

He tohu te Mauri: A Māori Therapeutic approach to Trauma

Trauma is a prevalent factor in the lives of Māori that impacts both in the long-term and in day-to-day experiences. This pervasive issue is reflected in the disproportionate representation of Māori across various national and international statistics, including poverty, health deterioration, mental health concerns, substance dependencies, incarceration, and suicide.

How trauma is understood and conceptualised critically influences its recognition, assessment, and management.

This keynote will discuss the nature of intergenerational trauma, and present two practice frameworks to support trauma responsive practice. The Mauri ora Tai Pari and the TOHU framework. These are designed by Maori psychologists and healers to empower tāngata whaiora to identify and address personal and environmental signs (tohu), symbolising either trauma (patu ngākau) or wellbeing, thereby acknowledging their role as mātanga (experts) of their own wellness journey.