



Health Humanities and Unsettling Colonial Medicine

A webinar hosted by the National Collaborating Centre for Aboriginal Health (NCCAHA)

March 28, 2018

11:00 am to 12:30 pm Pacific Standard Time

POST-WEBINAR RESOURCE LIST

Indigenous artists, musicians, authors, chefs, and designers as suggested by webinar participants:

Alan Syliboy - <https://www.alansyliboy.ca>

Alex Janvier - <http://www.alexjanvier.com>

Andy Everson - <http://www.andyeverson.com>

Angela De Montigny - <http://www.angelademontigny.com>

Angus Beaulieu - <https://www.nwtarts.com/artist-profile/angus-beaulieu>

Beau Dick - <http://www.makerofmonsters.ca> and

<https://canadianart.ca/features/remembering-beau-dick>

Benjamin Chee Chee - <https://www.thecanadianencyclopedia.ca/en/article/benjamin-chee-chee>

Billy Ray Belcourt - <https://billy-raybelcourt.com>

Buffy Sainte-Marie - <http://buffysainte-marie.com>

Chelsea Vowel - <http://apihtawikosisan.com/about>

Cherie Dimaline - <https://www.cbc.ca/books/the-marrow-thieves-1.4195121>

Christi Belcourt - <http://christibelcourt.com>

Cowboy Smithx - <http://elderinthemaking.com/about/the-film>

Dean Hunt - <https://www.deanhunt.net/bio.html>

Don Lancaster - <https://coastalpeoples.com/archive-artist/?a=don-lancaster>

Eden Robinson - <https://penguinrandomhouse.ca/authors/25830/eden-robinson>

Eve Tuck - <http://www.evetuck.com/>

Garry Gottfriedson - <https://www.strongnations.com/gs/show.php?gs=3&gsd=2269>

Garry Thomas Morse - <http://www.talonbooks.com/authors/garry-thomas-morse>

Georgia Lightening - <http://georginalightning.com/bio>



Glenna Matoush - <http://www.nativelynx.qc.ca/en/visual-arts/first-nations-artists/glenna-matoush>
Gregory Scofield - <https://www.thecanadianencyclopedia.ca/en/article/gregory-scofield/>
Jane Ash Poitras - <https://www.thecanadianencyclopedia.ca/en/article/jane-ash-poitras>
Jeanette Armstrong - <https://ourstories.ok.ubc.ca/stories/jeannette-armstrong>
Jedson August – Cowichan BC artist
Jeff Thomas - <https://jeff-thomas.ca/>
Jennine Krauchi - <https://www.cbc.ca/news/canada/manitoba/metis-beadwork-on-display-at-cmhr-1.3482213>
John Lancaster - <https://ihosgallery.com/collections/john-lancaster>
Jordan Abel - <http://www.jordanabel.ca/the-place-of-scrap/>
Joséphine Bacon - <https://myscena.org/la-scena-musicale-team/josephine-bacon-a-linguistic-legacy/>
Joshua Whitehead - <http://talonbooks.com/authors/joshua-whitehead>
Katherena Vermette - <https://www.thecanadianencyclopedia.ca/en/article/katherena-vermette>
Kent Monkman - <http://www.kentmonkman.com/painting>
Lawrence Yuxweluptun - <http://lawrencepaulyuxweluptun.com>
Leah Dorion - <https://www.leahdorion.ca>
Leanne Betasamosake Simpson - <https://www.leannesimpson.ca/about/>
Lee Maracle - <https://www.thecanadianencyclopedia.ca/en/article/lee-maracle>
Lisa Boivin - <https://indigenousbioethicist.wordpress.com/>
Loretta Gould - <https://mikmaq-artist.com/pages/about-loretta-gould>
Maggie Kovach - <https://www.usask.ca/education/profiles/kovach.php>
Marie Battiste - <https://www.usask.ca/education/profiles/battiste.php>
Marilyn Dumont - <https://www.ualberta.ca/native-studies/about-us/contact-us-people/faculty/marilyn-dumont>
Natasha Kanape Fontaine - <https://natashakanapefontaine.com/>
Norma Dunning - <http://www.uap.ualberta.ca/titles/886-9781772122978-annie-muktuk-and-other-stories>
Norval Morrisseau - <https://www.thecanadianencyclopedia.ca/en/article/norval-morrisseau>
Richard Hunt - <http://richardhunt.com>
Richard Van Camp - <http://www.richardvancamp.com/about-v2.html>



Richard Wagameese - <https://www.thecanadianencyclopedia.ca/en/article/richard-wagameese>

Rita Joe - <https://www.thecanadianencyclopedia.ca/en/article/rita-joe>

Rosanna Deerchild - <http://www.cbc.ca/mediacentre/bio/rosanna-deerchild>

Samian - <http://www.wapikoni.ca/about/team/our-spokesperson>

Shane Chartrand - <https://indigenoustourism.ca/en/meet-chef-shane-chartrand-canadas-first-gold-medal-winning-indigenous-chef-from-edmonton>

Shelly Niro - <http://www.shelleyniro.ca/index.php>

Shirley Sterling - <https://www.strongnations.com/gs/show.php?gs=3&gsd=900>

Susan Aglukark - <http://www.susanaglukark.com>

Susan Point - <https://susanpoint.com/>

Tania Willard - <https://www.taniawillard.ca/pages/biography>

Tantoo Cardinal - <https://www.thecanadianencyclopedia.ca/en/article/tantoo-cardinal>

Tanya Tagaq - <http://tanyatagaq.com>

Thomas King - <https://www.thecanadianencyclopedia.ca/en/article/thomas-king>

Thompson Highway - <https://www.tomsonhighway.com>

Tina Keeper - <https://www.thecanadianencyclopedia.ca/en/article/tina-keeper>

Tony Hunt - <https://www.thecanadianencyclopedia.ca/en/article/tony-hunt>

Tsēma Igharas - <https://tsema.ca>

Val Lancaster - <https://ihosgallery.com/collections/val-lancaster>

Verna St. Denis - <https://www.usask.ca/education/profiles/st-denis.php>

Willie Thrasher - <https://www.youtube.com/playlist?list=PLqiqhSxWmiR0Mt0iA8HE-YL4RKL3PT-3J>



Other reading suggestions:

“Indigenous Book Lists.” *Goodreads*, Goodreads, www.goodreads.com/list/tag/indigenous

“Indigenous People.” *The Canadian Encyclopedia*,
<https://www.thecanadianencyclopedia.ca/en/search?search=Indigenous>

Books, CBC. “108 Indigenous Writers to Read, as Recommended by You | CBC Books.” *CBCnews*, CBC/Radio Canada, 14 July 2017, www.cbc.ca/books/108-indigenous-writers-to-read-as-recommended-by-you-1.4197475

Books, CBC. “Indigenous Writers Recommend Books to Read during Indigenous Book Club Month | CBC Books.” *CBCnews*, CBC/Radio Canada, 11 Sept. 2017, www.cbc.ca/books/indigenous-writers-recommend-books-to-read-during-indigenous-book-club-month-1.4194761

Kirton, Jónína. “14 Aboriginal Women Writers to Read This Summer.” *Room Magazine*,
<https://roommagazine.com/blog/14-aboriginal-women-writers-read-summer>

Northern Affairs Canada. “#IndigenousReads.” *Government of Canada; Indigenous and Northern Affairs Canada*, 1 June 2018, <https://www.aadnc-aandc.gc.ca/eng/1472674362414/1472674401876>

Radio, CBC. “Indigenous authors recommend books all Canadians should read.” *CBCnews*, CBC/Radio Canada, 18 March, 2018, <https://www.cbc.ca/radio/unreserved/how-indigenous-authors-are-claiming-space-in-the-canlit-scene-1.4573996/indigenous-authors-recommend-books-all-canadians-should-read-1.4575751>

The Conscious Kid Library - #IndigenousReads by Indigenous Writers: A Children’s Reading List
<https://medium.com/embrace-race/indigenousreads-by-indigenous-writers-a-childrens-reading-list-c3b558d1d94a>

Twitter #IndigenousReads
<https://twitter.com/hashtag/indigenousreads?f=tweets&vertical=default>



Q&A resources:

Question 1:

“I am nearly finished my degree in nursing and I feel very alone. I am First Nations and from a rural area with little to no supports. My band is in Saskatchewan and I am in Ontario. I am passionate about working on Indigenous Health Inequities and discussing Social Determinants of Health. Yet, I feel disconnected from culture and community. How can I make connections? How can I help be a bridge between Indigenous ways of knowing and Western ways of knowing? I feel a little lost...”

Answer 1 suggested resources:

- If you're experiencing emotional distress and want to talk, contact the toll-free [First Nations and Inuit Hope for Wellness Help Line](#) at **1-855-242-3310** or the online chat at hopeforwellness.ca open 24 hours a day, 7 days a week.
- Additional mental health resources and services can be found through the [Canadian Mental Health Association](#) and the [Peer Support Canada](#) web sites.
- Check your local college/university for on-campus Indigenous student centres to connect to people, groups and events.
- Many college/universities now offer Indigenous specific health courses and practice placements. A few examples:
<https://www.tru.ca/nursing/aboriginal-nursing/placements.html>
<https://www.manitobaaboriginalhealthcareers.ca>
<http://www.viha.ca/careers/aboriginal>
<https://www.mcgill.ca/indig-health>
<https://www.ualberta.ca/medicine/about/communities/community-engagement/ihl>
<http://health.aboriginal.ubc.ca>
<https://cumming.ucalgary.ca/departments/professionalism-equity-diversity/inclusion-diversity/indigenous-health-dialogue>
<https://www.unbc.ca/northern-medical-program>
<https://www.uleth.ca/healthsciences/aboriginalhealth>
<https://www.unbc.ca/northern-medical-program/first-nations-community-education-program>



Also see the following organizations:

- Michael Smith Foundation for Health Research - <https://www.msfhr.org/partnership/information-researchers>
- Indigenous Physicians Association of Canada (IPAC) - <http://www.ipac-amac.ca>
- Canadian Indigenous Nurses Association (CINA) - <http://indigenousnurses.ca>
- Canadian Nursing Students' Association (CNSA) – <http://cnsa.ca/>
- Nurse Practitioner Association of Canada (NPAC) – <http://npac-aiipc.org/>
- Canadian Nurses Association (CNA) - <https://www.cna-aiic.ca/en>
- A list of provincial nurse practitioner associations and resources - <http://bcnpa.org/clinical-resources/nurse-practitioner-associations>
- The National Association of Friendship Centres (NAFC) represents 118 Friendship Centres and Provincial and Territorial Associations (PTA) - <http://nafc.ca/en/friendship-centres>
- The Native Women's Association of Canada (NWAC) - <https://www.nwac.ca/>
- Assembly of First Nations (AFN) – <http://www.afn.ca/Home/>
- Inuit Tapiriit Kanatami (ITK) - <https://www.itk.ca/>
- First Nations Health Managers Association (FNHMA) - <http://www.fnhma.ca/>
- Métis National Council - <http://www.metisnation.ca/index.php/who-are-the-metis>
- Women of the Métis Nation (WMN) - <http://en2.metiswomen.org/>
- Métis Nation BC – <https://www.mnbc.ca>
- Métis Nation AB – <http://albertametis.com>
- Métis Nation SK – <https://www.metisnationsk.com>
- Métis Nation MB – <http://www.mmf.mb.ca>
- Métis Nation ON – <http://www.metisnation.org>
- Additional organizations can be found on the NCCAH Indigenous Health Links page at https://www.cnsa-nccah.ca/552/Indigenous_Health_Links.nccah

A plethora of stories as medicine:

- The Health Arts Research Centre (HARC) - <http://healtharts.ca/>
- CBC Unreserved with Rosanna Deerchild - <https://www.cbc.ca/radio/unreserved>
- Aboriginal Peoples Television Network (APTN) - <http://aptn.ca/>
- Media Indigena <https://mediaindigena.com/>
- Masters Indigenous Games <http://mastersindigenousgames.ca/>
- Chef David Wolfman – <http://www.cookingwiththewolfman.com/>
- Chefs: Rich Francis, Christa Bruneau-Guenther, Shane Chartrand, Tobias Grignon - <https://www.cbc.ca/news/indigenous/indigenous-chefs-dinner-vancouver-1.4502384>



- Reframe Film Festival - <https://reframefilmfestival.ca/festival/list-by-genre/indigenous/>
- The imagineNATIVE Film + Video Tour - <http://www.imagenative.org/2019-tour/>
- The Wapikoni mobile - <http://www.wapikoni.ca/home>
- The N’we Jinan Tour - <https://nwejinan.com/>
- Native Earth Performing Arts - <http://www.nativeearth.ca/>
- CBC Music Indigenous - <https://www.cbcmusic.ca/genres/indigenous>
- Canadian Geographic Indigenous Peoples Atlas of Canada
<https://indigenouspeoplesatlasofcanada.ca/>
- The National Gallery of Canada Indigenous Collections (over 2500 entries) -
https://www.gallery.ca/collection/search-the-collection?search_api_views_fulltext=Indigenous&sort_by=search_api_relevance&f%5B0%5D=field_object_piction_category%3A4766
- Poetry in Voice Indigenous - <https://www.poetryinvoic.com/poem-tags/indigenous>
- Canada Council for the Arts {Re}conciliation Initiative -
<https://canadacouncil.ca/initiatives/reconciliation>
- Historic Canada Indigenous Peoples -
<https://thecanadianencyclopedia.ca/en/collection/aboriginal-peoples/>
- Indigenous Arts & Stories <http://www.our-story.ca/explore/>
- National Film Board of Canada - Indigenous Cinema https://www.nfb.ca/indigenous-cinema/?&film_lang=en&sort=year:desc,title&year=1917..2019
- National Film Board of Canada - Unikkausivut - Sharing our Stories
<https://www.nfb.ca/playlists/unikkausivut-sharing-our-stories/>

Question 2:

“Could there be a repository for Indigenous contacts that we could connect with to pull them into our work such as, in my field, grounded theorists or qualitative research methods experts in nursing, or transition?”

Answer 2 suggested resources:

Compiled by the National Collaborating Centre for Aboriginal Health (NCCA), the *Indigenous Health Researchers at Canadian Universities* is a comprehensive listing of researchers who are affiliated with a Canadian university and have a wide range of expertise related to the health of Indigenous peoples. These researchers have undertaken some form of research related to the health and well-



being of First Nations, Inuit and/or Métis peoples, ranging from one study to a lifetime of work in a particular area.

The names of researchers along with their contact information, university affiliation, focus of Indigenous health research, and a selection of their publications are listed by theme and location. This list is searchable and printable and can be found at https://www.ccnsa-nccah.ca/512/Indigenous_Health_Researchers.nccah

Additionally, *Indigenous Health Links* includes a sampling of research institutes and organizations undertaking Indigenous health research and knowledge translation in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, and the Atlantic. The list of organizations can be found at https://www.nccah-ccnsa.ca/552/Indigenous_Health_Links.nccah

Question 3:

“I love the work and as I am immersed in a similar journey how our traditional knowledge is medicine. I believe health care needs more humanities. My question is now surrounding the issue of who is burdened by this continued trauma on Indigenous people. I am getting sensitive about so many of us Indigenous scholars having to share our burden so others can learn. How do we encourage non-Indigenous health care providers to take on this responsibly other than from the bodies of Indigenous peoples?”

Answer 3 suggested resources:

- Suggest that they “check in” and ask permission first.
- Call people in when you have the time and energy to engage.
- Call out racism when it occurs, but only if it is safe to do so.
- Share knowledge resources about racism from the NCCAH <https://www.ccnsa-nccah.ca/34/Publication.nccah?cat=24>

Suggest they go to the public record and engage with the arts and humanities ...

The Inconvenient Indian (Suggested by Dr. Terri Aldred)

<https://penguinrandomhouse.ca/books/93028/inconvenient-indian#9780385664226>

Annie Muktuk and Other Stories (Suggested by Dr. Sarah de Leeuw)

<http://www.uap.ualberta.ca/titles/886-9781772122978-annie-muktuk-and-other-stories>



See the list of Indigenous artists, musicians, authors, chefs, and designers as suggested by webinar participants, or refer to the answers provided for Question 1.

Suggest that they engage with the #IndigenousReads hashtag on [Twitter](#) or Facebook.

See the suggested reading list on page 4 of this document.

Final Story Resource:

“Northwest Coast Canoes.” *The Bill Reid Centre*, Simon Fraser University,
www.sfu.ca/brc/art_architecture/canoes.html

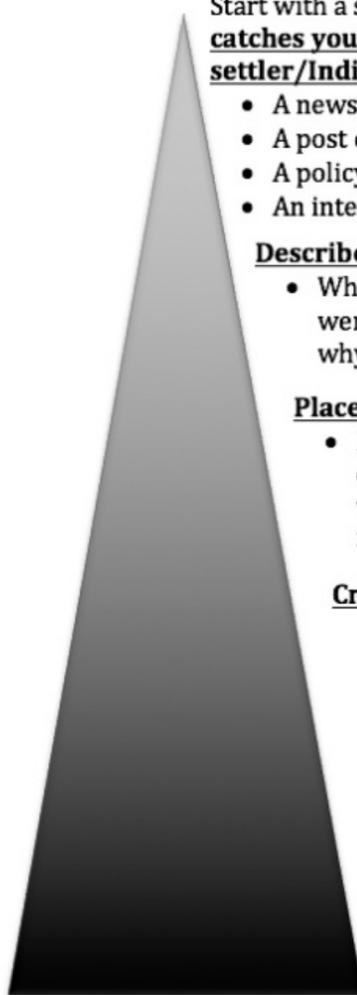
Additional presentation resources:

Rita Charon is a general internist and literary scholar at Columbia University who originated the field of narrative medicine. <http://sps.columbia.edu/narrative-medicine/faculty/rita-charon>



Additional presentation resources:

Critical creative self-reflection model by Sarah de Leeuw, © 2017.



Start with a single incident – **ANY INCIDENT that catches your attention and pertains to settler/Indigenous relations:**

- A news story
- A post on Facebook
- A policy at work
- An interaction with a colleague

Describe the incident:

- Where was it, when did it take place, what were the specifics of it, who was involved, why did it jump out at you...

Place yourself INSIDE the event:

- How did you react in the event, why did the event move you or catch your attention, what were you thinking about with reference to the event....

Critically UNPACK the event:

- What is the opposite perspective of the one you have?
- What might the views of others in the event be?
- Where and what are aspects the aspects of culture?

ANALYZE the event and draw conclusions

- What did you learn?
- How might you bring these lessons into future interactions?
- How might you change?

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