

## Rongoā Māori Pātai | FAQs

Instep is pleased to have introduced a new Kaupapa Māori service, Rongoā Māori.

### What is Rongoā Māori?

Rongoā Māori is the traditional healing approach of Māori, Instep respect and acknowledge that it relies on the oral transmission of knowledge, diversity of practice, and the spiritual dimension of health and that it is handed down through intergenerational tupuna Māori.

It encompasses herbal remedies, physical therapies, and spiritual healing. We don't provide healing techniques from non-Māori cultural traditions, such as reiki or hyperbaric oxygen treatment. Even if they're provided by Rongoā Māori practitioners.

### What is a typical session like?

A typical Rongoā Māori session usually lasts between 1-2 hours. During the session, you will discuss with your Kai mirimiri (practitioner) what you hope to achieve. Sessions begin and end with Karakia and the acknowledgement of ancestors.

Treatment can include:

- Rongoā rākau (plant remedies from native flora)
- Mirimiri (massage)
- Karakia (prayer)

Rongoā addresses holistic hauora (health), including wairua (spiritual), tinana (physical), hinengaro (mental) and, whanau (family) hauora.

### Is it only kanohi ki te kanohi (face-to-face)?

Yes, as Rongoā Māori attends to all four pillars of health—hauora wairua, tinana, hinengaro and whanua—sessions are conducted in person.

### How does it compare to Western medicine?

Western medicine is often perceived to focus solely on psychological and physical wellbeing. In contrast, Rongoā Māori takes a holistic approach to wellbeing, addressing a broader spectrum of Hauora and wellbeing.

### Is Rongoā Māori for non-Māori people as well?

Yes, Rongoā Māori is for anyone comfortable with the approach. In fact, the ACC newsroom reported that 41% of ACC Rongoā Māori clients are non-Māori.

### **How do I find a qualified Rongoā Māori practitioner?**

Qualified practitioners can often be found through Māori health organisations, local iwi (tribes), or Māori community services. It's important to ensure the practitioner is recognised and respected within their iwi (local tribe) or community. Instep has a community of Rongoā practitioners they can match you with just speak with a case manager.

### **What types of problems can Rongoā Māori treat?**

Rongoā Māori can address a wide range of Hauora health and wellbeing issues, including Tinana physical ailments like muscle pain or skin conditions, hinengaro mental health concerns, such as anxiety and depression, Wairua spiritual imbalances and whānau or family problems. It's used both for acute conditions and for maintaining overall wellbeing.

### **Are there any risks or side effects?**

Rongoā Māori is generally considered safe when practised by a knowledgeable practitioner. However, as with any form of healing, it's important to discuss any pre-existing health conditions or medications with your Kai mirimiri practitioner, to avoid potential interactions or complications.

### **How often should I have Rongoā Māori sessions?**

The frequency of sessions depends on your individual Hauora health and wellbeing needs and goals. Some people might benefit from weekly sessions, while others only need occasional visits. Your practitioner can help you determine the best schedule for your situation.

### **What should I do to prepare for a Rongoā Māori session?**

It's helpful to come with an open mind and be ready to discuss your health and wellbeing goals. Wearing comfortable clothing is advisable, as sessions may include physical therapies like massage.

### **Can Rongoā Māori be integrated with other forms of medicine?**

Yes, Rongoā Māori can be integrated with other medical treatments. Many practitioners encourage a complementary approach, where Rongoā Māori is used alongside Western medicine or other healing practices to provide a more comprehensive care plan.

### **Is there a cost associated with Rongoā Māori sessions?**

Your sessions through Instep are paid for by your employer.

### **What are the ethical considerations in Rongoā Māori?**

Ethical considerations include respecting the tikanga or cultural heritage and practices of Māori, obtaining consent for treatments, and ensuring the confidentiality and privacy of you the client. Practitioners are also expected to uphold the principles of Tikanga or traditional Māori values, manaakitanga hospitality and whanaungatanga relationship-building.

### **Can children and the elderly receive Rongoā Māori?**

Yes, Rongoā Māori is suitable for people of all ages, including tamariki (children) and kaumatua (the elderly). Rongoā is tailored to meet the specific needs of each individual, ensuring that they are appropriate and beneficial for them. **However**, at Instep we only have sessions available for adults or people over 18.

### **What if I don't speak Te Reo, The Māori Language?**

While knowledge of Te Reo or the Māori language can enhance the experience, it is not necessary to speak Te Reo Māori to receive or benefit from Rongoā Māori. Many practitioners are bilingual and can communicate effectively in English.

### **What if I have more questions?**

If you have more pātai or questions, please ask one of Insteps Case Managers who will be happy to help on 0800 284 678 or contact us through our website <https://instep.nz/>.