

**Title:** Culture as Treatment: Northern Sierra Miwok Basketweaving

**Presenter:** Skye K. Innerarity, LMFT #104388 (She/Her)

**Description:** Utilizing the concept of Indigenous praxis, we will explore how value-guided, community-informed, and land-based cultural practices serve a variety of purposes in Indigenous communities. Specifically, we will discuss how Northern Sierra Miwok basketweaving has been and continues to be a prime example of “Culture as Treatment”- where the acts of gathering plant material, preparing to weave, engaging in weaving, and beyond are both practical in their application as well as symbolic for individual/community growth. Finally, we will reflect on the psychological importance of continuing to connect with our respective communities and participants will be encouraged to explore strategic ways of connecting that fit within our busy day-to-day lives.

**Tips/Takeaways:**

- Everybody has values!
- Take inventory of what values are most important to you
  - Values can help guide our behavior, which often enhances how meaningful and fulfilling our experiences can be
- Interact with community when/where/how you can!
  - Interacting in community can enhance our sense of belonging
- Connect with land when/where/how you can!
  - Connecting with land can enhance our overall well-being
- Cultural practices are: value-guided, community-informed, land-based
- Engaging in cultural practices can mitigate stress and mental health symptoms and increase our quality of life



Skye is a Licensed Marriage and Family Therapist with an established private practice in Sacramento, CA, where she utilizes a genuinely warm, humorous, and direct approach to gently challenge clients and invite them to step out of their current comfort zone and step into authentic living. She advocates for culturally conscious and meaningful practices and ways of being (e.g. language revitalization, basketweaving, ceremonial practices, song and dance, traditional

tattooing and piercing, etc.) as a way to actively address mental health concerns in Indigenous communities. As a Northern Sierra Miwok woman and citizen of the Lone Band of Miwok Indians, Skye intimately understands the impact of intergenerational trauma and she also understands the profound impact of clinically holding and protecting space for others to name, process, and explore their own survivance in order to further facilitate healing and growth. It is through this intersection of academic, personal, and professional experiences that Skye strives to

strategically and insightfully contribute her learned and lived knowledges to her community and the individual and collective healing work ahead.