

Clancy and the Bear Dance:

One Ute Mountain Boy's Journey from Alcoholism and Abuse to Wholeness!

By Juanita Beasley

The Out-of-Body Travel Foundation!

www.outofbodytravel.org

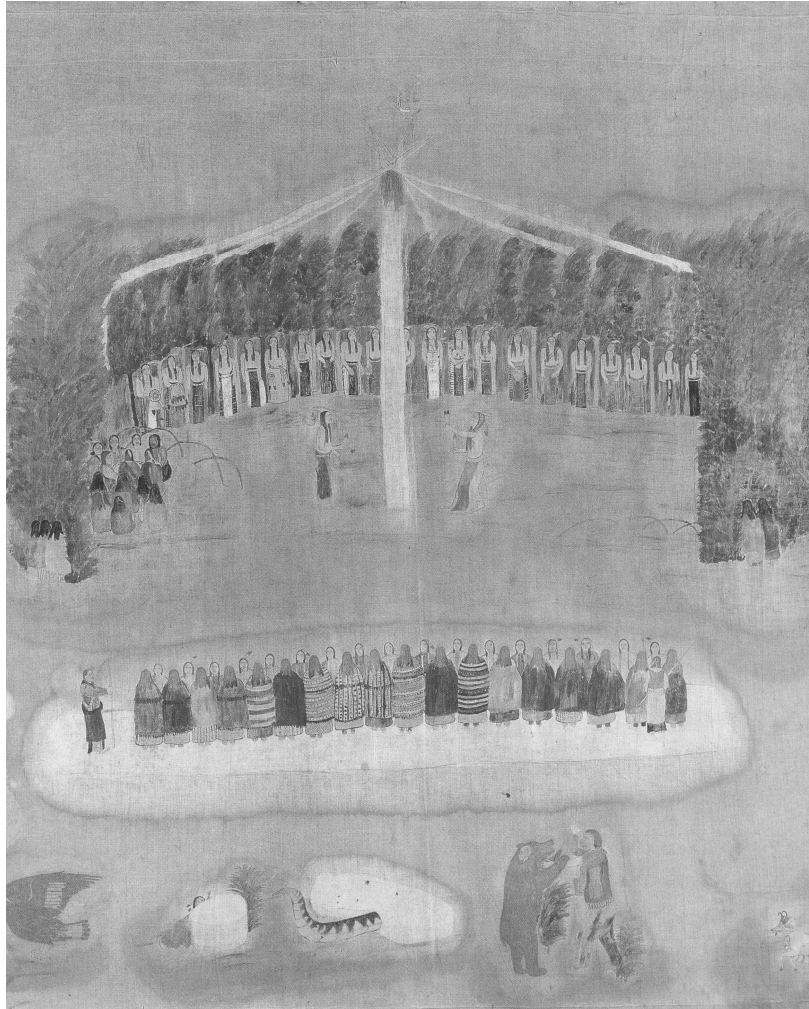
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Ute Bear Dance, 1890-1910, Denver Art Museum
Gift of C.W. Douglas

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If this book is unavailable from your local bookseller, it may be obtained directly from the Out-of-Body Travel Foundation by going to www.outofbodytravel.org.

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Traditional Ute Family, 1890
Detroit Photographic Company, 1899
Courtesy of William Wroth



Sleeping Ute Mountain, Colorado, United States

Chapter One

Clancy goes through Changes

Clancy was feeling Blue. No, he was feeling sad! Naw! The feelings were bigger than that. He was MAD! His mom had just told him he wasn't going to the Bear Dance! He had been planning to go for weeks, especially since his mom had made such a big deal about teaching him and his little sister about the Bear Dance. She wanted him to know how important it is to his tribe and to his tribal council that each member of the tribe knows of such things. His mother was starting to teach him all kinds of things now that his dad was gone from the home and she was left to do everything without his help.

Clancy had been making big plans to meet up with his best friend Louis at the bottom of the hill just this side of the old fair grounds on the first day of the Bear Dance. After he had learned of the celebration he was sure it was the perfect place to mosey around for awhile 'til his mom wasn't watching what he was doing and then he'd just disappear! He had told no one else his plans, so how did she figure it out?

When she had told him, "NO, You can't go this morning to play with your friends", he had tried whining alot! That used to work in the past. But since his mother had been going to Social Services for family therapy, he was having a tough time getting his way. Clancy was not clear just what Family Therapy really was. He just knew it sure was harder to get his mom to let him do much of what he wanted. He had tried picking on his little

sister. That usually got him some cash and sent outside. This time, all his mother said was, "If you can't be nicer to your sister, go to your room and clean it up". Now that was a chore he didn't mind doing, when **he** wanted to, not when he was told to. Another one of his favorite tactics that wasn't working anymore either was slamming down on the couch, turning the T.V. on really loud and waiting until his mom was mad enough to yell at him and send him outside so he could hang out with his friends. But not this time, all it got him this time was something he really hated - time out in the corner just like a little kid.

After he was let out of the corner, he tried to find out just what she knew about his plans. Lately she seemed to know everything about what he was planning and something even worse; she seemed to see everything he did and she made him pay for it by making him do extra chores. That was another thing that had begun to change around the home: consequences for his misbehavior.

Clancy had learned the word **consequence** when Ms. Nita at Social Services told him he must accept the fact that when he was in trouble or had created problems within the family; someone had to make it better. Since the whole family except dad had started seeing Ms. Nita his world sure was different. Clancy was just a little bit afraid that Ms. Nita would figure out what was going on or somehow know what he had been planning and tell his mom. (Although so far she had not told his mom his biggest secret, she kept telling him he would be able to tell his mom when **he** was ready). He was sure her goal was to screw up everything else! Clancy was sure she was going to mess up his plans, that

she was in there somewhere, guiding his mom in her real role (that's what she called it), that of being a parent. Ms. Nita would tell his mom that when the family met in her office. He could just hear her voice now in his head saying things to his mom like: "It takes two parents to raise a child. It takes a lot of work to help a child grow up to be a responsible person. When there is only one parent being a parent, you need help from someone. And it is good to remember and never forget that you are the **mom!**" This seemed to be some sort of chant she was trying to get his mom to memorize or at least say often enough that Clancy would have trouble getting her to let him do what he used to do. He was never so sick of hearing anything more than he was of hearing those words.

He was pretty sure he liked it better the way it was before, when his dad was at home and all they did was fight. They fought about **everything**, about the drinking, about his father spending all the money at the Casino and not paying the bills or buying food for the family. Clancy remembered being hungry lots of times. He also remembered being afraid of his dad. His mom never bothered about where Clancy was or who he was hanging out with, or when he came home or what he ate or drank back then. She just seemed to worry about his dad. "Not that he didn't need worrying about", Clancy thought. As Clancy began to remember how it really was for him and his mom, he realized he didn't ever want it to be that way again. Clancy still remembered the many nights he listened to their fighting and wondered if they would ever stop. He remembered one night in particular waking up and hearing his dad hurting his mom. He went into the living room to pull his dad off his mom and what happened then was

worse than anything that had happened to him before. HE NEVER WANTED TO LIVE THROUGH THAT AGAIN! He still carried the scar on his back from landing on the heater. He still could feel the pain and the shame when he remembered that his mom had called the cops and had his dad put in jail. He remembered how bad the burn hurt and how his mom had taken him to the Clinic. The doctor had asked a lot of questions about how he gotten hurt. Mom lied and told the doctor he had tripped and fell onto the heater. Later she told him how she did not want to get his dad into trouble and that he would be sorry after he sobered up. Clancy thought it would take a lot of sorry to make it okay again... After all it was his back that would carry the scars.

This time when his dad had sobered up and came back home, his mom had all of his dad's stuff packed and sitting on the front step. For a long time, his dad had stayed away from them but gradually he started coming around trying to get mom to let him move back home. She never did. He eventually moved in with a "lady friend". Mom said they deserved each other. When his dad came to visit now, he'd bring Clancy something. Mom said it was good practice to say thank you even if he didn't like the gifts.

But right now Clancy had more serious things to think about. How was he going to get his mom to lighten up and let him go to the Bear Dance with his friend and set him free to run away as he'd been planning to?

As he sat on his bed trying to avoid cleaning up his room, his mom came to the door and said, "You have company. Do you want him to come to your room now or wait a few minutes 'til

you get it cleaned up"? Clancy did not want his friend to see his room in such a mess, so he asked his mom to get his friend a pop and have him wait a little while. Clancy had never moved so fast and soon he had everything put away. Of course, it wouldn't be a good idea to open the closet door or look under the bed. But one great thing about his mom was that she very seldom checked up on his efforts. She would say, "If you are satisfied with the job you have done, I'm sure I will be too". Most of the time, he was proud of his room and how neat he kept it.

It was a lot better now that he felt safe being in there. Not that he ever felt un-safe, he assured himself as he prepared to invite his friend in. Things really were better now that his dad was no longer around. He sure liked having a room all to himself. Little Sister slept with his mom now and that meant the room was all his.

When his friend came into the room the first thing he said was; "You sure have a neat mom. She asked me how I was and what I'd been up to as if she really wanted to know." Clancy got a real sinking feeling in the pit of his tummy when he heard that. "What did you tell her?" His friend answered, "Nothin', just like you said to." "Well," Clancy demanded, "How did she figure out I was running away?" His friend got a funny look on his face and asked, "Why are you running away now? You have never had it so good. Your mom never gets hurt by your dad and their fighting. You have your own room and you get an allowance. You even earn more just for watching your little sister a few hours each day while your mom goes to parenting classes with my mom." As Clancy listened to his friend, he realized that his

reasons for running away weren't there any more. He really did have it pretty good. So what if he couldn't go to the Bear Dance this year. If he worked hard to do the things his mom asked him to do, and kept his room neat (most of the time), he was sure to go next year.

As Clancy came out of his room with his friend he walked over to where his mom was folding laundry and gave her a big hug! "What was that for?" she asked, and he said as loudly as he could (without waking little Sister who was sleeping), "That's because you make me a better kid! I'm going out to play with my friend for awhile but I'll be back in one hour." That was one promise he was going to keep.

Chapter One Therapeutic Tools Demonstrated

1.) Refocus of Parental direction. When Clancy gets hurt in one of the many fights between his mother and father, it forces his mother to do a serious reality check. It helps her to make a choice between her children (who depend on her to keep them safe) and their abusive father (who has not made the necessary changes to be a part of the family support system).

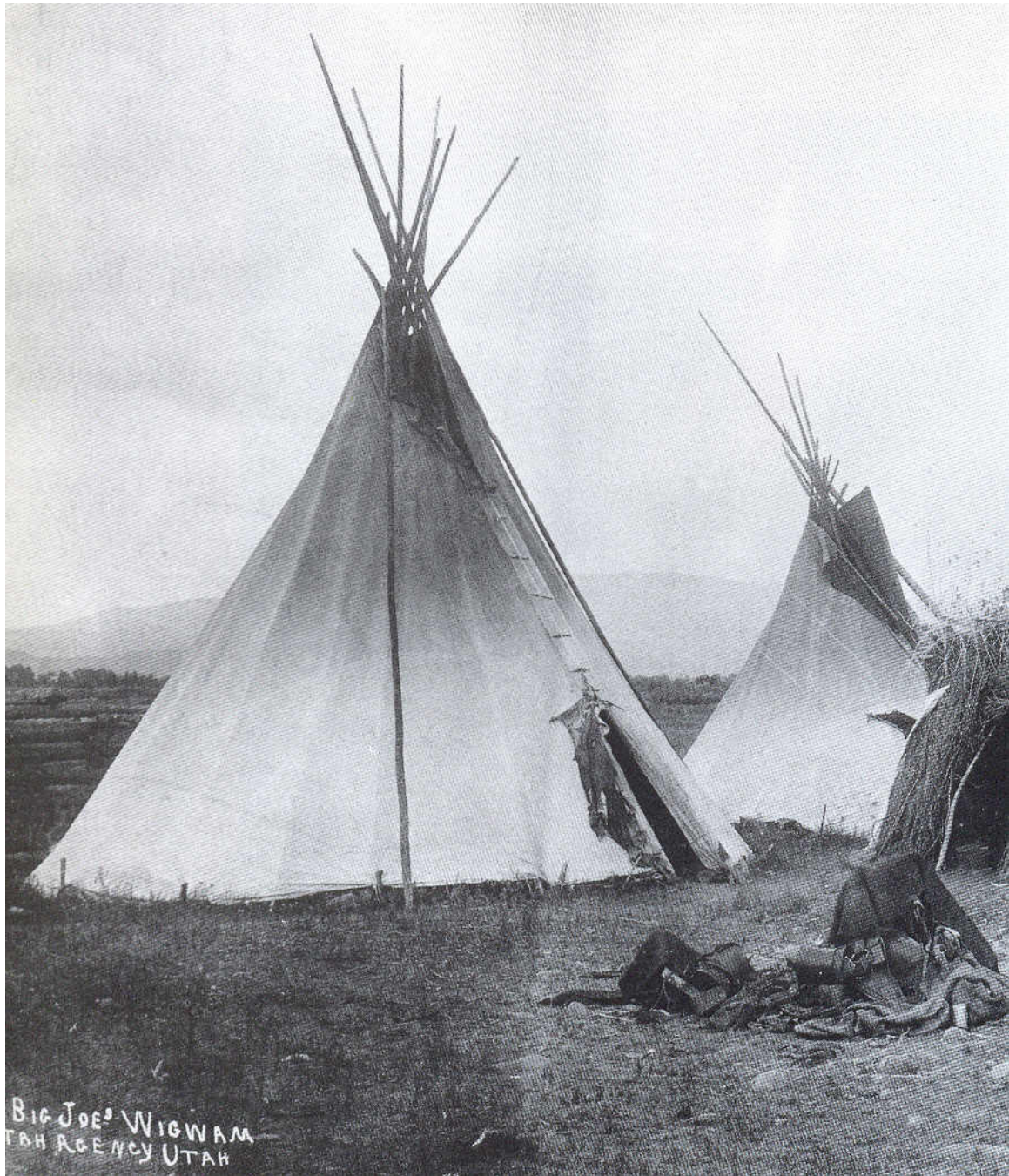
2.) Introduce new information into the System. Children must adjust to the changes set in motion by mother's decision to shift the family constellation. It may not necessarily be a welcome change in the early stages due primarily to "the known evil is easier to live with than the unknown". Children must have time and encouragement to accept desired changes that will affect each member of the family. **Everyone** will be involved in the efforts to

make things better. In order to change any negative behavior that has impacted the family system, it will take much effort at least in the beginning.

3.) Reframing what has been going on in the family in the past.

In order to begin to change it is sometimes effective to use humor as an extremely powerful tool in helping families change and maintain change. To maintain change is very difficult in the early stages of change. By the time families realize they are in trouble and need to change, humor is usually non-existent. The family is unable to distance themselves or heal from the emotional pain created when harmed by the misbehavior of one or more family members.

4.) Replacing one behavior with another. This allows the family to gain distance and healing from the original wound of offense of destructive behaviors. If the destructive behavior is replaced by a different behavior that continues to hurt one or more family members then it can be more destructive in some cases than the initial problems. It is important to learn different tools in order to help change the behavior of persons who are hurting the family. The whole family needs to be involved in the changes, or not be in the family, until enough strength has been gained within the family members devoted to make a difference.



Traditional Ute Tipis, 1886
Photo by James H. Crockwell
'Big Joe's Wigwam'
Colorado Springs Pioneers Museum

Chapter Two

Sorry, the Cat

This time Clancy knew he was in trouble, serious trouble. He had been doing pretty well lately, getting his chores done without too much whining, and hadn't picked on little sister too much ('not as much as she deserved,' he thought to himself). But that thought did not help him with what he was feeling now.

It had all begun innocently enough. He had seen the older guys hanging out behind the recreation hall and had just wandered over to check it out. As he got closer, he noticed they had a bag with something in it. And whatever was in the bag, it was alive. He was getting ready to turn around and get out of there (honest, he was), when one of the guys noticed him. "Hey!" he yelled, "Come see what we have in this bag. We are going to have us some fun!" When Clancy looked inside he knew he was in real trouble, because inside the bag was the scrawniest and the most scared looking cat he had ever seen.

Clancy had heard his mother talking about a rash of cat kidnappings and killings recently in the neighborhood and he had been told to avoid anyone involved. Clancy looked at the boy holding the bag and asked as he tried to keep from shaking; "What are you going to do with that cat?" They all started laughing and talking at once as if they had the greatest joke in the world going. "Wait a minute," the leader said. "Let me tell him since I'm the one who thought of it." The leader looked at Clancy really intently, then looked at the rest of the guys standing

around and said, "I bet Clancy would fit right in with our Gang as he doesn't have a dad either."

Now Clancy knew that lots of people knew about his dad being gone from his family, but he didn't know everyone was talking about it. Clancy had tried not to think about his dad being gone 'cause it hurt too much. When he'd think about it, he also remembered all the pain he and his mom had felt every time they had to deal with his drinking and with his hurting them. It really was better now with his dad gone from the home.

His mother had started seeing Ms. Nita at Social Services for family therapy. Clancy had also started going to the Youth group held at the Alcohol Center and was just beginning to feel safe enough to start sharing in group with the other guys. The group was made up of other kids who had parents that had problems with fighting and drinking or not being able to be good parents. Some of the kids had mentioned things like one parent or the other running around or being hurt when one or the other parent drank. What that meant Clancy wasn't sure, but it sounded more like adult stuff to him. When he had started going to group he had felt so alone but as he listened to the others in the group share he realized he wasn't so different after all. There were a lot of kids facing bad things.

Every group had a **facilitator**, who would guide and direct the members of the group in their newly learned ways of problem solving. **Facilitator**, now that was a new word he had learned and hoped to use sometime. He was into words. They seemed to have power. Especially words that got his mouth washed out

with soap by his mom when she heard them. He had a whole list of words he couldn't use. But he was learning new words he could use as soon as he had the right opportunity. Clancy wasn't sure just what words he could use now that would help him get out of this mess. He wasn't too sure he wouldn't end up in the scrawny cat bag.

Clancy stood there waiting for the leader to make up his mind. Clancy was pretty scared (and not too sure why exactly) but he felt a little excitement, too. Clancy thought he was getting really good at identifying his feelings and emotions. He was learning to talk about his feelings in the group with the other guys. The facilitator, "Gaiter", had earned his name in a special ceremony when he was younger and it meant he was a helper for his People. 'Gaiter' had asked them to call him by that name.

Gaiter's words were playing now in his head, "What are you **feeling** right now? How do you know if what you are feeling is anger, fear, shame or remorse? Where will this feeling get you? Do you feel it in your head, as a headache; in your tummy as a tummy ache; does your heart feel heavy; does it feel like a neck pain? What is your pain trying to tell you? Listen to your body; it will be your best guide to what you need to do at the time to help you get out of a bad situation."

At this point Clancy was pretty sure he was feeling fear, with some curiosity thrown in for good measure. The leader was still looking at him. By this time the rest of the guys were beginning to shuffle their feet and grumble about "getting on with it",

whatever "it" was. Clancy was beginning to suspect that whatever "it" was, he wanted no part of it. "I've got it," the leader said. "We are going to the lake to drown us a cat and Clancy is going to do it!"

Clancy knew he should have run away when he had the chance but now it was too late. He sure didn't want to drown a cat (or any other animal) but he also didn't want to give the guys a reason to beat him up. As he stood there an idea began to form in his head. There might be a way to save the scrawny cat and his own skin at the same time. He straightened up as high as he could stand, looked the leader right in the eye, (hoping he wouldn't take it as a look of defiance and hit him) and said, "Why don't I take the cat and drown it?" That sure seemed to get their attention, and it might have worked, too, if one of the other guys hadn't really looked at him hard. The guy said out loud so everyone could hear, "Ain't you one of those kids that has to go to Gaiter's group for emotional stuff? I was supposed to go, but I told my mom NO WAY! I don't need help figuring out how to handle crap. I'm not one of those crybabies like you" At this point, Clancy knew he had to get out of there fast and take the scrawny cat with him somehow. He looked beyond the group as if he was seeing something and yelled, "Here come the cops. They know who you are and what you're doing." Clancy grabbed the sack of cat and ran home as he had never run before. Everyone else took off running in the other direction as fast as they could go.

So here he was sitting on his porch with a bag of scrawny cat. He was afraid to let it out **and** afraid he had a death sentence hanging

over his head when the guys figured out what he had done. He wished he had someone to help him figure out what to do. He was still sitting there a few minutes later when a police car drove right into his yard! His worst nightmare had come true. It was Officer Black and he looked pretty serious as he got out of his car. "What'cha got in the bag, son?" Clancy wished his mom was here, or his dad, or Gaiter, SOMEONE to tell him what he ought to do. "Sir," Clancy asked, "If I tell you what I've got in this bag will I have to go to jail?" "Why don't you tell me how you got what you got in the bag and we will see." He told Officer Black how all his troubles started. He said he had hoped he could solve these problems by himself, and how sorry he was for ever going near those guys. He waited for Officer Black to arrest him, haul him off to jail and he would never see his mom or little sister again!

After a few minutes of walking around the police car, looking at the bag and at Clancy, Officer Black said, "I believe you, son. I think I have a way for you to save your skin with those tough guys. They are a bunch of guys I have dealt with before. I know they can make trouble for you if you start hanging around them, or get them mad at you, or if they think you are talking about them to an officer. Here is what we are going to do!" As Officer Black talked, Clancy began to feel better. Maybe he wouldn't die after all, and just maybe that poor scrawny cat would be okay, too.

Officer Black said, "We are going to pretend that I am yelling at you, just in case any of those boys might be watching what is going on here. I'll pretend to threaten to take you to jail, and then

I'll take the cat, put it in the car and take it to the pound. Maybe someone will be able to adopt it." Officer Black winked at Clancy and began to wave his arms around as if trying to frighten him. And the truth was he was a little frightened by Officer Black at that moment, so he didn't have to fake it much in case anyone was watching. After a little more arm waving and a pretty convincing yelling from both of them, (Clancy began to get into the yelling and it was kind of fun to yell when it was okay to yell), Officer Black took the bag of cat Clancy had been holding onto for dear life. He put it into the back of his patrol car, and with a few more loud words he drove away. Clancy sat back down on the porch steps and started feeling he could relax when all the guys that started Clancy's woes came running up towards him. The leader of the group shouted at Clancy; "What were thinking of when you stole the cat? What did Officer Black say to you? We know him and he is one mean man. You don't want him messing with you." Clancy said, "Did you see what he did? He took the cat and said if he ever saw me with another bag he would know what I was doing and he would put me in jail for animal cruelty. It's against the law to hurt animals and children. He also said that he would be watching me a lot!"

"We're getting out of here," said the leader, "and don't you try to hang out with us anymore as we don't want any trouble with Officer Black."

After the guys left the yard, Clancy began thinking of ways to tell his mom about the gang, the cat, Officer Black and how scared he was. But it didn't seem as bad now that it was over. He went to the pound to rescue the cat because it would need a home and

they needed a cat, anyway. Even if it was a sorry looking one! "Sorry!" He thought, "That was a perfect name for the cat!"

It was easy to identify what he was feeling now. He was feeling relief that the guys hadn't beat him up, pride that he had saved a sorry cat from drowning by using his wits instead of avoiding the situation, and happy that he had a new friend in Officer Black.

Chapter Two Therapeutic Tools Demonstrated

1.) Exposure to a wider based support team for the family system. By requiring those in the family to become involved in community resources both for support and exposure to different ways of solving problems, the family has a greater chance to allow each member of the family to be challenged to think and act in more productive ways.

2.) Reinforcement from providers. Being involved in the wrap-around services helps the family to believe that change is not only possible but preferred. The rewards can be noticed not only in changes that are good for the whole family but helpful in reshaping individual self-image and how one begins to feel about oneself.

3.) New information can be gathered from exposure to different people. This allows a wider range of behaviors and ideas from which to choose. **Increased level of self-esteem.** Higher self-esteem gained from success in solving problems is also reinforced by positive change in behavior.

4.) Becoming more creative and learning to have fun while working on solving problems.



Ute Mountain Reservation Board and Brush Home, 1890's
Photograph by H.S. Poley
Colorado Springs Pioneers Museum



Ute Mountain Dress, 1890 - 1910
American Museum of Natural History

Chapter Three

Little Sister's Dress

Clancy sure didn't know what all the fuss was about, but he was sure he didn't like it too much. After all it was just a dress, for heaven's sakes. He would have thought his mom would have gotten all excited about their new cat 'Sorry,' or his new friend, Officer Black. But "NO-O-O-O", what seemed to be creating the stir around the house was mom's newest project: making a dress for Sister to wear to the Bear Dance. "Not that I care if she goes or not," he grumbled to himself, because no matter what he did, he hadn't been able to change her mind and agree to let him go. He couldn't figure it out! She was tougher than a bear. "No pun intended," he thought to himself. Clancy considered himself pretty good at finding just the right words or just the right way to say things that usually caused his mom to laugh and let him do whatever he wanted until recently.

He hadn't been able to talk her into much of anything since she had been hanging around Social Services. No matter what he tried, his mom would say something corny like, "Nice try, now go do what I asked you to do." Clancy now knew that when she said that, he'd just better trot off and do it or she was likely to add to the list of things he had to do. One day he ended up doing seven different chores before he figured out that she meant it and she was prepared to outlast him. In the past when his dad was home, Clancy would disappear for awhile and she would forget what she had sent him out to do. Not

anymore. Clancy did not get away from the house until his chores were done or he had done what she had told him to do.

"HOW DID SHE GET SO TOUGH?" Clancy knew it had something to do with all the changes that had been going on in the last few months. It seemed to Clancy that even his dad was behaving differently. As he had this thought, he felt a certain amount of relief. When his dad came to visit now, he was clean and sober and brought gifts. He had to show them to Clancy's mom before he gave them to Clancy and little sister. His dad had grumbled a lot about that rule at first. But eventually, he gave in because mom had parental custody, and she could tell him he couldn't see the kids if he made things difficult for her in her 'role as single Parent'.

What that meant, Clancy wasn't sure, but he thought it had something to do with the Judge at the court. Clancy had met the guy, got to go into his 'personal chambers' and just talk about whatever he wanted to. At first Clancy was afraid, but he and Gaiter had practiced a little about how to talk about things hurting him and how he was fearful of hurting his dad and mom too. He had thought at the time that he would hurt his mom and dad if he talked about what had been happening. Maybe they would get into trouble if he told the Judge about how his dad had hurt him so badly and hurt his mom too. Mostly, they had talked about cool stuff, about his little sister and how proud Clancy was of his new cat. When Clancy had told him how he had saved Sorry and how she got that name, the judge said he sure seemed like a pretty smart kid. The Judge had told him to call him 'His Honor' as it was a sign of

respect for the very important job that he was trying to do; helping families work on the problems that were hurting the family. Clancy hadn't really said too much about stuff he was concerned about but he must have let it slip about how things had been for him, his mom and little sister, because the Judge made a pretty good **decision** to let mom be the only parent in the home. Clancy hoped to be able to use that word soon with his best friend. Clancy figured that the Judge earned the respect 'cause he sure did figure out how to make things better without Clancy telling him too much.

At any rate Clancy had more serious things to think about. How was he going to get his mother to **relent** and let him go to the Bear Dance? Relent was another neat word Clancy had stumbled across as he was trying to change her mind. Mom was holding firm, and worse, Clancy thought she wasn't getting angry about all the efforts he was making. She seemed to enjoy watching him try different things on her. In the past, he would have made her really mad and she would have given in just to shut him up. No more, she which meant she wasn't falling for any of his old tricks.

"Now about this dress for little sister thing", Clancy thought. "It sure looked like it was building up to something big." One of the Elders, an older woman in the community was coming over to help his mom cut a dress out of some material she had picked up just for little sister. "It was to be a 'simple cut', whatever that meant", Clancy grumbled to himself. That was what the Elder had said, something easy for mom to sew and 'fit' to sister. It was to be one of many projects for his mom to

try. If it looked like she could follow instructions and she liked to sew, the Elder would teach her more about sewing. Mom sure seemed determined to do this thing. She had begun to tell him stories about his ancestors, and how they used to make their own clothes using leather, quills and beads as part of the decorations. These decorations 'talked' to other tribes about who they were and other neat stuff about his people. Of course, there was nothing like that planned for sister's dress. "Too bad", Clancy thought. He would have enjoyed going out and getting the road kill on the side of the highway. A large porcupine had been hit by a truck. Mom had told him to leave it alone as it could have a disease or germs. Clancy thought it would be great to put some quills on sister's dress. He had even offered to get them but she was firm about him not going near the carcass.

As Clancy's mother met the Elder at the door on the big sewing day, little sister was dancing around in excitement. "As if she'd never had a new dress before", grumbled Clancy. He thought this, of course, because it wasn't too smart to tease sister in front of his mother anymore. As the women got the tools ready to start the big project, Clancy thought they would run him outside. The Elder instead said he could stay inside if he wanted to hear the stories about how 'The Dress' came to be and how little sister would be blessed in it when she wore it to the Bear Dance. Clancy figured he had nothing better to do so he decided to stick around just in case it got interesting.

As the Elder laid out the material and started cutting, she told a story of how many years ago the People were set upon by the

White Eyes and driven from their homes and captured. The People were sent to places called **reservation's** where they were forced to wear white mans' clothes that sometimes came out of big barrels that had been sent to the reservation by the Jesus People. Most of the clothing that came from the barrels could not be worn at all, because it was old, filthy and sometimes so worn out it was falling apart or full of holes. She told of how other white people had treated them more kindly. They had they taught the women to sew simple cotton dresses that could be sewn out of one piece of material folded over the shoulders for the front and back and how two smaller pieces could then be folded and sewn to the side near the top for sleeves. As the women cut, stitched and talked, Clancy began to 'see' the People he came from in his mind. As if he were there, he 'saw' how each member of the tribe had a chore that was done for the good of the whole tribe. Each parent helped raise the children, keeping them safe and teaching them about how to be good in the old ways. The fathers made sure the mothers were respected for the wonderful gifts of the sacred children through whom the tribes were blessed. The Elder also told them how over the years while being controlled by the 'others' they began to lose the many blessings from Mother Earth and the Great Spirit. The white man brought disease and had taken all the good things from the People. They had also brought bad things; like alcohol, abuse and violence to the mothers, the children and to each other, causing them to forget the ways of the People.

Clancy sure could relate to that part about alcohol and violence. He would always carry the scar on his back from his

father pushing him into the stove. The emotional scars were there, too, though not as evident to Clancy just yet. As the Elder woman talked and told stories about the bad times she also shared about how other white people did good things. They helped the People begin to heal the wounds and the damage done by bad people. She shared how the tribe was learning to work with the white people who showed that they cared and wanted to be a part of the healing. She said it was very important for the tribe to be willing to learn new ways of doing things as well as re-learn the old ways and try to live in more respectful ways. Clancy learned that the Elders of the tribe were trying to remember the old ways and teach them to the young people. They were trying to gather all the stories, both the teaching stories and the fun stories, to help rebuild the strength of the People. The Elder said it was a very hard job because many of the People were afraid to change and had many bad behaviors that were hard to change. As Clancy listened, he began to understand why he had to earn back the right to go to the Bear Dance by good behavior.

Officer Black had taken time to tell him about how to get out of trouble in a good way. He began to understand how important it was for him to listen to his mother and obey the household rules, even if he did not want to.

As he listened, Clancy began to feel pretty good about his little sister getting a new dress made just for her. After all, she was sacred and his job from now on was to help his mom raise her in a good way. As he had those thoughts, he looked over at his mom. She was looking at him with a big smile on her face as if

to say, "I know what you are thinking, and I am very pleased you are my son and big brother to sister".

Chapter Three Therapeutic Tools Demonstrated

1.) Expanded support system. When the mother was ready to learn different ways to raise her children and try to keep them safe, her teacher came in the form of Social Services and counseling to help begin the healing process. The mother's willingness to reach out for help is one of the biggest challenges that every parent can face. This willingness can make it possible to improve situations that are non-positive for emotional /mental /physical well-being of family members. When change happens within a family system it allows each member to gain emotional/mental/spiritual growth

2.) Willingness to explore new and different ways to work together as a family. When a system needs to change it's important to understand that it will be difficult in the first phase of change, but practice can make perfect (or at least better).

3.) Belief that other people can make changes as needed for the good of the whole family. When family members start believing that change is not only necessary but beneficial to every one, then the opportunities will be made available, can be taken advantage of and each member will need to be encouraged to participate.



Ute Picture Rock, Shavano Valley, Montrose
Walker Art Studios



Five Chiefs of the Uncompahgre Band, Ouray in the Center, Walker Art Studios



Ute Doll 1875 - 1900
(Our Clancy Doll)
National Museum of the American Indian

Chapter 4

Oops! Or Here we go Again

Clancy had known it had been too good to last. All the good things that had been happening lately were being ruined by his dad, **again!** His mom had sat down at the kitchen table with him as he was working on his homework and said she had something important to tell him. She was sure that he would be glad to hear this.

Clancy began to get a sinking feeling in the pit of his stomach and he knew it was fear that he was experiencing. He had learned to identify emotions as 'cues' that his spirit was using to let him know there was something wrong. Something inside him or around him was being threatened by another person's behavior or thinking. He had begun to listen to his emotions and felt pretty good about how he kept himself from getting into big trouble. Clancy knew that he still needed help from Gaiter now and then and that he could go to Ms. Nita if he had to. But for the most part things were going well. Clancy tried to compose his thoughts by reminding himself of what Gaiter had said to him once, "Adults are the decision makers but that does not mean they always make good decisions."

Clancy waited for his mom to speak. He noticed that she seemed really uncomfortable. That made him pretty sure he wasn't going to like hearing whatever it was she had to say.

"I know that you have been doing so well with all the changes that have been happening lately, but I also know how hard it

has been for you to be the man of the house since your dad has been gone." Clancy's mom stopped talking for a bit, and it seemed as if she was trying to figure out a way to tell him something she knew he would not want to hear. Her hesitation made him more afraid of what she might be trying to say. In the past, if Clancy was listening to something he did not want to hear or someone was trying to get him to agree to something he did not want to do, he would try getting away from the situation by pretending to ignore them. He hoped that by ignoring it (whatever that 'it' was), it would just go away. **Distraction!** (That was another one of those words he was learning to use.) "This was not the time to get distracted", he thought. Better pay attention or his mom was going to run something past him he was not going to like.

Clancy's mom cleared her throat and tried again. "As you know, your dad has been doing really well in trying to help us lately. He has a job, and has been helping with the bills that we got behind on while he was drinking. He has also been spending

more time with you and sister and that has allowed me to go to work part time at the travel center. That means that there is more money to give you for some of the things you want."

"I knew it!" Clancy thought. It must be big trouble if she threw that out for him to think about. It meant that it was for sure bad. Clancy just sat there, looking at his mom and waiting for the rest of the story.

"Your dad has asked if he can move back home." Clancy's heart sunk to the bottom of his tummy; it was even worse than he thought it might be. Couldn't his mom see how bad an idea that was? Everything would go back to the way it had been, with them fighting, dad drinking; and "his dad's buddy" who sometimes came over when his mom was away. He had never told his mom about what happened when she was gone. His dad had passed out on the couch and left him alone with his drinking buddy. Clancy knew there were words to describe what had been done to him, but he was afraid that if he started talking about it, his rage would be so big he would not be able to stop and he would just explode. Ms. Nita at Social Services had assured him that whatever had happened, **it had been done TO him, not BY him. He was NOT to blame and he needed to tell someone!** As Clancy sat there, he tried to think of the words to tell his mom what had happened. He felt bad sometimes as if he were bad and deserved the bad thing. Dad's buddy had told him to **never tell** and that no one would believe him even if he did tell. They would say he was lying just to get someone in trouble.

Clancy did remember telling his dad's drinking buddy that he was going to tell his mom anyway. What dad's buddy told him next made Clancy's blood run cold. It scared him to death! He said that bad things would happen to his mom or little sister if he ever told anyone. Since dad had moved out, Clancy had seen the guy now and then in the community, but not too closely and there was always a way to avoid getting too near. **But not for long!** If dad moved back home, he would bring his drinking buddies and Clancy knew that he was just a kid. Who

would believe him if he did try to tell someone about what had happened?

Clancy took a big breath, looked right at his mom and said to her in a trembling voice, "Mom, before you let dad move back home, you need to know that when he was drinking, one of his drinking friends came to the house when you were gone and did something real bad to me. Dad was passed out on the couch and the guy came into the bedroom where little sister and I were trying to sleep and said he wanted to just talk. I thought that would be okay because dad was in the other room and I knew he was dad's friend." Clancy knew he had his mom's full attention and he knew he needed to just get it out as quickly as he could or he would start throwing up and never finish telling what happened. "Mom, he did something real bad that hurt me something awful. When I started to cry he said if I didn't shut up he would hurt little sister, too. When he finished hurting me he said I could never tell anyone or talk about it with anyone. He left the house, and when dad woke up he asked where his friend was. I told him he had just left. Then later you came home and starting fighting with dad, and when I came into the room to tell him to stop, that's when he threw me into the heater and you called the cops."

As Clancy watched his mom, he hoped that she would believe him. But she had such a terrible look on her face that he was afraid that she would call him a liar or worse. Maybe she wouldn't believe him or even worse, tell him it was his fault. After a few minutes of looking very hard at Clancy his mother said, "I'm so sorry that you had to carry such a terrible secret

for so long. But now we are going to get help on ways to make things better for you. We are going to call Ms. Nita and set up a time to go talk to her. We are also going to call Officer Black and tell him what has been done to you. He will know how to keep you safe from any more harm and he will know what we will need to do so no one ever does that to anybody else again. No one has the right to do something like that to anyone, especially a little kid."

Mom got a real determined look on her face that spelled trouble for someone. "I am so very proud of you for telling me what happened, but your dad needs to be told, too, as it was his drinking that left you unprotected when you needed him. And dad will not be moving back home until he has shown his family they are the most important thing in his life. We will insist that he go see a counselor for his drinking, and only when he has earned the right, can he come home and be a part of this family again."

Clancy felt as if a whole world of pain had been lifted from his shoulders. He was sure that in the future he would be able to tell his mom more of what he had faced while he had been trying to do things on his own. Now little sister would never have to go through the pain and fears that he had, or feel as if there were no adult that could be trusted to keep them safe. "After all", Clancy thought, "his mom would be "ON THE JOB"; just like parents are supposed to be".

As Clancy headed out the door to go visit Officer Black, he yelled at his mom, "Back in one hour"! He could be trusted too!

Chapter Four Therapeutic Tools Demonstrated

1.) Willingness to take a risk with the truth. It takes a great deal of courage to share with another person something that has happened. When a child has not had adults in their life keeping them safe, the child may be at risk of being stunted in their emotional, mental, and physical growth. Truth telling is even more of a risk to them because a child's trust in their world is so quickly shattered. When trust is gone, a child may feel somehow - somehow - the blame lies within them and not within the adults who need to make them feel safe.

2.) Parents need to acknowledge the awesome capacity of time to heal wounds of childhood. But when a wound is delivered to a child by a person in the position of trust, this wound needs extra outside help to heal if a child is to ever recover from the damage done to their fragile ego.

3.) Helping a child rebuild trust is a very important component in the recovery process. Being a promise keeper is an important first step, but equally important is the ability to maintain the support of the ongoing healing process. Hearing his mother tell him that the adults would begin to handle the problem freed Clancy to just be a kid. Memories of a painful event can be healed, but never forgotten. However, they can be processed in such a way as to allow ongoing developmentally healthy growth. When a child is helped to see who is **really** responsible for the broken trust, it allows the knowledge to grow that **A CHILD IS NEVER RESPONSIBLE FOR WHAT AN ADULT DOES TO A CHILD!** Yet how many times are

children are told that they are (or they begin to believe that they are) responsible? Ongoing events and changes in how adults treat the child after hearing of an event can maintain that belief. Adults may even begin acting like they believe a child may have done something to create the situation for the event to occur. Many adults may experience trouble dealing with the information or having to deal with the consequences of being told about the event. If a child is unable to speak about something they have experienced at the hands of an adult, a parent may not even notice the damage until much later when a behavior change happens. Then a parent may focus on the behavior and not on what may have caused the behavior in the first place, thus reinforcing or maintaining the original damage.



Ute's Coming Down Ute Trail Near Manitou, 1912, Denver Public Library

Chapter Five

Sorry, the Cat is in Trouble

Something was wrong with Sorry. She had begun to cry a lot and it was beginning to get on mom's nerves, too. Clancy had checked everything that the vet had asked him to look for:

(1) Had there been a change in her eating habits? Nope; ate like a starved cat even when she was full. Nita had told him that was a "learned behavior" that had worked for Sorry when she had no one to protect her from other larger cats or dogs. Nita assured Clancy that gradually Sorry would forget that type of behavior as time and his gentleness helped her trust her environment and the person taking care of her.

(2) Were there any recent wounds that might be causing her pain? Nope. She had been an inside cat since mom brought her home from the shelter. Clancy figured that she was the smartest cat in Towaoc, the small reservation town where Clancy lived next to Ute Mountain! She was learning all kinds of neat tricks. Even the veterinarian was impressed with what she would do for Clancy. She would dance with Clancy when he put on her favorite flute music. When they were done they would take a bow. Mom thought that was so cute! She would say that she knew how hard it had been to **condition** Sorry. That was another neat word Ms. Nita gave him to explain how learning new and different behaviors happened in animals as well as people. He was learning about positive reinforcement of good behaviors, too. His mom would 'reward' him for extra chores by allowing him to spend more time with his friends.

3) Was Sorry going through a **developmental** stage? Now that was something he knew nothing about. So when Ms. Nita had asked that question, Clancy said, "How would I know, I'm just a kid". When he said that to Ms. Nita, she laughed a lot! At first he felt insulted until she explained that she felt so good to hear him not taking responsibility for things that adults need to be aware of. She explained that he, too, was developing very nicely into a delightful young kid. He was able to play as much as he was allowed and could get away with, and he was beginning to learn that certain chores were his, like cleaning the kitty litter box. But other chores, like staying with little Sister longer than two hours alone, were not his. He was also learning to use his mouth in a fun kind of way, not just in anger, frustration or fear anymore.

When Clancy thought about what Ms. Nita had told him, he realized that he too was being **re-conditioned**. That was a word he had heard on the TV about cars, but it also helped him understand how he was being helped. He was a product of his drinking family but if the drinking stopped and his family was able to heal, he would feel darn good! Clancy did not say that word out loud, as mom was tough on his words. She made him pay for bad words by putting coins in a jar. When the jar was filled or when enough money had been collected, he had to go buy little Sister something. It didn't really feel like punishment because it was fun taking her shopping for a gift. Now Clancy did not want his mom to know that, so he grumbled a bit just to keep her from knowing. He suspected she knew anyway because after the shopping trip everyone got to go eat pizza. "Back to

Sorry", Clancy thought, "There really is something wrong and I need to ask for help."

Clancy asked his mom to talk to their veterinarian about bringing Sorry in to see her. Clancy liked the vet, too, and trusted her with his beloved best friend, Sorry. So when the appointment had been made and they got to the office he felt anxious, but not too scared about what might be wrong.

The vet let him be a part of the exam. She said it made Sorry feel safe to have him in the room and that Sorry would cooperate better with what was happening if Clancy stayed calm for her. After the exam the vet explained the problem. "Sorry was in HEAT!" Now Clancy knew Sorry had not been exposed to the heater or too much sun, so how could she have heated up? The vet didn't laugh at him as if he was a kid or had said something dumb, she just explained that developmentally Sorry had reached a level of being physically ready to mate and have kittens. Her crying was a way to let other cats know about her readiness. Her instinct to seek male partners was just a part of her developmental process. "Now then", said the vet. "You and I have to discuss what you want to have happen. Do you want to let her go outside and find a male cat and mate?" Clancy thought about all the big cats that ran free in Towaoc, and about how he had rescued Sorry from the guys that were going to drown her. He knew that it was his responsibility to keep Sorry in the home and safe. The outside world was not safe for her. Clancy stated, "NO WAY! She is too little and too young to let her go outside by herself. But we have to do something about her crying and

making a big run for the door when someone opens it. She could get outside and get hurt."

The vet told Clancy that there were several things that could be done. One was to buy a kennel and put her in it until the Heat passed about 9-15 days. She very likely would not enjoy that and neither would her family as she would cry to get out. Clancy could also purchase some medication that would help her feel less stressed and more controlled. "You have to realize that Sorry is going to go into her heat cycle every few months and you will be facing this again", the vet explained. "The only way to avoid having to go through this again is to have her spayed which means that we would remove her female organs. That will allow her to be your best friend without Nature getting in the way."

Clancy realized there was a lot more to having a pet than he first thought. A very big decision had to be made and his mom was letting him make it. At first he felt anger toward her. She should make the decision. After all, she was the mom! Then Clancy got a mental image of his mom and dad struggling with ways to solve the problems they faced as parents and adults. Sometimes they did okay and sometimes they didn't do okay. But they were still working to make things better in spite of how hard it was for them to work together. Clancy took a big breath and said, "I think that she would benefit from us letting you do what you need to do to help her not to have to go through this stuff ever again".

The vet explained that it would be better for him to leave Sorry with her for a few days until it was just right to do the procedure.

She also told him what she would need for him to do to help her heal afterwards.

Clancy knew about that. It would require **patience**, kindness and extra loving from him to help her begin to trust him and her world after the procedure. That was another word Clancy was going to use in a sentence real soon. As Clancy and his mom drove back to Towaoc, he realized that he had handled things very well, indeed! He could hardly wait to tell Officer Black about this event. He knew the response would be "Atta boy, son, you have done well!"

Clancy wished his dad were around so he could tell him all about this, and how well he thought he had done in taking responsibility for his best friend and pet, Sorry. "Maybe next time", he told himself. "Dad will come home someday and things will be better than ever." Until then, it was up to him to handle the things he could and get help for the things he couldn't handle. Clancy knew that there would be more challenges ahead but he also knew that with all the support he was feeling from his **support system** (Ms. Nita's words), he was going to be able to do just fine.

Chapter Five Therapeutic Tools Demonstrated

1.) Ability to process and accept life. As Clancy is learning to trust the adults in his world to help him face and work through some of the challenges that are a part of every young child's existence, he is also learning that he does have the ability to process and accept life as it is for him. When things are not as he

wants, he can begin to make choices so his personal world can be a safer place for him to grow. Every child deserves a lifestyle that is structured and safe enough to allow for healthy developmental growth.

2.) Adults are not all alike. Clancy is beginning to learn that adults come in all sizes and types and his job as a growing individual is to test, risk, check and trust in his own efforts to make decisions about the kind of adults he will learn from.



'Buckskin Charlie,' a Famous Ute with other Utes at the
Garden of the Gods, August 1911
Colorado Springs Pioneers Museum



Ute Bear Dance Flag, 1890 - 1895
Colorado Historical Society

Chapter Six

A Name for Little Sister

Clancy had a lot to think about. Mom was running around like a bear getting ready to hibernate. Clancy knew about how bears would go away for a time and then appear hungry and mean in the spring. Clancy was learning a lot of interesting stuff from the teacher at the library. He was enrolled in a class that taught about the Ute Tribe and the beliefs that have helped make the People strong in spite of having terrible enemies that did a lot of damage to the tribal structure. Clancy really enjoyed the class because he was learning that there were words to describe many things around him. He was looking forward to the day he could cuss in Ute and not get his mouth washed out by his mom because his mom was not learning Ute!

"Back to the item at hand," Clancy thought to himself. "What's the big deal about a name? I bet my mom just picked my name out of the thin air; probably did not give one serious thought to how much trouble a name like mine would be for me when going to school. I bet I get into a fight at least once a day because someone makes fun of my name." As Clancy grumbled to himself he was aware that his name had nothing to do with the trouble he could get into at school. In fact he was very proud of how often he could avoid fighting now since he was learning ways to talk out his anger, rather than hit it out. Ms. Nita had spent a lot of time teaching him some tools that really got on his nerves when he first started learning about them. He had to memorize some phrases that he had to practice at least twice during the week with his mom.

When Clancy began to see how they could help him avoid getting into some serious trouble at school and at home, he began to play with the tools and practice on his friends to see if he could get them to do what he wanted them to do. His mother overheard him one day using them on his best friend trying to talk him into giving Clancy his favorite toy.

Clancy had been real proud of how easy it had been until his mom called him into her bedroom and really let him have it! She said she was ashamed of how he had taken advantage of his friendship in such a way. She told him that the tools were meant to help him get along with others not to **manipulate** them. Clancy was sure **that** was a word he was wishing he had never heard. It made him feel bad about what he had done and when his mom said he had to apologize to his friend, give back the toy and offer one of his own favorite toys to help make amends, Clancy was sure he would never do that again. (At least not where his mom could hear him ...)

"Now back to thinking about this naming ceremony for little sister", thought Clancy. Mom said the Elder would choose little sister's name only after she had spent some time with her. It was important for the name to be coming from little sister's spirit and that the name would not be used by anyone but close family members and only on special occasions. Clancy wondered if maybe that was how all his troubles had started in his life, not having a special name to help protect him from bad things. As Clancy thought about that, he realized that his name had nothing to do with what his parents had or had not done. A name had no

power unless someone gave it power. Clancy realized that he had learned some very important things from a lot of people who had been trying to make his world a little bit better than it was several months ago.

"Back to little sister's name", he thought to himself. What would I call her if I could name her?" As Clancy got a mental picture of his little sister he began to feel warm and protective towards her. In his mind he 'saw' her as a very tiny thing that laughed a lot and wanted lots of hugs from mom and Clancy. Dad even got in on the hugging when he came around, which was a lot more than it used to be. She could be scared so easily. Her tears would cause Clancy to feel so bad if he had frightened her. Mom had started making him quit trying to scare her and work more on building up trust. Mom did that because she said little sister would need to have faith in him to never hurt her or cause her to choose bad behaviors. She sometimes had nightmares and mom would be up a lot during the night reassuring her that there were no bad things in the room that could hurt her. Clancy also knew that there were no bad things in his room anymore. He felt very safe most of the time, but he still wondered sometimes what might be outside near the window. He would sometimes wake up with his heart beating so hard that he was afraid it would jump right out of his chest and flop around on the new rug he got to pick out all by himself. That image caused him to laugh right out loud, which got him a strange look from his mom. As Clancy pulled his thoughts back to the task at hand, he knew he wanted to be a part of the naming ceremony even if he did not get to choose the name. He also knew that his little sister would always be precious to him. "**Precious**, now there's a name worthy of her," he thought.

It means something dear to someone and everyone knew just how special she was to him.

"Mom, can I ask you something important?" "Not now, Son, I am planning the naming ceremony and there is so much to do. The meal has to be special. There has to a blessing by an Elder who does that sort of thing, and I have to go buy tobacco to give as a blessing as thanks for all the gifts the Grandfather gives us." Now Clancy knew that Grandfather did not mean his grandpa but the Creator of everything and everyone.

When Clancy heard that, he knew that meant he had to accept the idea that the Great Creator loves everyone even the **generics**. Clancy thought that was a great name for the white people who could not trace their beginnings back to the first parents like the

Ute People could. He was beginning to feel a bit sorry for his white friends, because they could not trace their family tree or relatives further back than two or three generations. Clancy had been warned by the person who had been teaching him all kinds of neat stuff that he must not make fun of his friends for not having a rich family history such as his. It was rude and unkind to do that. Clancy wondered who had taught the white people to be so proud of themselves when they really had so little to be proud of.

"Back to the business", Clancy thought to himself. "I have to be a part of this special day." So he asked, "Mom, I know how busy you are, and how much help you need. Why not give me a list of

things to do and it will cut your list down?" Mom looked at Clancy and at her list that seemed to grow by the minute and she knew that Clancy could be a big help. As she and Clancy sat down at the table to break up the list, there was a knock on the door. Clancy opened the door and there stood his dad. "I know this is a very special day you are planning and that you will need lots of help, so here I am clean, sober, and I have money in my pocket." Both mom and Clancy thought he was the greatest thing to see on this day, and they would welcome his help.

Chapter Six Therapeutic Tools Demonstrated

1.) Learning to trust things in the world. Clancy is learning to trust many things in his world. His mother is strong enough in her role to keep the family strong even if dad is not in the home. His dad is earning trust by making himself available to the family on whatever level he is able to. Recovery from substance use/abuse can be a very complicated process that requires a great deal of effort from not only the individual with the addiction but the family. Every one connected to the person suffering from the "disease of alcohol" suffers. As Clancy has observed, intervention into the disease can help bring about recovery.

2.) It really does take a village to raise a child. While it takes involved individuals to raise a child, a non-involved community can harm a child. Children need safety; security, love, hope and people caring enough to ensure that a child is given the best opportunities to become all that their potential has in store for them.



Ute Bear Dance, 1890
Photo by H.S. Poley
Denver Public Library Western Collection

Chapter Seven

Bear Dance, Time of Celebration

Clancy was in a conundrum. He loved to look up words in the Webster's dictionary given to him by the librarian. Conundrum means a riddle or complicated problem. That was a word he looked up when he had completed the class on Tribal traditions and language held at the library. He had tried to use the word on his mom by asking if she was in a conundrum about letting him go to the Bear Dance. She just looked at him in a strange kind of way and informed him that the conundrum was his not hers. So here he was sitting on the front porch resting his chin on Sorry as she snuggled in his arms enjoying the sunrise. Not a bad start to his day. This was Clancy's best time of the day; before any one else got up and things got too noisy with chores to just enjoy the quiet.

As the sun rose over the mesa he tried to remember the Morning Prayer that the Elder had been helping him with for the past few weeks. As he struggled with how to greet the Sun in a respectful way, Clancy realized that what he said did not really matter as much as just being in the right place in his spirit. "Good Morning, Sun, thank you for your warmth on Sorry and myself. Please help us both do good things today. Let me have some of your warmth to carry back inside and share with Precious as she wakes up. I would like to have some warmth for my mother as she gets out of bed on this special day. She has a lot of work to do to prepare the special meal that will celebrate the naming of little sister". Clancy felt so privileged to know that from this day forth, everyone who used

her name, Precious, would know that she was very precious to her older brother who had been allowed to help in the picking of a special name for her. As Clancy thought about all the things that had taken place recently he realized that going to the Bear Dance was not the only thing he wanted to do any more. Yeah, he would really like to go but there were so many other things he liked to do that might be even more important and exciting. He made a mental list of the things he was doing since all the changes had taken place in his family: **(1)** Earning extra money by watching Precious on the days mom went to Social Services for parenting class; **(2)** Getting better grades in school (although he tried not to let some of the older kids know just how well he was doing). It was no fun to be called the teacher's pet for doing what he liked doing anyway. And it was hard to hide how well he was doing when the teacher made a big deal out of it by telling his classmates how proud she was of his big turnaround. **(3)** Quit teasing his friends in a mean manner. He seemed to have even more friends now that he was spending more time at home rather than the gravel pit where he used to hang out and get into trouble. His mom was probably responsible for the change in the type of friends who were hanging out with him. Everyone liked coming to his home as either his mom or dad was always there. If dad was on duty, everyone got to order pizza and a special movie. Some of his friends grumbled a little bit about what kind of movie they watched, or about the fact everyone had to do homework before they could watch it. Dad always seemed to know a lot about the homework and made it fun to do. Dad had a rule that every kid had to call a parent to let them know they were staying for a meal and movie and what time to expect them home. If a kid

did not like to call their parent, dad would explain to them that their parent loved them so much that they wanted to know where they were and that they were safe. Now Clancy knew that there were some parents who were too busy drinking or fighting to care about their little kids, but dad explained that it was important to try to get parents to start to care. "Remember when I was a bad dad to you", he had said, "and how now I am really trying to be a better dad? We need to help other parents to become better parents by showing them new ways to do that job". Clancy did remember, but it seemed so long ago he could hardly do more than just think about those times as a passing thought. Ms. Nita had promised him that there would really be a time when the fears, hurts and angers would just fade away. He did have memories of those times but they did not hurt anymore. Clancy also realized how much fun mom was for him and his friends. She was holding a cooking class and everyone got to help. At first some of his friends **balked**, a new word he had picked up and wanted to use somehow. It felt good to say it to himself and to realize that not only did he know what it meant, but he could remember how his dad had balked at giving up his alcohol.

His friends had balked at the idea of cooking. "That's sissy stuff", they had all shouted. But Clancy's mom had several cookbooks written by famous chefs (male cooks) and she had explained that if they thought they wanted to grow up and be a chef they could start in her kitchen. She asked them to think of how much money they could make at the Casino if they grew up to become specialist item cooks. The cooking classes were

starting to be lots of fun and the meals were really good. On the evenings when his friends could all be gathered around the kitchen, mom turned it into a restaurant where each got to pick something to learn about and then they got to cook it. It was great to try different things as everything tasted strange and new to them. Some of the foods tasted weird, but it was a great time to explore the new foods anyway. Some of the kids got to take some of what they had cooked home to little brothers and sisters. Mom explained that sharing what they had was a good thing to do. Mom had recently signed up for commodities and when the guy heard that she was holding cooking classes he loaded her up with lots of neat stuff to help out with her project. He explained that if she signed up for extra food to help out others, he would let Farm & Ranch know and they would help out too when harvest time came around. Clancy realized that he really did not need to pester his mom about going to the Bear Dance this year and that in fact he would have a whole year to prepare himself to go next year. As Clancy stood up preparing to go inside the house, he knew what he had to say to his mom. He also knew he had just taken himself out of his conundrum and boy, did that feel great!

Chapter Seven Therapeutic Tools Demonstrated

1.) Clancy has had some time to heal from the traumas he had experienced. Clancy has had emotional support from qualified providers who are able to identify and support the needed recovery.

2.) Clancy has begun to hope for a better future. This is an extremely important component to a healthy recovery for anyone experiencing trauma or having experienced it as a child.

3.) Clancy has begun to trust his environment to have good things in it for him. He has become aware of the reality that the world holds both good and bad; people, places and things. He must be alert and watchful but no longer be so afraid. Clancy has begun to heal and trust the world around him in a healthier way.

4.) Clancy has begun to learn that he too can be involved in the process of making his world a better place.



Women Playing Shinny on Ute Mountain Reservation,
1908, Photograph by S.F. Stacker
Colorado Historical Society

Chapter Eight

Graduation Day

Clancy was very excited. In three days something very special was going to happen. His mom was graduating from parenting class. She had been attending very faithfully for three months. "Well, really", Clancy thought, "It had been longer than three months." But it had taken his mom several weeks of **sporadic** attempts (that means now and then), to finally get a rhythm going in attending the weekly classes. Clancy had learned that word from Ms. Nita. He thought it was a neat word to know. But Clancy didn't blame his mom. He remembered how difficult it had been for her after kicking dad out. Too many bills, too many old friends dropping by trying to get her to go drinking or just trying to bum money that she didn't have. It had taken her a lot of time to learn how to say NO. Culturally it was a Ute tradition to share what you had and alcoholism had distorted that tradition within the community.

Clancy remembered Ms. Nita trying to teach his mom ways to avoid her drinking friends until she was strong enough to be truthful and helpful in a good way when they asked for money to buy alcohol or for rides in her car. Ms. Nita had his mom practice saying NO on her non-drinking friends. They had made it a game around the kitchen table with coffee and cookies served all around. Clancy knew how creative and persuasive drinking people could be when trying to get money or rides to go on a run or to avoid responsibility for what trouble the drinking behaviors could create. "I'm thinking like a counselor," he thought to himself. "I sound just like Ms. Nita or Gaiter", but

it was a good thought. Clancy was trying to remember all the people who had helped him and his mom. Ms. Nita worked at the treatment center, Officer Black had helped with the other kids, and Chairman Peabody made small loans available to his mom so she could pay off the bills that his dad had left for them.

Clancy had to admit that his dad was doing much better. He had started to attend classes for his drinking problems. He was going to work almost every day and when he got paid, he split his paycheck with his mom. That was really different than when he would wait outside the travel center for his mom to get off work and take her paycheck. Clancy remembered how his mom would come home crying and sometimes how she would come home with a black eye. She would say she slipped and fell but Clancy always knew. Clancy still had thoughts about how one day he would be big enough and strong enough to pay back his dad for all that pain. Ms. Nita said it was normal to feel that way and soon one day he would be able to tell his dad all of his feelings and that one day his dad would be able to listen and to ask for forgiveness but not just yet! Clancy was sure he wasn't ready to give his dad any forgiveness, maybe never! Ms. Nita said that, too, was a normal feeling. Clancy wondered what 'normal' meant. Maybe it meant having more good days than bad ones and having people around you who really were concerned about a kid's feelings. And just maybe it meant that a kid could feel safe. Clancy felt safe.

Right now he was excited about the celebration that the family would have with the other mom's who were completing the

parenting classes. Clancy wondered why only mom's seemed to take parenting classes. Why not dad's? Clancy decided to drop by the courthouse and ask his friend the Judge why he didn't make dad's go, too? The Judge was sure to have some answers.

When he got to the Judge's chambers, Clancy asked him why dad's don't go to parenting classes like mom's do. The Judge replied, "Well, Clancy," he said, "that's because we *encourage* parents to go to the classes, but we don't *enforce* it." "Oh," said Clancy, "Will you encourage my dad to go, too?" "You betcha, Clancy," said the Judge.

"Back to his list of helpful people", he thought. A big thank you goes to Gaiter at the after-school program for kids 'cause he always listened and didn't tell Clancy how he was supposed to feel. "Grownups do that a lot", he thought to himself. "They're always telling a kid what he ought to think, feel and do." Clancy kept trying to stay on track with the list of people he felt grateful for, but every time he thought of someone he would remember how much they had helped not only him, but his mom, little sister and even his dad!

There! He had finally gotten to what he had wanted to think about; his dad and how hard it was for Clancy to be comfortable with his dad spending more time with the family and how hard it had been when dad had a sleepover with his mom. Clancy hadn't slept a bit the whole night he was sure. He kept waiting for the yelling to start and the breaking of things. All he heard were calm voices talking. When Clancy woke up the next

morning, his dad was on the front porch where Clancy usually started his own day. Dad said he liked mornings best of all and being sober in the morning was even better. After that he didn't say anything. He just sat there and didn't say anything. He was just there and it felt okay. He gave Clancy a hug and that felt okay, too. He asked if it was okay to spend the night again as there was a lot to talk about. Clancy thought about just saying NO to see what would happen, but his dad had such a concerned look on his face that Clancy decided that he didn't want to take any responsibility for that decision. "Better ask mom", he stated and split. Clancy was learning when to avoid adult traps once again. Clancy tried to re-focus, to come back to the main topic. He felt a little smug about how quickly he could come up with just the right phrase or word to describe his **personal process** - another term from Ms. Nita. He had begun to discover just how powerful it felt to know what he was thinking or feeling. It was also easier for him and it kept him out of a lot of trouble. "That's it," he grumbled. "I just can't seem to stay on track so I'm feeling excited, glad, and helpful that my mom's special day is going to be celebrated with all our friends to help her share her great achievement."

Chapter Eight Therapeutic Tools Demonstrated

1.) Using awareness. There are several significant changes in Clancy noted in this chapter. Clancy has become pretty good at looking at a situation and following his own awareness of the who, what and why that are present to either help or harm

himself and/or others. He is learning ways to make **more** positive changes. Clancy has learned gratitude – to be thankful for others

in his life. These people **expect** him to respect who he is and encourage his efforts to gain mastery over himself rather than a situation (he might find himself in). Children need someone to believe in them.

2.) Hope. Clancy has learned hope. Hope can only come when a person can look honestly at others, and see them in relation to

their tools of recovery, their own agenda, what involvement they may have towards a child and why they are involved in a child's situation in the final stages. Clancy has begun to trust others with a healthy amount of **skepticism** in order to keep himself safe from abuse, neglect or manipulation which can occur when a child feels unprotected or threatened by those in a care-giving role. Clancy has learned a lot of things about himself that are good. He feels powerful when he can choose words to describe his feelings to himself. He feels safe when he can accept help from others without too much expectation placed on the situation's outcome.

3.) Change happens. Clancy is learning that as he changes, so does the environment around him; a good thing for any child to know. Clancy is also learning that while there are adults around who can and do harm a child's soul, there are also adults around who can help a child heal. The scars will always be there but they do not need to hurt always. There can be recovery. Clancy's dad is learning ways to be a better dad and person. That is recovery.

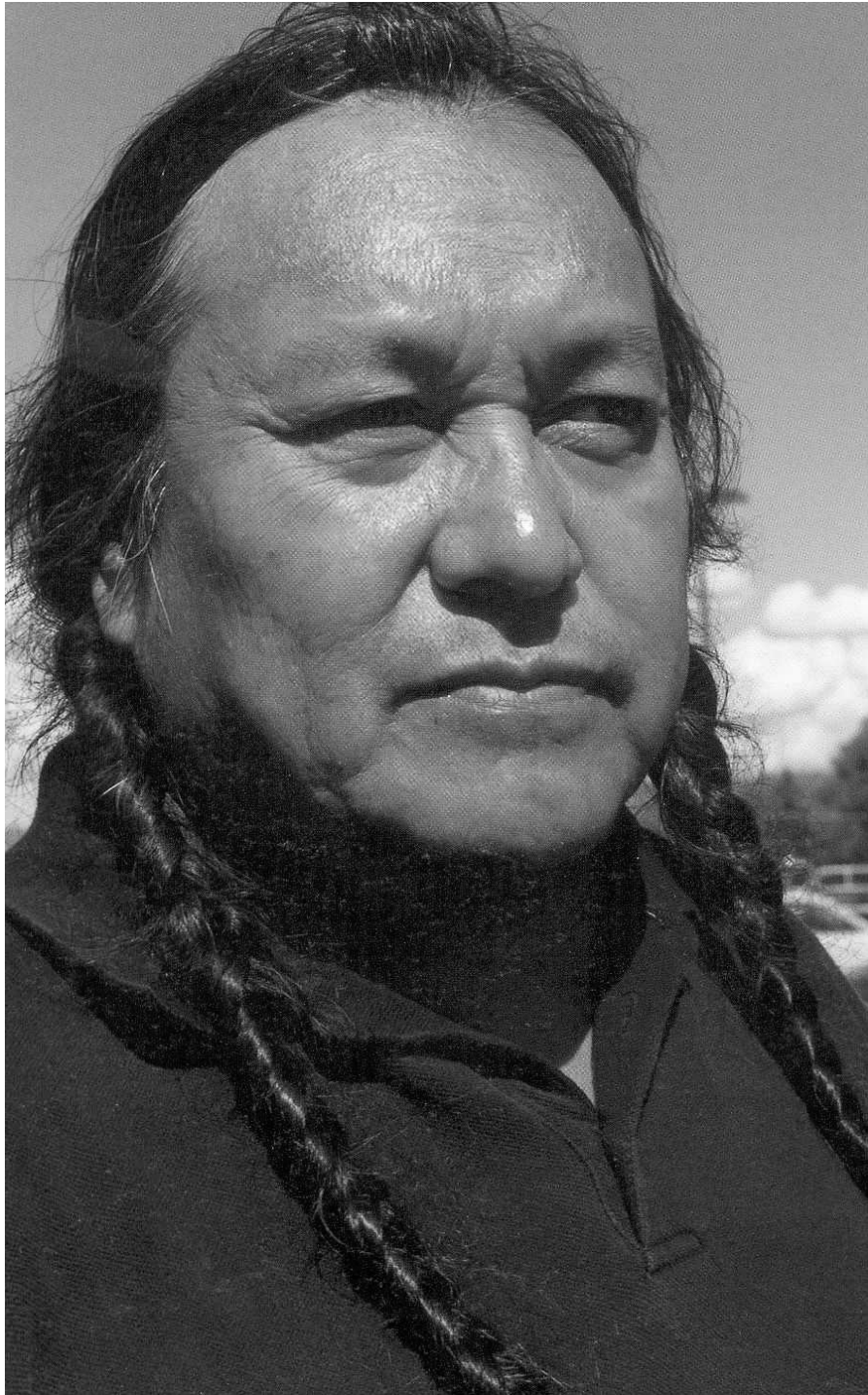
Clancy's mom is becoming the parent she needs to be in order to help not only Clancy, but the family and community. That is recovery. Recovery is needed to ensure a lifestyle that allows a person to grow into the person he has the potential to become.



U.S. Government School, Towaoc, Colorado, 1908

Photo by H.S. Poley

Denver Public Library Western Collection



**Orian Leon Box, Southern Ute Artist
1943 - 1998**

Photograph by Carmel Wroth, 1995

Chapter Nine

The Future Beckons

Clancy wasn't sure what to believe with the thoughts and emotions he had been having lately. His heart was saying, "Tell our dad he can move back home and start taking care of us the way a dad is supposed to." But his memories of previous bad times were telling him, "We can't trust him; he'll go back to drinking again and his drinking buddy will start coming around and we'll get hurt again." His mind was saying, "Things have changed. We have changed. Things won't be the same. There are people around who can be trusted to keep us safe from bad people and situations."

Clancy wondered how all the **warring** (mom's words) between his emotions got started, but he thought it might be coming from the visits with his dad. Those visits were more frequent now, two to three times a week - with sleepovers. Clancy did enjoy the sleepovers now. His dad liked to cook and didn't seem to mind Clancy's friends being invited to supper. Dad had also started doing the laundry and had only ruined a couple of Clancy's jeans by putting them in with the white load (and adding bleach). Clancy liked the way the jeans had softened up and had white spots all over. Clancy planned on fixing up another pair like that when dad did the laundry again.

Clancy's mom and dad were doing more things together with Clancy and Precious. That meant more fun things were happening.

Little sister, Precious, was spending the afternoons with the Elder that helped make her dress and had been coming home with stories about the tribe. There was a story about how difficult it has been for the tribal members to begin to remember who they were as a people and from where they had come. Precious said the Elder felt it was very important for all the people to start listening to all the Elders of the community. When they were asked to shared their stories. It was a way to help rebuild the people into the tribe it had once been before the white man had placed them on the reservation. Even though the Elders couldn't remember a lot of the old ways, they still deserved to be listened to as a way to show respect. Many of the Elders had been taken from the community and placed into foster homes or boarding schools where they had been told they could not be Ute anymore nor were they allowed to speak the language of the Ute Tribe. Some were gathering together to try and remember the old ways. One of the Elders that Clancy really wanted to listen to was the Chairman. He shared his story about when he was a kid. He, too, had bad things happen to him but he grew up to become a pretty important leader for the tribal council. He told Clancy and his classmates to never give up hope and to listen to the teachers to learn ways to grow up strong. Clancy wanted to grow up and be like him.

Clancy's mind switched back to all the thoughts running around in his head like chipmunks. Clancy had talked to Gaiter recently about his dad. He shared with him his fears that things would become bad again if his dad moved back home. Gaiter encouraged Clancy to remember that his dad loved him, his mom

and little sister and wanted to be a part of the family. He had been sober for many months, and had gone to the treatment center to learn ways to stay sober. That meant that his dad had earned the right to return to the family and take care of them like dad's are supposed to do. That brought to mind a story that Precious brought home after a visit to the Elder.

It was the story of a young man who had lost his way in a large dark forest which was filled with many bad things. The young man began to trust Mother Earth to guide him; the sun to light his way in the darkness, the wind to warn him of danger. Clancy thought the story was a lot like how Officer Black was there for him and helped protect him from bad people or from making bad choices. And it reminded him of Ms. Nita at Social Services when she helped him see things in a different way and helped him gain skills to avoid problems. And of course, it reminded him also of Gaiter at the after-school program and how he had helped Clancy begin to notice other people's behavior and to begin to understand why people behave in such strange ways. Clancy had become pretty good at keeping himself safe. He also felt pretty good about being a kid most of the time. Clancy was beginning to trust himself in seeing what was going on around him and using the new ways he'd learned to avoid things or situations that were beyond his personal coping skills.

Clancy was beginning to feel better about the idea of his dad moving back home. "After all," thought Clancy, "maybe things will be better with dad in the house." Clancy knew he could trust his mom to notice any of dad's misbehaviors. After all she sure noticed Clancy's misbehaviors!

Both parents had been talking about getting on the list the tribal council had for new homes or additions. They felt they could add 2 rooms onto their home, a bedroom for Precious and a large family room so they could buy a big screen TV. Clancy was really looking forward to that.

Chapter Nine Therapeutic Tools Demonstrated

1.) Trust and pride. Clancy has begun to trust life and situations around him. He is learning to trust himself. He is learning to look, watch and walk carefully among the People. He is learning to be proud of himself as a Ute, to begin to see himself as part of a strong community; a community that has a lot of problems, not unlike all communities, but also a great deal of history of which he can be proud.

2.) Separation and fear. "Everyone has something to struggle with," is what Officer Black said to him one time when Clancy asked him why he was treated differently at school. Officer Black said some people think they are better than others when they really aren't. Officer Black said some people fear what they do not understand.

3.) What is my problem? Clancy has begun to learn more effective ways to solve problems as they occur. He is learning to know the difference between adult stuff and kid stuff. Whose problem is it? Mine, yours or ours.



Southern Ute Nam Vet Shield, Austin Box, 1930 - 1996



Ute Bear Dance, 1900
Photograph by "Old Man" Hall, Meeker
Colorado Historical Society

Chapter Ten

The Bear Dance

Chapter Ten

The Bear Dance

Clancy had been afraid to take a deep breath. He was afraid that if he relaxed and just breathed normally things would go bad again. Things really had been pretty good for awhile, Clancy thought. His Mom and Dad had a system.

Clancy had asked Ms. Nita during his last visit what that word meant when she had used it in describing his parents' parenting efforts. Ms. Nita explained that parents were good enough parents if they worked together to help the family learn ways to grow into responsible caring people. She also said that there were no such thing as Perfect Parents. Some were just better than others. But if a dad and a mom could talk about what was happening in the family without yelling at each other or blaming each other they were more likely to "resolve the issue". Clancy liked that idea.

His parents really were starting to talk to each other each evening after the "little ones" (Clancy hated those words) were sent to bed. He could sometimes hear his mom and dad just talking and sometimes laughing with each other after lights out. That was a major change in the house. No T.V. after 9pm for anyone. Clancy wondered whose idea that was but thought it was something they had learned in Parent Class. Both Mom and Dad were going to Parenting class even though Mom had completed her classes. She had told Clancy it was important to sometimes help her dad to go even when he said he was the only dad there.

Clancy thought his dad was pretty brave. He knew some of the other dads, that he worked with, made fun of him for going. His dad just laughed and just said, "Try it before you make fun of something you don't know about."

Clancy kept thinking about all the changes that had taken place in his life. His own room was nearly finished; so was the family room for all the stuff that was being bought. Clancy had wondered how they could afford all that stuff when it had been so hard when his dad and mom drank. After thinking about that for a few minutes, Clancy realized that when people don't drink alcohol and they work at a job steadily, there is money to spend on other things.

Clancy could barely remember the last fight his parents had. They talked a lot now and they stuck together when they disciplined the little ones. When Clancy had heard his parents talking like that, he thought he might just throw up. But they just kept doing it and Clancy was beginning to like the new way. It felt good to know that his parents were a team and that they

liked doing things together and with the “little ones”. Clancy decided then and there that his mom and dad needed to think of something different to call him.

As Clancy was watching the day wake up with Sorry sitting in his lap, he began to dream about things staying good for a long time and how he and little sister would grow up and be important to the tribe. He wanted to learn more about Tribal Council and how it helped the people.

He remembered asking Gaiter, “How can a kid tell who to trust when he can’t tell by looking at them if they are safe for little kids or not?” When Gaiter told him to “trust your gut, kid”, he thought he might wet his pants laughing then, and even now as he remembered those words he felt pretty darn good. He wouldn’t be using that phrase around his mom but he thought his dad might like to hear it.

Clancy heard the door open and knew his dad had come out to join him in his morning prayers. It was beginning to feel pretty good having his dad stand close to him and not have to worry about getting hit. He looked up at his dad and saw that his dad had a secret. He could tell ‘cause his dad had a twitch in the corner of his mouth when he had something important to tell him and was just dying to share.

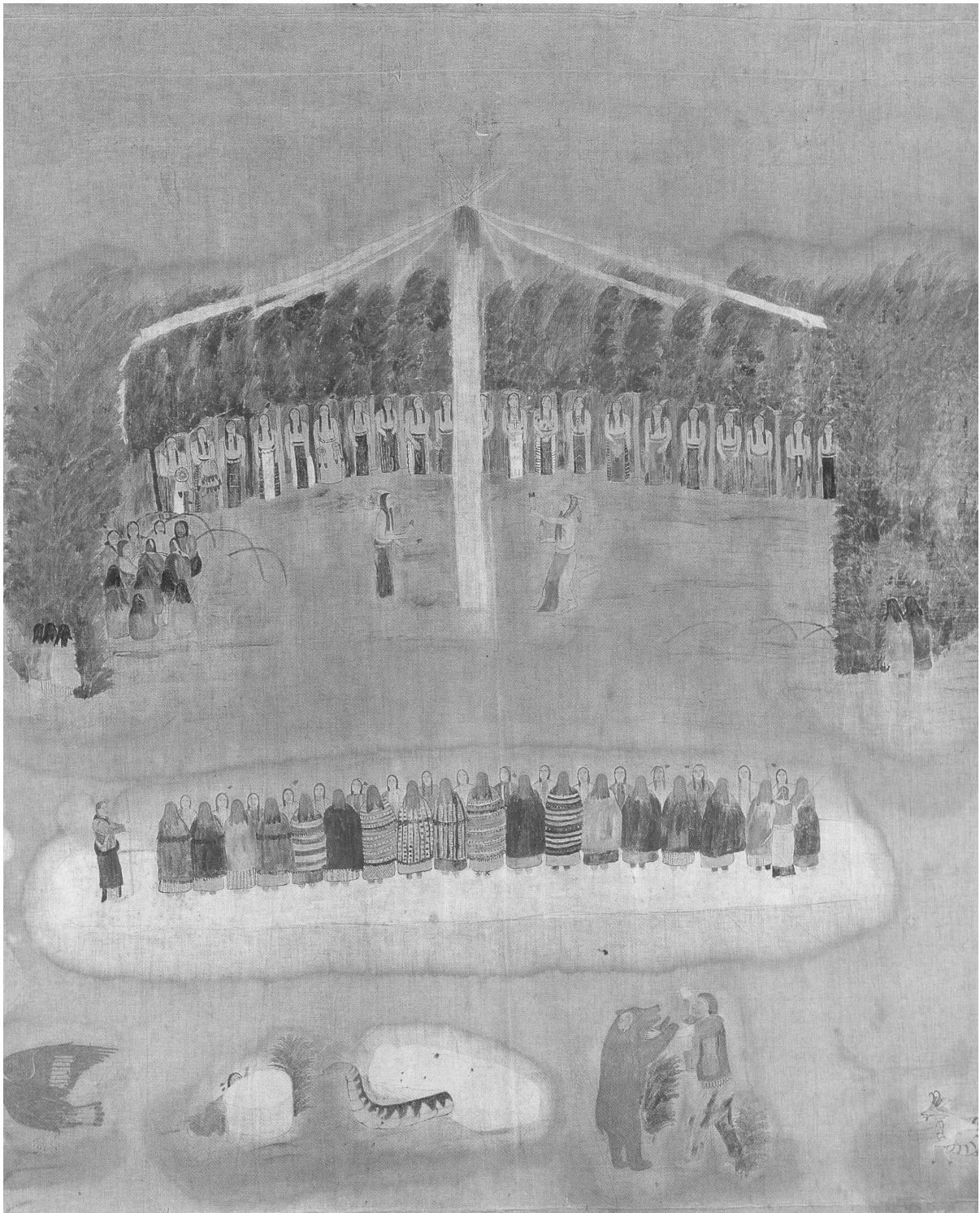
“Remember, son, that Bear Dance is only a few weeks away?” How could Clancy forget? Everyone was going to go but him. He tried not to show how much pain he felt when he thought about not going but he knew his mom was never going to relent. That was a word he picked up from Ms. Nita. He was sure it meant his mom was never going to change her mind. “Well, son,” his dad went on. “You and I have a serious job to do. Your mom needs a fancy shawl to wear to the dance and I know just where to get one. My aunt, the one that serves on the tribal council make very special ones and she has been working on one for your Mom. It is a bright blue one, your Mom’s favorite color, with long fringe on all sides and three large roses beaded on three sides. She just called me to come over and pick it up. I was wondering if you would like to go with me? It’s a secret so you can’t tell your Mom.” Clancy knew he could keep secrets. After all he had kept a lot of them when he was a little kid. Ms. Nita had helped him understand that some secrets were bad and needed to be told. (1) She also said that good secrets were fun to keep because they didn’t hurt others or yourself.

When Clancy and his dad got to the aunt’s house they saw the most beautiful shawl in the world. They just knew his mom would be proud to stand in the circle and dance. His dad would also be proud to be her partner. Clancy wished he could be there but he would try not to cry about it.

Clancy and his dad carried the shawl wrapped in a soft blanket into the house and his mom just looked at them. When his mom just stood there afraid to breathe, Clancy knew it was the best present ever. When she carefully unwrapped the blanket and saw the shawl she started crying softly. No words, just tears, and Clancy wondered if maybe his dad had made a mistake. His mom dried her eyes, held the shawl up to her face, drew several deep breaths of air, and said, “When I wear the shawl for the first time at Bear Dance, everyone will see me and know our family is a strong family and we will all be there.” Clancy knew then that his mom had relented and he was going to Bear Dance.

(1) Ms. Nita explained that there were several kinds of secrets. Some were good secrets and you had to keep them until the time for sharing, like a surprise birthday party. Some secrets you never tell because they have been told to you in confidence by a friend. Some secrets were the kind that you couldn't tell to others but you could ask for help, like when Clancy didn't tell his Honor about his dad hurting him. His Honor knew something bad was happening and he helped Clancy without his saying much. Some adult can do that. You just have to figure out who those adults are. That's not easy, but you are doing well with learning how to avoid bad situations with people who might do you harm. Marilyn, Juanita and I didn't think we should use the pronoun "You" but we didn't know how to word it otherwise." I really don't like some of how this is worded...Mary

The Journey Continues...



Ute Bear Dance, 1890-1910, Denver Art Museum
Gift of C.W. Douglas

ADDENDUM FOR PARENTS AND TREATMENT SPECIALISTS:

Attitude

Is more important than the past, than education, than money, than circumstance, than what other people think or do. It is more important than appearance, giftedness or skill. It will make or break a company, a church, a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day.

We cannot change the past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is *our* attitude.

Perceptions Are Our Reality

- 1.) How we perceive information becomes our belief about what reality is.
- 2.) That is the information that we will operate from.
- 3.) Our perception of reality may not be based on the reality of others.

Perceptual System

1. We process information as it comes through our sensory system.
 - Our senses process the information
 - Do I know it or recognize it?
 - How close is this information to what I have in my Quality World?
2. We process the information based on:
 - Observable events or data
 - Experiences we've had
 - Conceptual and cultural interpretations
 - Beliefs, assumptions, judgments
3. We code the information as:
 - positive / pleasurable
 - negative / painful
 - neutral
4. We have control over how we process information and events.
5. The meaning we attach to an event affects our behavioral choices.

s© Robert G. Hoglund

Personal Bill of Rights

1. I have numerous choices in my life beyond mere survival.
2. I have a right to discover and know my child within.
3. I have a right to grieve over what I didn't get that I needed or what I got that I didn't need or want.
4. I have a right to follow my own values and standards.
5. I have the right to recognize and accept my own value system as appropriate.
6. I have the right to say no to anything when I feel I am not ready, it is unsafe or violates my own values.
7. I have a right to dignity and respect.
8. I have a right to make decisions.

9. I have right to determine and honor my own priorities.
10. I have a right to have my needs and wants respected by others.
11. I have the right to terminate conversations with people who make me feel put down and humiliated.
12. I have the right not to be responsible for others' behavior, actions, feelings or problems.
13. I have the right to make mistakes and not have to be perfect.
14. I have the right to expect honesty from others.
15. I have the right to all my feelings.
16. I have the right to be angry at someone I love.
17. I have the right to be uniquely me, without feeling I'm not good enough.
18. I have the right to feel scared and to say I'm afraid.
19. I have the right to experience and then let go of fear, guilt, and shame.
20. I have the right to make decisions based on my feelings or my judgment for any reason that I choose.
21. I have a right to change my mind at any time.
22. I have the right to be happy.
23. I have the right to stability – i.e. “roots” and stable healthy relationships of my choice.
24. I have the right to my own personal space and time.
25. There is no need to smile when I cry.
26. It is OK to be relaxed, playful and frivolous.
27. I have the right to be flexible and to be comfortable with doing so.
28. I have the right to change and to grow.
29. I have the right to be open to improve communication skills so that I may be understood.
30. I have a right to make friends and be comfortable around people.
31. I have the right to be in a non-abusive environment.
32. I can be healthier than those around me.
33. I can take care of myself, no matter what.
34. I have the right to grieve over actual or threatened losses.
35. I have the right to trust others who earn my trust.

36. I have the right to forgive others and to forgive myself.

37. I have the right to give and receive unconditional love.

You may wish to consider whether you have any of these rights. My belief is that every human being has every one of these rights and more. As we transform, we begin to integrate our transformations into our lives.

Goals of Positive Developmental Behavior

1. ATTENTION

- a.) The need to be loved and to belong.
- b.) To contribute and to feel of value.
- c.) Involvement in a positive nurturing way with others.

2. POWER

- a.) To feel of value to self and others.
- b.) Freedom to make choices.

3. JUSTICE

- a.) To understand fairness and social interest.
- b.) To be fair for others sake.

4. FREEDOM

- a.) To withdraw from conflict.
- b.) Learn to Engage in Conflict resolution so all feel of value.

5. FUN - RECREATION

- a.) Have time to play.
- b.) To not produce or meet expectations of self or others, it's okay to come up short sometimes.

Defining Drinkers

By now you should have a good understanding of the problem alcohol causes in our society and how alcohol affects us physically and mentally. This section is devoted to a discussion of normal drinking, alcohol dependent drinking, problem drinking and alcoholism.

First, a definition of each category:

Normal Drinker - He drinks only occasionally and for perfectly innocent and harmless reasons. He could stop for long periods of time and never miss it.

Alcohol Dependent Drinker - He drinks every day and depends on alcohol more than he will admit. Having to do without is a difficult and unpleasant experience, although he will argue vehemently that he can cut it out with no difficulty. During this stage, the individual usually becomes a heavy drinker.

Alcoholic - He has lost control over his drinking, and one drink means another. Alcohol is seriously interfering with every aspect of his life, although he may not admit it. There is perhaps even a step between the alcohol dependent and the alcoholic where the individual finds liquor affecting his life. He hasn't honestly recognized that alcohol has become all important and that is having more influence on him than he will admit.

Problem Drinker - He drinks in a way that his life has been disrupted because of alcohol. He quite often drinks to excess and when he does he gets into trouble (DWI, family fights, etc.). He could be any one of the above type of drinkers. The *acts* he commits while under the influence makes him a problem drinker.

Problem Drinkers

A problem drinker may be identified in other ways than excessive drinking:

- a. He has employment and marital problems.
- b. He occasionally misses work on Monday mornings because of a hangover.
- c. He sometimes has a drink to calm his nerves in the morning.
- d. When he starts drinking, many times he does not stop until he is drunk.
- e. He feels better and more capable of socializing, driving, etc. after he has had a few drinks.
- f. He can "hold his liquor" which means he can drink a lot and still look good.
- g. He drinks more alcohol than average drinkers.
- h. He can tolerate large quantities of alcohol. He has a BAC of .15% or higher at the time of his arrest.

The problem drinker has his reasons for drinking. He does so under perfectly acceptable excuses. Here are a few:

- a. "Boy, am I tired! A drink will pick me up."
- b. "I'm feeling a little jittery. A drink will steady me."
- c. "This rush hour traffic scares the hell out of me. A drink will steady me."
- d. "Things look blurry. A drink will clear my head."
- e. "Just one for the road. Alcohol does not affect my driving."
- f. "I'm just drinking along with the crowd."

Problem drinking can very easily become and often do progress to alcoholism. A person will not admit that he could become an alcoholic.

These occur in three main stages, taking the form of a downward progression sometimes referred to as the Steps of Alcoholism. Highlights of these steps are summarized below.

STEPS OF ALCOHOLISM

Early Stage: Increased Tolerance for Alcohol

Blackouts

Drinking More than Intended

Increased Dependence on Alcohol

Attempts at Abstinence

Sneaking Drinks

Preoccupation with Drinking

Middle Stage: Resentful when one's Drinking is Discussed

On the Wagon

Loss of Control

Lone Drinking, Anti-Social Behavior

Acute Hangovers -- Morning Drinking

Poor Health -- Job Loss

Late Stage: Benders

Control Therapy and Reality Therapy

HOW IT ALL WORKS!

Needs that DRIVE us → our WANTS →our BEHAVIORS

leads to

leads to

- Longing and Belonging
- Power and Control
- Fun
- Freedom
- Security
- Spiritual

Control Therapy/Reality Therapy

PHILOSOPHICAL OVERVIEW

1. A person is basically “good.” No one deliberately sets out to be bad or difficult.
2. All behavior is purposeful. Each person is doing the best he can to meet his needs; given his experience, his present circumstances and resources.
3. A person can learn to observe his own behavior, evaluate the results his behavior is getting, and learn a better way to meet his needs.
4. While you can support and encourage others to evaluate their behavior, the only person you can change is yourself. If one person changes in a relationship, all others will change as they shift to adapt to the difference.
5. By changing behavior, we automatically change thinking, feeling, and physiology.
6. Each person needs to be able to make choices, however insignificant, even in a setting which limits freedom.
7. An environment which reinforces positive behavior facilitates change more than one which focuses on negative behavior.

IN A NUTSHELL

The only real excuse (the reason anyone does anything):

“IT SEEMED LIKE A GOOD IDEA AT THE TIME.”

The most important principle to understand:

“WHAT I AM DOING, I AM CHOOSING.”

The therapeutic prescription – to gain more effective control:

“IF WHAT YOU ARE DOING ISN’T WORKING, TRY SOMETHING ELSE.”

Coping With Reality

In order to cope with, enhance or change the reality one lives in, there must be awareness of the need to change, the intent to change, insight into where change is needed and applied effort. You must be aware that only you can make that change happen. The degree of change will be in direct proportion to the effort expended and the motive for change must be because you *want-need-will* to change. Having reached the decision to make change, it would appear to make sense that a system for change would need to be simple, worked at daily and consistent with where a person is – the immediate situation, the way a person thinks, relates and experiences their reality. According to W. Glasser in “Personal Therapy”, the basic questions to ask clients are: (1) Are things the way you want them to be? (2) Are you doing what you want-need to do? (3) If not, can you think of other ways-things to do to get what you want?

To 'ground' a client in reality is the first important step and may take some longer than others due to situation, personal experience and ingrained behavior that will resist change. The resistance to change is a normal, healthy behavior. The degree of resistance may indicate some sort of pathology. The greater the resistance, the more difficult it is to change. Understanding where the resistance comes from may be beneficial, but probably not make the change easier, only less uncomfortable for the client. The reality is that people do change and modify their behaviors when there is a significant reason or purpose for change.

Natural changes happen as part of a process; adjustment to the evolving-changing flux of the environment and to what one is thinking, feeling and relating occurs slowly in most cases. This appears to be species unique – the ability of the Homosapien to adapt, to need, to feel and to think in a constant consistent activity. Difficulties arise when the challenge to change may be beyond the experience, skills and abilities of the client at a given point in time.

As our society changes-evolve in ever faster ways, the capacity to keep up with those changes may be stretched beyond the mental-emotional well-being of the individual. This may create stress in areas where the client is weaker, less informed, not ready for and/or simply beyond the client's ability to adjust. This too may create even greater stress and too much stress will trigger behaviors that: (1) attempt to get away from the stressor (Fight-Flight-Fright) (2) deny the reality of the stressor or (3) failure to cope or adjust to the needs of the situation. Failure to cope with a situation may trigger negative behavior such as drinking, drugs, flights of delusion or unreality. Failure to cope may also trigger positive behavior such as looking for ways to cope, adjust, change or modify the situation or reaching out to others for help. Reality Therapy is an effective, logical process that can be taught using simple, concrete step-by-step methods. During the counseling process, handouts can be used to introduce the concepts and explanations given for how/why the process appears to work and homework is given to enable the client to apply the concept in the situation he or she finds themselves in.

Change is ongoing, ever changing and unavoidable. To attempt to avoid change will complicate an already complicated environment. Healthy change comes about through the ability to look at the situation and what is really happening and to look at one's personal skills, strengths and abilities and do the necessary "stuff" that will ensure beneficial healthy growth maintenance. According to an unknown author unknown: "What will never change is the will to change and the fear of change. The rest is possible when one has figured out what one wants to do, how to go about doing it and why one wants to do it."

Control Therapy and Reality Therapy

- We are held **RESPONSIBLE** for our **CHOICES** and **ACTIONS**.
- In order to be **RESPONSIBLE** as individuals we must have the **OPPORTUNITY** to "**CHOOSE**" to follow or not follow established rules or principles.
- All **CHOICES** and **ACTIONS** are followed by **CONSEQUENCES!**

- As individuals we have the **ABILITY TO CHANGE** our **BEHAVIOR**.
- In order to **CHANGE** our behavior...**INVOLVEMENT** becomes necessary.
- **NEVER** accept excuses or ask the question **WHY**... instead ask **WHAT**.
- **NEVER GIVE UP!!!**

Principles of Multicultural Therapy

- 1.) Every individual is rooted in Culture.
- 2.) The cultural groups represented in the communities and families of each are the primary sources for culturally relevant therapy.
- 3.) Culturally relevant and diverse therapy requires learning accurate information about the culture of different groups and learning ways to recognize and discard stereotypes harmful to the therapeutic process.
- 4.) Addressing cultural relevance in making therapeutic choices is a highly effective developmentally appropriate practice for most clients.
- 5.) Every individual has a right to maintain his or her own identity while acquiring the skills to function in our diverse society.
- 6.) Culturally relevant therapy requires staff who reflects the community and families served.
- 7.) Multicultural therapy for children enables them to develop an awareness of, respect for, and appreciation of individual cultural differences. It is mutually beneficial to all.
- 8.) Culturally relevant and diverse therapy examines and challenges institutional and personal biases.
- 9.) Culturally relevant and diverse therapy and practices are incorporated in all components and services offered to the client.

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Picture Here

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[(Retired) M.A. Grief Counseling/Psychology, M.F.T. (Marriage / Family Therapy),
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Juanita Adams has been working in her field since 1979 and has spent the last twenty-two years as a therapist in a wide variety of disciplines, including Family Counseling, Substance Abuse; Phase II Counseling, Crisis Counseling, Women's Issues, Children's Behavioral Counseling, Stress Management and Community Living including Half-Way Houses, Mental Health Inpatient Facilities and Nursing Homes.

Having retired with her husband, Juanita has a special love for collecting dolls and teddy bears. She's utilized both her vast experience in the Mental Health Fields along with her love of the dolls and bears to create 'Clancy,' her main character in this book.

Her last eleven years were spent with the Ute Mountain Ute Tribe in Towaoc, Colorado where she helped children and families work through addictions, abuse and other issues. And it is in this environment where 'Clancy' was born and the story of the 'Bear Dance' took on its fullest significance.

Clancy and the Bear Dance:

One Ute Mountain Boy's Journey from Alcoholism and Abuse to Wholeness!

By Juanita Beasley

www.outofbodytravel.org

Although this beautiful story is set next to Ute Mountain in Towaoc, Colorado (United States), it is a story that can be universally understood by anyone in any part of the world. The author tells the tale of Clancy, a young Ute Mountain (Native American) boy who lives in a home filled with chaos, abuse and alcoholism with his mom, dad and little sister; but not for long, because dad's behavior forces mom to throw him out of the house.

Clancy is all in an uproar, his world is completely shattered, and all the rules are beginning to also change as his family comes in contact with a group of 'helping people' at Social Services.

'Gaiter' received his special name from a Native American ceremony and he works with the young boys in guiding them into more productive behaviors. Ms. Nita counsels the children and parents guiding them through the treacherous road of abuse and alcoholism . . . and the way back from it. Officer Black becomes Clancy's protector and role model in his rapidly changing world. And many others share Clancy's journey . . .

Walk with Clancy and his family as they go from this very frightening moment when dad has to move out of the house throughout the process which leads to the family's reuniting and coming together with new skills and a healthier attitude towards one another.

This beautiful journey is so skillfully crafted by a woman who spent her entire life working with these kinds of situations. Her delicacy and love for them comes shining through in her words.

Clancy will do so many things for your own children and family, but one of the greatest gifts Clancy has to offer is the honest sharing of his experience. By sharing his experience, Clancy removes the veil of 'secrecy' which so often shrouds families torn and ripped apart by these kinds of issues. It's no longer something to be ashamed of, but something to travel through in community . . . together.

