

# Whai huatanga

Desiree Hawkins















# Health

Definition of health varies on a continuum  
Depending on age, impairments, access and  
culture

minimum health ----- optimum health.



# Mental distress

Healing of superficial symptomology



### WHAIHUA/ FLOURISHING

Tuatahi:

2. PAKARITANGA / STRENGTHS

3. MĀIATANGA / POTENTIAL  
ability to learn, develop, and grow

1. TUAPAPA - FOUNDATION  
Ideology, culture, morals values

WHANAU SURF/ TANGAROA

### PŌRARURARU/ IMBALANCED

Tua-rua:

WAIWAI

KAK

APAPA

### MANAAKI PAITIA/ NURTURING

Tua-toru:

Nga kete awihina, coping mechanisms

# REDUCE

### WHAKAAETANGA/ ACCEPTANCE

Ta-waha:

RANGATIRATANGA  
Getting things sorted, keep to treatment plan re-adjusting lifestyle and acceptance

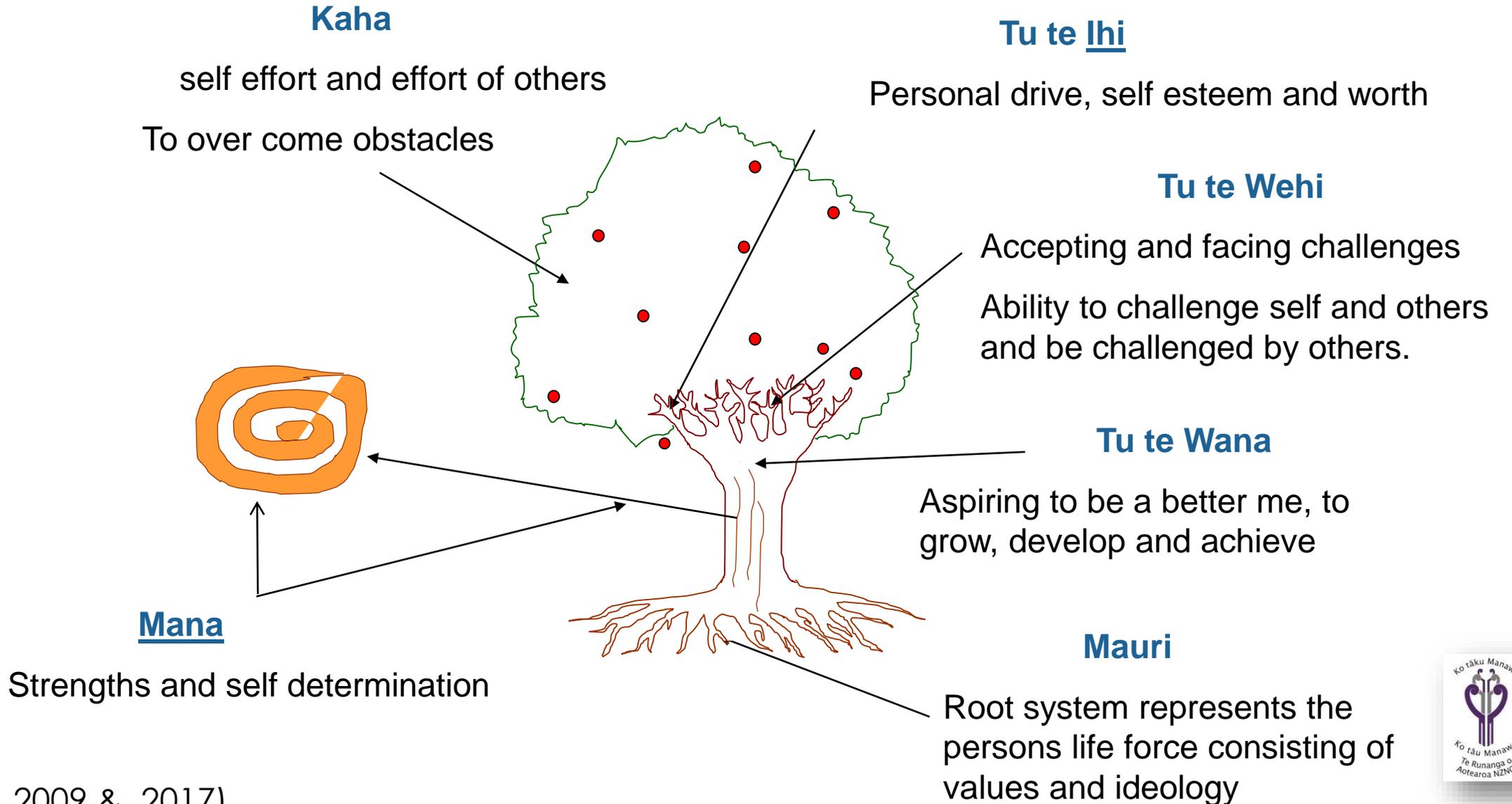
WHAKARAERAE  
Reminder of ones Vulnerability to relapse

# STIGMA

### WHAKARITE/ BALANCED

Maintaining changes to achieve independence and quality of life.

# WHAIHUATANGA/ FLOURISHING



(Hawkins, 2009 & 2017)

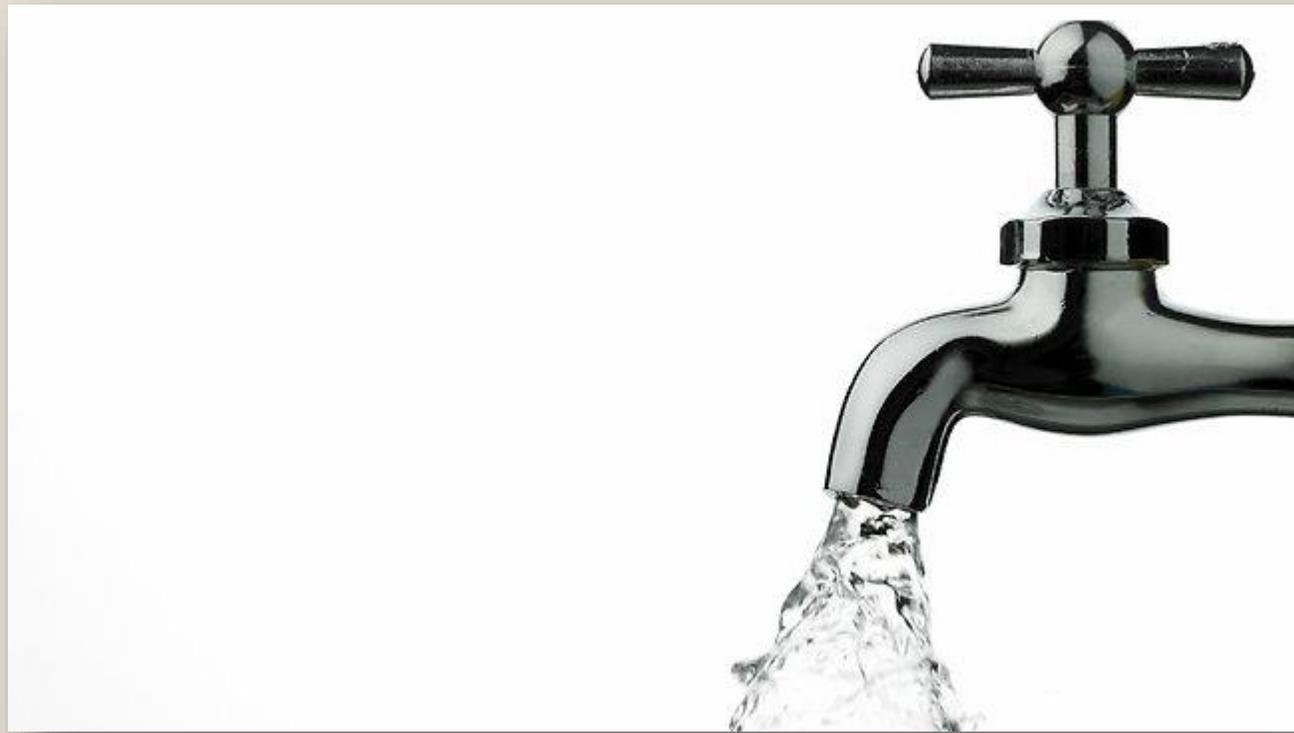


# Whai huatanga

is an interactive model based on a rakau  
(tree) system developed to make a  
difference

**Research required**

# Why



# Continuums

Te Korel

Te Ao Marama



Poor Health

Good Health



Te Pu

Te Ao Marama



Noho Mauri  
Languishing

Oho Mauri  
Flourishing





**Flourishing (Oho Mauri)** is "a state where people experience more positive emotions, positive psychological functioning and positive social functioning, most of the time".

(Blissett, 2011; Keyes, 2002; 2007a; 2007b; 2012 & Seligman, 1998; 2002;

**Languishing (Noho Mauri)** is "a state where people experience more negative emotions... negative psychological functioning and negative social functioning, most of the time

# Poipoia te kakano kia puawai

*Nurture the seed and it will blossom*



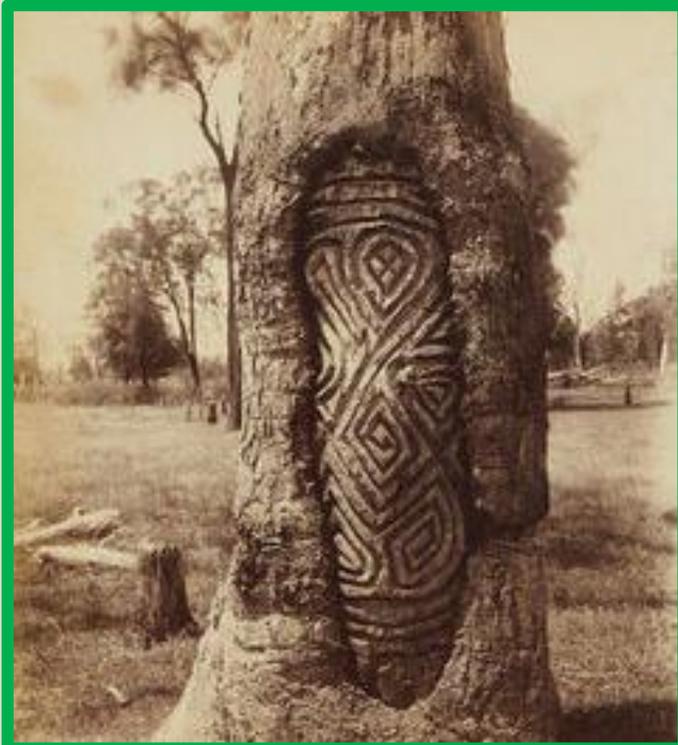
# Why?

A tree metaphor is a simple  
to remember

Connection to change

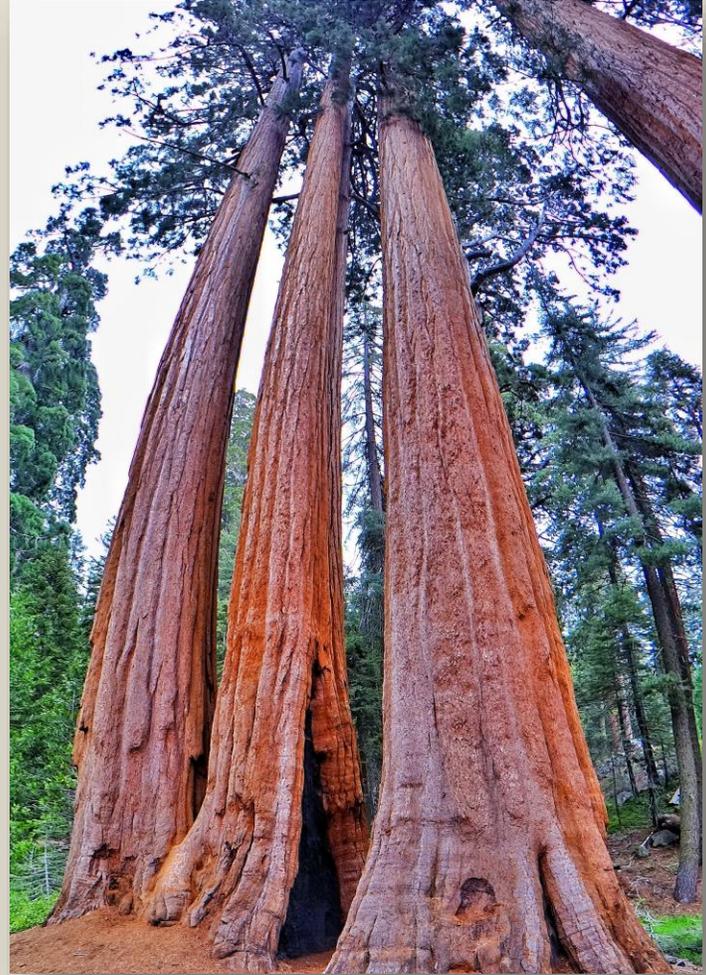
Opportunity to explore more  
concepts through the root  
system

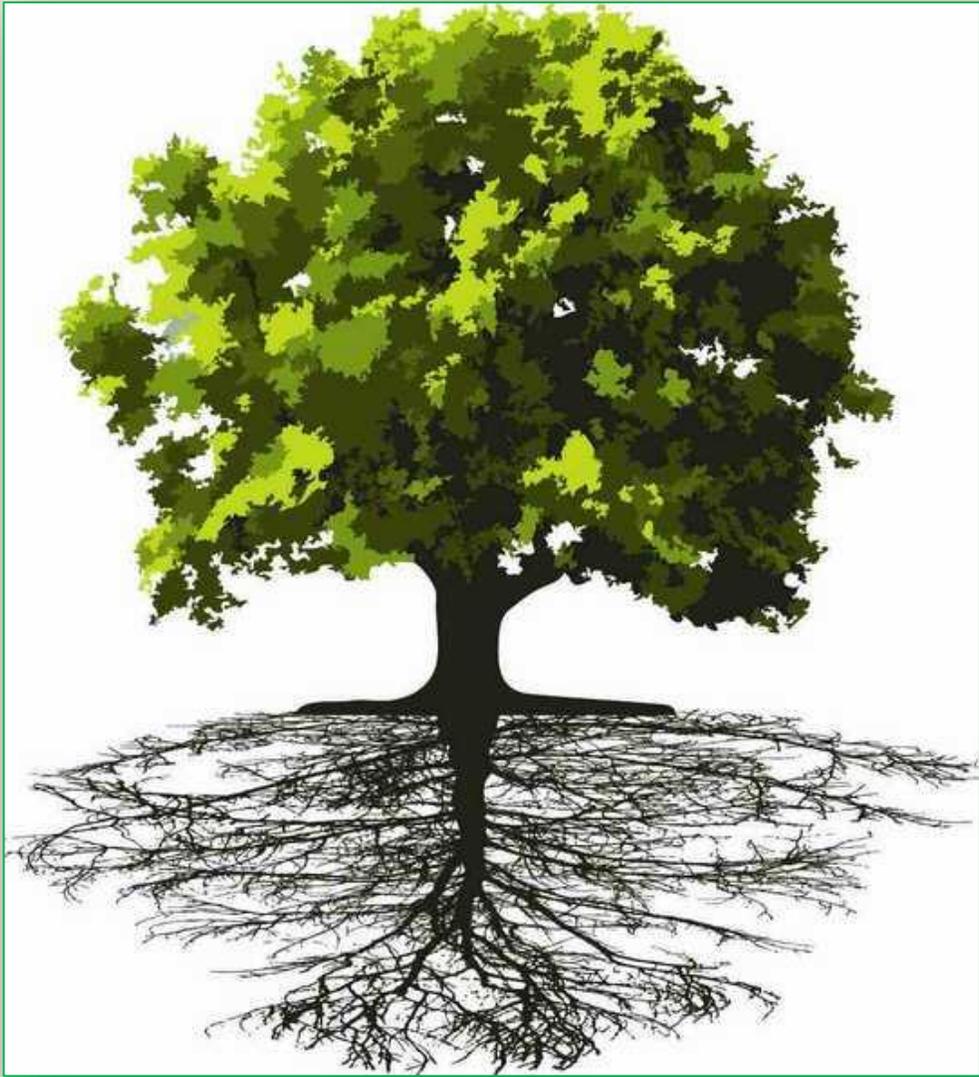




# INDIGENOUS PEOPLE value trees in a cultural context

Maori  
Pacific Island  
Aboriginal  
Native American  
Hawaiian  
Japanese  
& other cultures





# Activity



Visualise strengthening this seedling?

# Depicting that trees and people can flourish in extreme environments

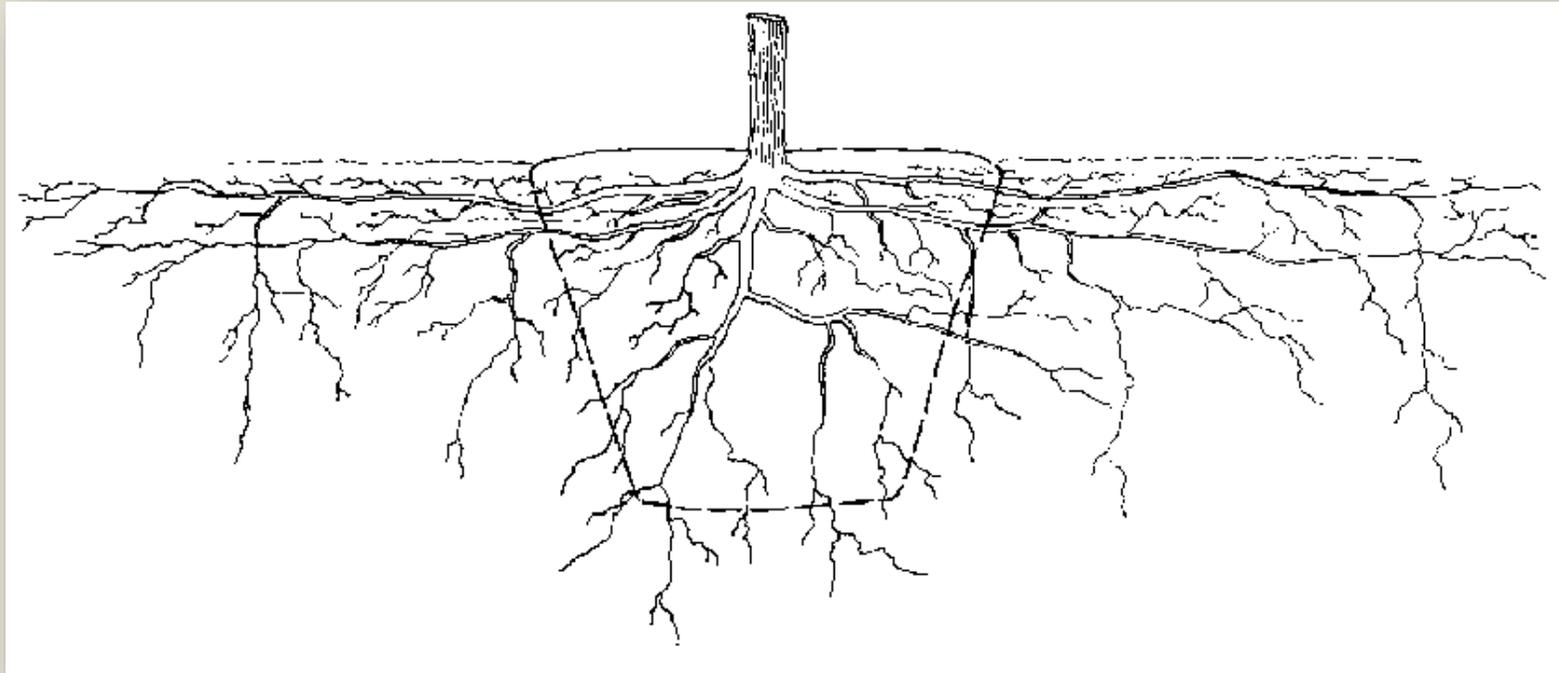


Ko te ahurei o nga tangata arahia o tatou mahi

*Let the uniqueness of the people guide our work*



# MAURI



# SHIFTING NOHO MAURI TO OHO MAURI



Figure one: poor root system retrieved from <https://starnursery.com/rootsfield.htm>



Figure one: poor root system retrieved from <https://starnursery.com/rootsfield.htm>

E hara taku toa i te toa takitahi  
Engari, he toa takitini

*Success is not the work of one, but the work of many*

# Nurses research in response to the call for help!

If you feel inspired to be part  
of a national Maori research in  
partnership  
with me and like minded people  
There is a registration form



# Whai huatanga Research

**Aim:** To evaluate the effectiveness of the Whai Huatanga model in nursing practice?

**Participants:** Maori nurses in Aotearoa

**Objective:**

1. To gain knowledge about the model
2. To gain self reported data
3. To gain information from participants what successful thriving looks like

Subjective of ethics approval...

IN LOVING MEMORY  
OF CHASE WILLIAM WHAITIRI

AND THOSE SADLY MISSED BUT NEVER  
FORGOTTEN...

MAURI ORA!

# REFERENCES

*CLINICAL AND CULTURAL REFERENCES ARE  
DOCUMENTED IN THE NOTES PAGES*