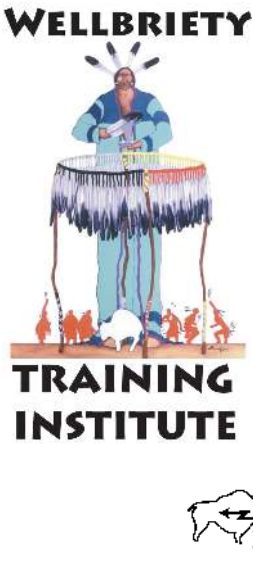


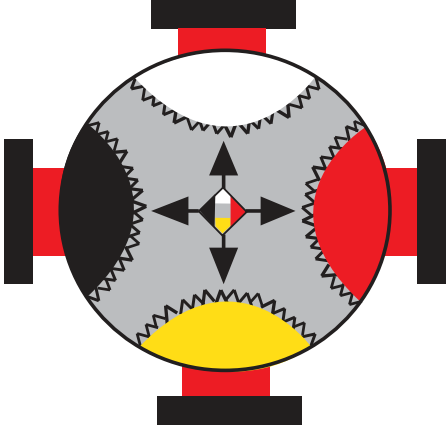
Medicine Wheel and 12 Steps for Women

A Cultural Approach to Personal Recovery



WELLBRIETY
TRAINING INSTITUTE

White Bison



Purpose:

The Medicine Wheel and 12 Step program was developed to provide a culturally appropriate 12 Step program for Native American people. This program was developed by White Bison, based upon Teachings of the Medicine Wheel, the Cycle of Life and the Four Laws of Change.

How the Process Works

The Medicine Wheel and 12 Step program is designed in a series of modules that enable people to meet their individual needs. Participants watch a video that explains Medicine Wheel teachings and apply them to their lives. In addition, participants share their insights and experiences in a talking circle. They also learn how to mind map their own innate knowledge around these teachings and then apply that knowledge to their daily lives and decision making processes. For those working through the program in a group setting (i.e. Circles of Recovery) very strong social and emotional bonds are created that help the individuals who participate to develop trust, autonomy, and other healthy feelings and thought patterns that will help them to grow emotionally, mentally, physically, and spiritually.

Focus

The focus of the program is on character and values. Thus each of the 12 Steps is presented from the perspective of the value that it reflects.

- Step 1: Honesty
- Step 2: Hope
- Step 3: Faith
- Step 4: Courage

- Step 5: Integrity
- Step 6: Willingness
- Step 7: Humility
- Step 8: Forgiveness
- Step 9: Justice
- Step 10: Perseverance
- Step 11: Spiritual Awakening
- Step 12: Service

Teachings of the Medicine Wheel

The Medicine Wheel is an ancient method for teaching important concepts about truth and life. Many Native American communities use a Medicine Wheel, although the colors and the symbols are different depending upon the culture. The purpose is the same in each culture. These teachings, when applied to one's life, have the power to influence significant change in attitudes, behaviors, values and intent.

The Elders have shared a series of Teachings based upon the Natural Order of the way things should be. These are sometimes referred to as the "original instructions." These important Teachings are included in the Medicine Wheel and 12 Steps:

- Four Seasons of Change
- Four Laws of Change
- Four Directions of Growth
- Twelve Principles for Healthy Living
- Reclaiming our Power
- The 12 Steps of Recovery
- Nature's Way: Principles, Laws and Values
- Cycle of Life

Curriculum

- Eight Feelings for Healthy Development
- Comfort Zones
- The Two Thought System: Love and Fear
- The Medicine Wheel
- The Laws of the Unseen World

After the Training

The training provides you with workbooks and videos: 9 videos for women and the 7 videos for men. Following the training, you will have the knowledge to watch the tapes and make a journey to Wellbriety using the experiential knowledge from the training. You will also be able to share the video and information with your friends in recovery. Whether you are in early recovery or have many years, this information will enhance your recovery journey.

12 Steps:

- Finding the Creator
Steps 1-2-3
- Finding Yourself
Steps 4-5-6
- Finding Your Relationship with Others
Steps 7-8-9
- Finding the Wisdom of Elders
Steps 10-11-12

24 Continuing Education Hours/CEH from NAADAC Education Provider #64009.