

My Philosophy & Mission:

What am I all about...

First of all, I was given a way of introducing myself that I was taught by an Uncle when I talk about things that are really important to me...

Hau, Mitakuyepi.
Ampetu kin de iyus'kiyan wanc'i yan kapiyedo.
Chante waste nape c'i yuzapiyedo
De wasic'u ia Stephen Luzar miyedo.
De Dakotia Tetanka Pejuta emakiyapido.
Oyate mitawa kin hena Bdewakantonwan ewic'a kiyapido.
Henana. Pida miya.
Mitakuye Oyasin.

Hello, I would like to say something.
It is good to see everyone that has come here.
It makes my heart feel good.
My English name is Stephen Luzar.
My Dakota name is Tetanka Pejuta
(Which translates to 'Buffalo Medicine').
My people are the Mdewakanton Dakota.
That's all for now. Thank you.
All my relations.

Now...

My 'vision' for myself and the work that I do professionally, as well as, personally is to assist people to achieve their own individual potential - whatever that may be. One of my mantras that I like to say all of the time is:

“It's all good...”

Because, it is all good. Even when things are not going so well, there are always positives that we can point to and people in our lives that help support us in good times and bad.

My 'mission' is to utilize my professional psychological / counseling skills and work with individuals, as well as, programs to provide the highest quality array of psychological services including direct psychological assessment & treatment and human service administration. I believe that excellent interpersonal and communication skills are complimented by energy, drive, dedication, enthusiasm, intensity and commitment. My overall career objective is to utilize these skills; coupled with years of professional counseling experience, medical experience, administrative experience, biology and chemistry experience, teaching experience, and research experience; to assist many different “At Risk” populations to achieve their potentials.

In short, the Mission of DCI Psychological Services is:

- To provide of the highest quality of psychological services (including assessment and therapy) for the people that are served to assist them in reaching their individual potentials.
- DCI Psychological Services strives for the provision of culturally competent mental health services to American Indians throughout the State of Minnesota.

This mission culminates into the motto of DCI Psychological Services that:

Today Is A Great Day To Learn Something New.



It is difficult to talk about the 'Mission' of Dakotah Consulting, Inc. and DCI Psychological Services and my 'Vision' without discussing the values of traditional Dakota way of life. These values guide my personal and professional way of being and include:

- Humility (Wicowah'ba) - Don't think of yourself as better than others.
- Perserverance (Wakitanpi) - Don't quit. No matter how hard, keep on going.
- Respect (Woohda) - Treat other the best that you can, sometimes even better than you treat yourself.
- Honor (Woyuonihan) - Act in such a way that those who know you will be proud of you.
- Love (Was'tedaka) - Always act out of love and kindness, and not hate.
- Sacrifice (Wos'napi) - Sometimes, you have to give up your own for someone else.
- Truth (Wowicake) - Always say what is right. Tell the truth, do not lie.
- Compassion (Wowauns'ida) - Be kind to other as if it were you.
- Bravery (Wowaditaka) - Don't be afraid of anything. Be braver than the thing that scares you the most.
- Fortitude (Wakis'akapi) - Be strong inside so that nothing will stop you.

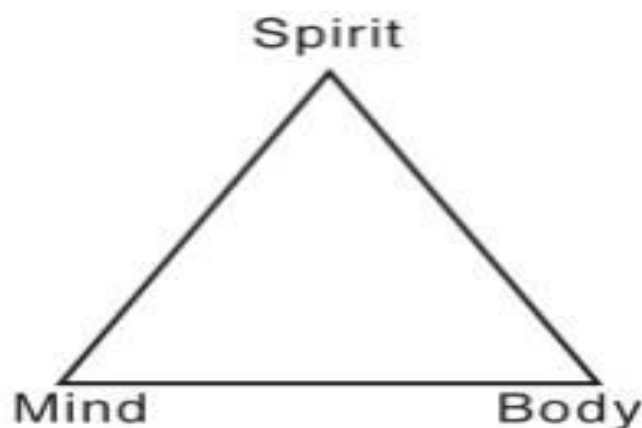
- Generosity (Canteyuuke) - Give of what you have, especially to the elders, the sick and those who do not have.
- Wisdom (Woksape) - Don't be foolish. Use what you know for good, so you won't be sorry.

I try each and every day to utilize these values in my personal and professional life to guide my actions and approaches that I take.

Engaging in actions that reflect these values is good for our overall health. How?

When we bring compassion (Wowauns'ida) into the world and try to help others, especially the less fortunate and the children, we get good feelings. When we have those good feelings, that's good mental health.

The ultimate goal is to talk about what western society calls the 'Mind-Body-Spirit' connection, but in a more in 'Traditional' way. What tradition? Any tradition. I personally will talk about this from the Dakota tradition, but these concepts work really well with any tradition.



Modern Society is beginning to learn the actions, reactions and interactions between the MIND-BODY-SPIRIT can have both positive and negative consequences. 'Aboriginal' or 'Indigenous' societies have known this forever. The idea was to try and be healthy and keep in balance with our mind, body and our spirit.

For this example, we can include all that we SENSE, KNOW, THINK, FEEL and DO. And our BRAIN is an integral part (I think, the most important part) of this whole process.

All the information that we take in from the outside world, all of the thoughts / feelings that we have, all the decisions that we make and actions that we do - ALL are either influenced or controlled by the BRAIN. So, how we take care of our brain is paramount.

I think that this is why, I believe, that our 'MENTAL HEALTH' is so important. This is why I do what I do. In the Dakota way, 'mental health' was a basic concept that encompasses EVERYTHING. If we take care of our MIND-BODY-SPIRIT, then we are taking care of our HEALTH and in turn EVERYTHING in our lives should be good.

There are different degrees to our mental health. Mental health is a continuum and should be individual specific. For example: Our reactions to loss.

Positive ●-----● Negative

Why does all of this matter? It matters a great deal. Because it is interesting to think about things that we put in our bodies. Not only the food that we eat, but the things that we see, the things that we hear, the scents that we smell, etc. All of the things that we take in like taste, touch, smell, hear and see can and do have an effect on our bodies, our brains, our personalities, our moods, our behaviors or our general state of being in a positive and negative way.

	POSITIVE:	NEGATIVE:
Food we eat?		
Things we drink?		
Air we breathe?		
Things we see?		
Sounds we hear?		
Things we smell?		
Things we touch / feel?		
Other things?		

Examples of this include the food we eat, the water we drink, the air we breathe, the sounds we hear, the things we see, the things we smell, etc. and include:

Good: Chocolate!
 ‘Not so’ Good: Drugs, Alcohol, Different Pollutions...

Again, why is this important? Because we can think about all of the “bad” or “negative” things we put into our bodies and the effects that they can have on us, on our bodies, our brains, our personalities, our

moods, our behaviors or our general state of being. And, some of these things can cause problems, including problems in different areas of our lives, like our physical, mental, emotional and spiritual well-being.

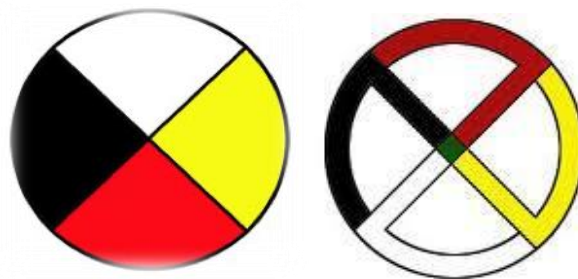
We only need to consider the high-sugar, low-fiber, additive-preserved foods that many people consume on a regular basis. If we combined this with the impaired absorption of nutrients that accompanies our poor nutrition. Many people simply do not get the important nutrients needed for good health. They are at once overfed and undernourished. A poorly nourished body contains a malnourished brain which has the potential to lead to mental health related concerns

So, problems that exist as a problem in one area of our lives can potentially be a problem in another area. Some well documented examples of this include:

- Diabetes and Depression
- Hypothyroidism and Depression
- Hypoglycemia and Depression
- Memory Problems and Depression
- UTI's (in the elderly) and delirium / psychosis
- Heart Related Problems (CHF, etc.) and Depression
- Back Pain and Depression
- Headaches, Stomach Aches, Muscle Aches and Anxiety

Again, why be concerned? Well, if there is a relationship between problems in one area that can become problematic in another area (and it looks like there is), then we can say that the physical, mental, emotional and spiritual parts of ourselves are related and interrelated. This is why we Dakota say, "Mitakuye Oyasin" (Translated meant "We are all related.") and reflects a larger view of just how things work and work together.

Well, the Physical, Mental, Emotional and Spiritual are all related and interrelated and .in my opinion represents the concept of the Medicine Wheel.

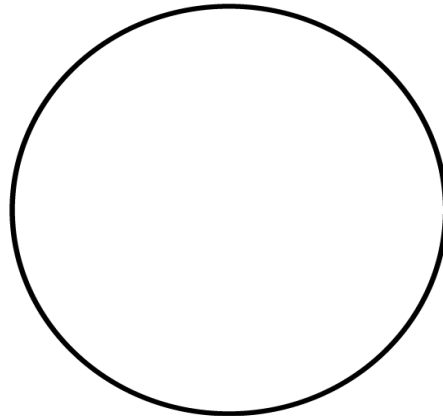


There are four (4) parts of the Medicine Wheel Concept and include:

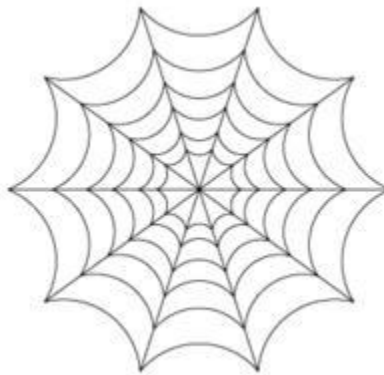
- Physical** – our bodies
- Mental** – our minds
- Emotional** – our hearts
- Spiritual** – our spirits

There is an exercise that I like to do with people. I have someone draw a circle on a piece of paper and then I have them put all of their problems somewhere around / on that circle. Then, I have them draw a line between the problems that are connected. For example, my car is broke down and that gets in the

way of me getting a job. Once all of the problems are connected, the person usually looks at me and says, “Thanks Steve, not I am really depressed.”



Problems that we have are like the silk strands of the spider web. The problems can be many and are connected and inter-connected to one another into something very complex. This makes the solutions (i.e. treatments) difficult.

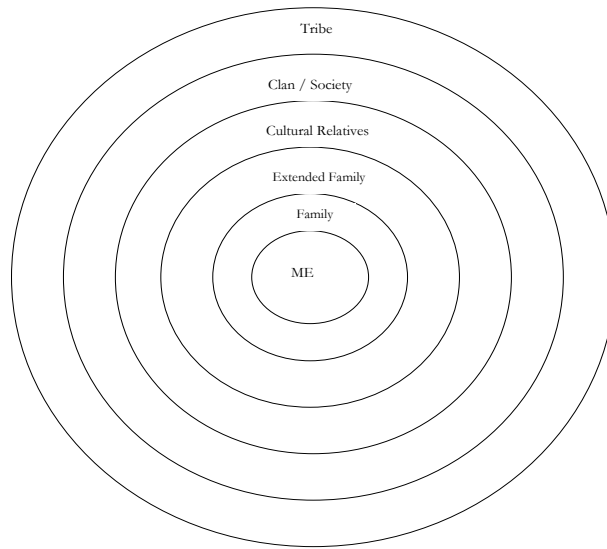


The problems may seem too great, but... When the spider web is disturbed, the reverberations can be felt all over the web. Likewise, when we ‘touch’ one of our ‘web of problems’ in a positive meaningful way, we can make a positive difference in one part of our life and have the effects felt in other areas.

The Ripple Effect...



Like dropping a pebble in a pond, we watch the ripple effects travel outward. When we make a positive change in our lives, we may be able to see the positive effects that will result from our positive changes. From ourselves to our families to the community.



I have heard from many people that have said, “If I only had _____, then my life would change.” “If I only had _____, then all my problems would be gone.”

Why not make a change now? And see the difference it will make later.

Making changes?

How? We make changes in our lives! Little changes... big changes... ANY changes... We can all make a change to improve where we are at in terms of our health.

Again, using the Medicine Wheel as our guide:

	<u>Strategies:</u>
Physical – our bodies	Eat right, drink water, get good sleep, exercise, etc.
Mental – our minds	Read, puzzles & games, think, talk, etc.
Emotional – our hearts	Connect with people, express our feelings, etc.
Spiritual – our spirits	Traditions, Religion, etc.

The goal is to become more in balance.

We need to address the original cause – not just the symptoms. AND natural is always preferable (i.e. natural foods vs. processed foods).

Examples: Physical:

Eat right – lower carbs, higher vegetables & fruits, etc.
Drink water – at least 8 - 8 oz. glasses of water per day.
Get good sleep – 6 to 8 hours per night (less as we age).
Exercise – Any!

Mental:

Read – the best by far.
Puzzles & games – it's good.
Thinking – using your head for something other than a hat rack.
TV (even educational programming)? – NO.
Learning something new – new hobby, learn to play an instrument, etc.
Engaging in conversation with other people.

Emotional:

Connect with people – it always good.
Express our feelings – journaling, talking, art, music, etc.
Connecting with 'self'.

Spiritual:

Our Belief systems (Traditional, Religion).
Developing a deeper understanding of own belief system.
Learning about other belief systems.

The idea then becomes: “Use it or lose it.”

As we age, we might become less active, but we see that those that stay physically, mentally, emotionally and spiritually more active appear to have a better quality of life.

More specific ways to become more in balance:

- I encourage everyone to get a complete physical.
- Multivitamins / Multiminerals: There are bodily processes that need a certain vitamin or mineral or even a trace of a vitamin or mineral to operate properly. Thus, they can restore energy and emotional balance in depleted individuals.

B Complex Vitamins – Energy. [B1 (thiamine), B3 (niacin), B6 (pyridoxine), B12 (cobalamin), Folic acid (folate)]

Others: Vitamin C (ascorbic acid)
Sodium and potassium, Iron, Magnesium
Calcium and Zinc
Vitamin D

- Herbs: St. John's Wort – Mood stabilizer.

Ginseng – Promotes memory retention.
 Ginkgo Biloba – Promotes memory retention.
 Fish Oil (Omega 3 Fatty Acids) – Good for every cell of your body.
 Lower Cholesterol & Blood Pressure, build resistance to
 Alzheimer’s and mood stabilizing.
 Kava Kava – Helps decrease stress.

Others: S-adenosylmethionine (SAM) – Can help with depression

- Fasting: Mild fasting can help sensitize the cells of the pancreas that take up the sugars from what we eat. Thus, possibly decreasing the need for medications for this purpose.

This is by no means an exhaustive list, but this can get a person started making changes in their lives.

* Please check with a medical provider if you have any medical condition that might cause problems that you may want to make.

What are the benefits?

Physical – our bodies	Resist getting sick
Mental – our minds	Think Clearly
Emotional – our hearts	Handle hard times
Spiritual – our spirits	Find meaning in our lives

Counseling?

Sometimes, there are problems, events or circumstances in our lives that taking care of ourselves cannot completely fix. If ‘counseling’ is necessary, the brain (and body) will do much better when it is ‘functioning’ properly. So, being ‘healthy’ can aid in the healing of physical, mental, emotional, and spiritual wounds of all kinds.

* It is important to note: I recommend that any ‘therapy’ be carried out under professional supervision, to insure correct product, dosage, effect, and monitoring.

I believe that all of this culminates with the words of the White Buffalo Calf Woman who is credited with bringing many of the most important aspects of Dakota spirituality.

Friend do it this way - that is, whatever you do in life,

**do the very best you can with both your heart and mind.
And if you do it that way, the Power Of The Universe
will come to your assistance,
if your heart and mind are in Unity.
When one sits in the Hoop Of The People,
one must be responsible because All Of Creation is related.
And the hurt of one is the hurt of all.
And the honor of one is the honor of all.
And whatever we do effects everything in the universe.
If you do it that way - that is,
if you truly join your heart and mind
as One - whatever you ask for,
that's the Way It's Going To Be.**

Passed down from White Buffalo Calf Woman

