to order." The presentations were timely, relevant, well organized and delivered with rich and poignant content. The varied posters, too, were filled with interesting research findings and information. As always, the Retreat at Bear Lake was a true spiritual and family experience filled with lots of fascinating conversation and discussions; the food and its preparation were first class and I thank those who took the time to keep the kitchen fires burning and making certain everyone was fed in abundance. Ken Bordeaux ("Three Eagles - Wanbli Yamni), the traditional Teton Lakota "Bearer of the Sacred Pipe," was nothing short of out-

standing in his talk and discussions with numerous conference participants. His willingness and interest in spending time with us in the evenings, at meals, and at casual moments was a testament to his commitment to passing along traditions and advise. His stories were riveting as they were filled with sage advice, memories, and wisdom. Those of us who had the opportunity to spend time with him were blessed indeed by his presence, his knowledge, and his gifts. And we will not forget the honoring of the esteemed 85 year old psychologist, Dr. Ethel Tobach, by SIP's Executive Committee with the generous and thoughtful spiritual assistance of Ken Bordeaux; Becky and Dan's singing of an honor song for Ethel certainly will stay with me for a long time as it will with Ethel. For those of you who were not able to attend the conference this year please plan to attend next year as

it promises to be more extensive and engaging. Finally, I cannot begin to tell you the wonderful feelings I experienced as I sat around the camp fire at the "Horse Camp" up in the mountains listening to a bunch of folks tell one story after another all the while soaking in the beauty and solitude of the forest and the warmth of the fire. The occasional howling of a coyote, too, added to the ambience of the beautiful setting -- I didn't want to come home and was saddened by the thought. But I could hear Carolyn's drum calling us so I knew we would have to break camp and head to Logan for the start of the convention on Monday. Thank you all for making my experience and time at the convention and retreat a memorable one. In spirit,
Joseph Peregoy, SIP President

Eating Disorder Symptomatology among Alaska Native/American Indian and Caucasian Females

Abstract

The purpose of this study was to explore differences in eating disorder symptomatology among a matched sample of 100 Alaska Native/American Indian and Caucasian female university students, using a demographic instrument and the Eating Attitudes Test (EAT-26). Four (8.0%)



Native participants and ten (20.0%) Caucasian participants met or exceeded the EAT-26 cutoff score indicative of clinically significant eating disorder symptomatology. There were

no significant differences found among the Native and Caucasian participants with regard to eating disorder symptomatology. Rather, eating disorder symptomatology was present in both Native and Caucasian female college students at rates similar to that of previous studies.

Pamela Deters, Ph.D.

First Nations Behavioral Health Association

The First Nations Behavioral Health Association was established to provide an organization for Native American indigenous people to advocate for the mental well-being of Native peoples by increasing the knowledge and awareness of issues impacting Native mental health.

The purpose of the First Nations Behavioral Health Association is to provide national leadership to all groups institutions, and individuals that plan, provide, and access Native American behavioral health services.

Become a member of the First Nations Behavioral Health Association today and receive the following member benefits: be eligible for the consultant pool, participate in the family/professional list serve, communicate regularly with other AI/AN professionals, receive updates on federal initiatives which impact services in Indian Country, and have a conduit for your voice to be heard at a national level!

If you are interested in learning more about the First Nations Behavioral

Health Association, you can contact them directly at

Phone: 406.732.4240

Fax: 406.732.9960

Address: 103 Four Winds Lane

P.O. Box 345

Babb, MT 59411

E-mail: admin@fnbha.org

Interview with Howard Rainer Interview by Daisy Henry ANPsych UAF

1. What is your full name? **Howard Rainer**

2. Indian Name and meaning? **I have received several Indian names, one that given to me in Canada was, "He who travels well" I was promised by a spiritual leader that my many journeys would have protection and I would depart and arrive in safety .**

3. Where are you from? **Originally from Taos Pueblo, New Mexico near Santa Fe, New Mexico**

4. Family? **I come from a vary honorable family that have always been involved in service or education.**

5. What do you do and for how long? **I have been the program administrator for the Native American Outreach Program at Brigham Young University for over twenty years.**

6. What do you use as inspiration? **My inspiration working with Native**

Americans for over 30 years has come from my desires to have the Creator God be a constant influence in my life. In all of my travels throughout Indian country, I have seen his power and spirit affect many whom I have come in contact with. Inspiration generates love and love is what I have for Native youth and our people.

7. What's hardest for you in your work? **I want so much for our people to have opportunities in their lives and to make the needed personal changes that will bring them these opportunities. The challenge is to convince many that they have the potential and the ability. I desire to make a difference in young people's lives, but because of dysfunction in their home life it is difficult to get this message across, Those that listen and take heed to my presentations I found are doing positive things in their lives. This is a great motivation to keep going. I want to reach young people who are ready to hear a posi-**

tive message they can have happy productive life. Sometimes it only takes one presentation and someone will call or e mail that they are on their way.

8. What would you tell a young woman or man just starting out in their college careers and/or new jobs? **I would admonish our Native people to make sure they start out with self confidence. When you feel good about yourself, you can tackle any college or any job. Self confidence comes from trying your best and getting out of your comfort zone. College for our Native people is a real test of self confidence and courage. I commend those daring Native men and women who are making the sacrifices to obtain a college degree or get specialized training. Having self confidence is a great challenge for some of our Native people because they have been discouraged by people and not been given the chance to show what talent**



Peregoy cont. from page 1). A new category of membership will be added to the Society membership. This will be the Institutional membership (annual donation is \$500). This membership will include placement of the institutions name on the WEB site and on SIP letterhead. In addition to this category, a corporate category will also be added and enjoy the same privileges as the

institutional membership (annual donation of \$1,000). I would encourage those of you at training institutions to approach your campuses regarding institutional membership. For those of you with ties to businesses, corporations, and tribes I encourage you to get this information to them so that they can begin thinking about SIP as a giving opportunity.

This is a challenging time financially for SIP. In order for us to survive as an organization supporting Indian/ Native students in training and putting forth Indian/Native mental health issues before APA and other professional organizations we must all become creative and put forth concerted efforts to identify and secure future funding. I invite each of you to help in identifying potential funding sources and working towards creating financial security for SIP.

[John J. Peregoy, Ph.D.](#)

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Interview with Howard Rainer continued

and ability they really have!

9. Everyone has a turning point in their lives, what was your turning point? My turning point occurred after a serious operation many years ago. I told myself that when I left the hospital that I was going to be a different person. I vowed that I would no longer worry what people thought of me or how they looked at me. I decided that I was going to move on with my life and make a difference. How powerful is positive thinking!! How powerful is it when one decides to include the Creator in your life!! From that point on I challenged myself to be the person I wanted to be., Today I find many who are waiting for their "turning point" and I want to help them discover what I found. When you are ready, the your mind and spirit is ready to follow!

10. Can you name a time in your life where you had a rough time and how did you get out of it? Who helped you? When I was young I had a hard time believing in myself. I had no

spiritual foundation or purpose in life, The Creator blessed me with a wonderful grandmother who believed in me. She always reminded me that I was loved and she saw good in me. Through my struggles I remembered her kind words that had impact on me for my journey on Mother Earth. I know the impact of one person making a difference in our lives. I know how powerful encouragement and praise can make a difference in one's life. I thank my grandmother and parents for the love and confidence they offered even when I did not have the will to accept it. I know now that I too can share that same power and try to inspire and uplift someone that needs some encouragement.

11. Is there anything you would like to add to our newsletter?

We are in the final phase of producing a CD for Native youth that I hope will be source of inspiration and hope. The presentation, "Every Native can make a difference" is about the positive, the uplifting, the goodness of our

people. It is about telling Native youth to take a different look at life and see what other Native people are doing to make a difference where they live. Every Native person I believe can make a difference no matter what they live. They can start anytime they want regardless of age or circumstance.

Native people I BELIEVE HAVE GREAT INTELLIGENCE, ABILITY, AND TALENT AWAITING TO BE USED! I know there can be brighter days ahead for our people if we want. I know each of us have a purpose or mission to fulfill on earth, I strongly believe that the Creator God waits to hear from us concerning our dreams and desires. I know He wants to help us fulfill them.

I have always had powerful experiences with the Alaska Native people. It is an honor to know many of them and I want so much for the Native young people of Alaska to catch the vision they too can make a difference!