

Te Whare Tapa Wha Model

(Adapted from 'Resource for Facilitators', Schools Project, Addiction Services, Margaret Manuka Sullivan, 2007)

This model focuses on the four cornerstones of Maori health

TAHA WAIRUA (SPIRITUAL)

Key aspects:

The capacity for faith and wider communication with oneself and the universe

Ranginui and Papa tua nuku Nga uaua o
Papa tua nuku

By the forest vines,
Earth and Sky,
Were bound together



In the Maori creation story before the time of light, the primal parents Earth and Sky lay together in darkness bound by vines. They were thrust apart, light came to the earth and life as we know it evolved.

Health is related to unseen and unspoken energies

TAHA HINENGARO (MENTAL)

Key aspects:

The capacity to communicate, to think, and to feel



Kimihia te kahurangi.
Ki te piko tou matenga, ki
Te maunga teitei.

If you bow your head
Let it be only,
To a great mountain

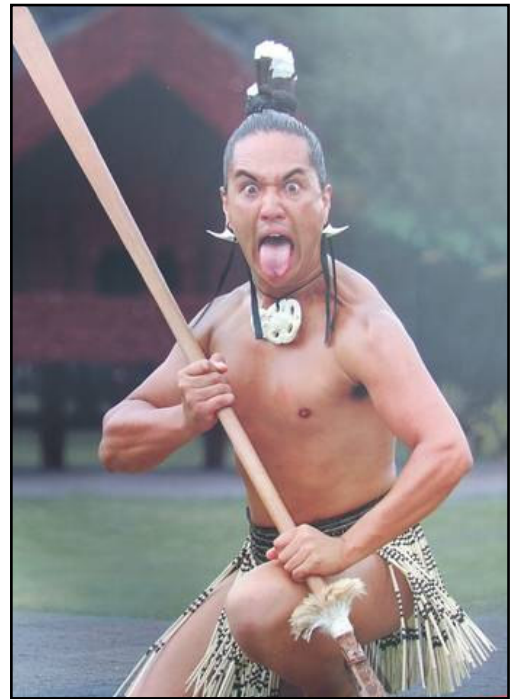
(Mind and body are inseparable)

TAHA TINANA (PHYSICAL)

Key aspects

The capacity of physical growth and development

He aha te mea nui o te ao?
He Tangata, He Tangata, He Tangata .
What is the greatest thing?
It is people, it is people, it is people



TAHA WHANAU (KINSHIP'S)



Key aspects:

The capacity to belong, to care and to share.

WHANAU ORA
Genealogies connect us,
Land, mountain, river
Home of our ancestors' place
of our birth Aotearoa,
Our turangawaewae
We stand tall,
New relationships formed.

Shared affinities,
From street, club, kappa haka, and gang
Kinship's of origin and creation,
We belong.

(Individuals are part of a wider social system)





Relevant Quotes:

Kia Kaha

Be strong

He Toka Tu Moana, Ara He Tao Rongonui

Your strength is like a rock that stands in raging waters.

Affirming an individual's strength and courage

Kia Ngawari

Be flexible

Te Anu O Takurua

It is Sirius

Weaving his winter cloak

Life changes areas inevitable as seasonal changes. Takurua is also known as Sirius sometimes called the Dog Star. It is prominent in the Southern Hemisphere in the winter.

Whia Te Iti Kahurangi

Strive for excellence.

He Manga Wai Koia

Kia kore e whitikia

It is a big river indeed that cannot be crossed.

Given time and effort most things are achievable, but let us always understand our human limitations.

EXERCISE:

In pairs draw or write what you think your Whare (house) looks like at present.

Draw what you think a healthy Whare (house) will look like. Discuss as whanau

Build the whanau whare as it looks now after all the feedback .

Build the whanau whare as it would look if alcohol and drug use was better managed

Cultural links, history, genealogy and core values exist for all people across the globe



Find out about your culture by talking to family members or reading about your place of origin.

TE WHARE TAPA WHA

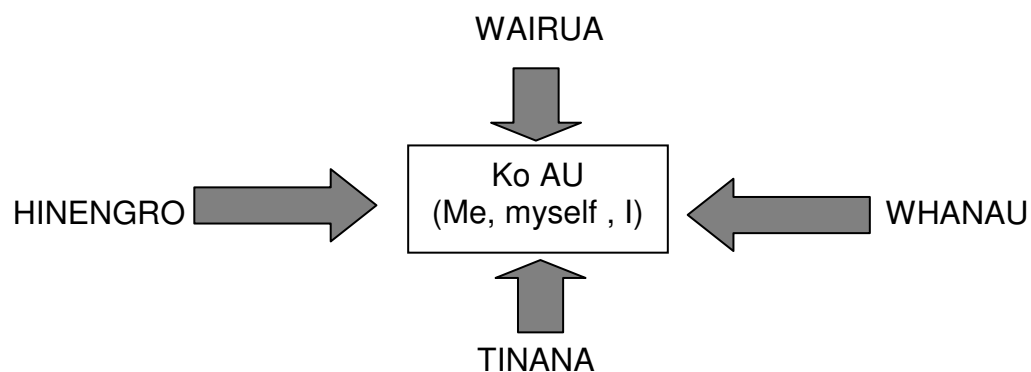
(The four sides of the house)

It is essential to appreciate our wharenui and the implications this place holds for us

The relationship between our whare and us as individuals is the four sides or cornerstones.

In order for our whare to be able to stand tall and strong, the sides that make up the whare must be strong and the foundations must be solid.

Apply these implications to us as individuals.



In essence Te Whare Tapa Wha is a model to identify precipitating factors that promote the ailing health of the individual.

The components that make up each of the cornerstones is what identifies the strategy back to wellness.

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