

CULTURE IS PREVENTION:

Storytelling



Hopi art by Josephine Wall

Native storytelling is a time-honored way of teaching life lessons and handing down cultural and traditional knowledge, beliefs, ethics, and relationships with nature and other people. Characters in Native stories exemplify both "good" traits like courage and integrity and undesirable traits like duplicity and compulsive or addictive behavior. Stories may be serious but often are humorous, as humor is used to illustrate foibles and negative consequences associated with undesirable behavior and traits.

Please use the resources in this document to explore Native storytelling further and learn how storytelling can support recovery and resiliency in many areas of modern life.

NAIAN ATTC Storytelling Series

In July 2020, the National American Indian & Alaska Native Addiction Technology Transfer Center (NAIAN ATTC) hosted a series of online storytelling sessions. Each session features traditional American Indian storytelling along with time for discussion on what can be learned from the stories and how stories can be incorporated into work with patients. The series consisted of 20 sessions; 12 were recorded and are available to view by clicking on the link for each date.

[August 21, 2020](#)

[December 22, 2020](#)

[September 2, 2020](#)

[February 16, 2021](#)

[September 16, 2020](#)

[March 15, 2021](#)

[November 11, 2020](#)

[April 27, 2021](#)

[November 24, 2020](#)

[May 11, 2021](#)

[December 9, 2020](#)

[July 13, 2021](#)

"The beauty in these stories is how it brings your focus to yourself and your situation. You take in each word from the storyteller for its full value and its application to your very own situation. I love how, without ever directly having to state the purpose of the story, you feel the purpose."

Storytelling series participant



Other Storytelling Resources

Research

Learn how researchers used Native storytelling to encourage healthier behaviors among American Indian patients: Felicia Schanche Hodge et al, (2002). [*Utilizing Traditional Storytelling to Promote Wellness in American Indian Communities*](#). Journal of Transcultural Nursing, 13(1), 6-11. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3098048/>

Storytelling as a research practice: Judy Iseke (2013). [*Indigenous Storytelling as Research*](#). International Review of Qualitative Research, Vol. 6 No. 4, 559-577. <https://www.jstor.org/stable/10.1525/irqr.2013.6.4.559?seq=15>

For educators

[*Circle of Stories, PBS*](#): This archive includes a teacher's guide with lesson plans and stories from four Native storytellers, as well as a place to share your own story. This multimedia project was created in collaboration with [*The Cultural Conservancy*](#).

The Oregon Department of Education has published several guides on oral traditions, including [*this one for 4th graders*](#).

[*Teachers Pay Teachers*](#) is a resource-sharing site that has several storytelling resources for K-12 educators. NOTE: Nominal payment is required for most resources and varies by product.

Videos

[*Perry Ground - Talking Turtle Stories*](#). Perry Ground is a Haudenosaunee storyteller who has serialized his stories on Facebook. [*Read more about him here*](#).

[*Chicasaw.tv - The Importance of Storytelling*](#).

This video is one in a series on how storytelling helps tribal members connect with their heritage and apply ancient lessons to modern life.

The [*Northwest Indian Storytellers Association*](#) (NISA) has more than 200 videos on a variety of topics, including [*Turtle Island Storytellers*](#).

Research and Design: Meg Schneider, BA
Images: Buffalo Bill Historical Center/The Art Archive (top)
Johnny Saldivar (bottom)
Director: Anne Helene Skinstad, PsyD, PhD

