



# Indigenous Cultural Safety and Humility in Primary Care

June 9, 2022

A KNOWLEDGE EXCHANGE



## Indigenous Cultural Safety Resource List

We would like to acknowledge that this resource list was recommended by Harley Eagle and N'alaga, Avis O'Brien and we are grateful for their assistance with this compilation.

The list of resources is to further expand your knowledge as we strive to provide culturally safe and relational ways to deliver primary care to Indigenous peoples and communities. Please note that the resources for Indigenous Cultural Safety is ever evolving and that this resource list provides only a glimpse of the information that is available.

### **A note from N'alaga Kaaw Kuuna, Avis O'Brien (Nalaga Consulting)**

*Tools for Offering Health Care Rooted in Belonging, Cultural Safety and Co Regulation:*

- *Be mindful of our own nervous system and burn out. Are we able to offer co regulation and hold empathetic space with unconditional positive regard for folks? Or are we burnt out and actually causing harm in the health care field? If we are causing harm, time to take a break and nourish ourselves until we are able to provide empathetic, non-judgmental health care*
- *Offer traditional plant medicines in health care facilities (cedar, tobacco, sage & sweet grass)*
- *Provide access to healthy, knowledgeable, equipped Elders for support during mental & physical health crises in health care settings*

### **A note from Harley Eagle (Harley Eagle Facilitation)**

- *Be mindful of your emotions and feelings that may come up as you embrace this material. Take the time to care for yourself and utilize those techniques that assist you in staying engaged in the face of the uncomfortable as you further embrace this material*

## **INDIGENOUS CULTURAL SAFETY & HUMILITY**

- [National Aboriginal Health Organization Fact Sheet: Cultural Safety](#)
- [National Indigenous Cultural Safety Learning Series Video](#)
- [First Nations Health Authority: Cultural Safety and Humility](#)
- [Why cultural safety rather than cultural competency is required to achieve health equity: a literature review and recommended definition](#)  
International Journal for Equity in Health

- [Cultural Safety and Leadership with Harley Eagle](#)  
UBC Learning Circle

## ICS TRAINING PROGRAMS AND LEARNING SERIES

- [San'yas Indigenous Cultural Safety Training Program](#)
- [Indigenous Canada through the University of Alberta](#)
- [Indigenous Cultural Safety Collaborative Learning Series](#)

## LAND ACKNOWLEDGMENTS

- [Why Land Acknowledgements are Important in Healthcare](#)  
iCON-VCH Indigenous Health Round
- [On Land Acknowledgments](#)  
UBC Distance Learning
- [Indigenous Territory Map](#)  
*Note: This map may have inaccuracies, or omissions, as it is a living document, so it is best to use it as a start to your research regarding Indigenous Territory.*
- [Guide to Acknowledging First Peoples & Traditional Territory](#)  
Canadian Association of University Teachers (CAUT)

## SELF-CARE AND HEALING

- [Authenticity vs. Attachment](#)  
Gabor Maté
- [Integrating somatic approaches to trauma with 'parts' language](#)  
Dr. Janina Fisher
- [Self-Regulation Skills: Why They Are Fundamental](#)  
Committee for Children
- [What Is the Vagus Nerve? | Vagus Nerve Explained | Brain, Mind Body Connect](#)  
The Art of Living
- [My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#)  
Resmaa Menakem  
*Note: This is an excellent book for understanding trauma, the somatic experiencing of racism and connecting to the Older Story of Colonization and therapeutic/healing practices.*
- [Dr. Stephen Porges: what is the polyvagal theory](#)  
PsychAlive.org
- [Stephen Porges - Polyvagal Theory: Co Regulation in Therapy](#)  
Milton Erickson Insitut Rottweil

- S.T.O.P. TECHNIQUE Self-Regulation

Dr. Rahul Gupta

*Can be used at the beginning of the day, between work periods if feeling distracted or when upset, or at lunch time (open one's senses)*

- S Stop
- T Take 3 breaths
- O Observe (body, feelings, thoughts, environment)
- P Proceed into the next moment

*Note from Harley Eagle: Doing something creative such as a familiar craft like knitting, beading, doodling etc. can help you stay engaged. Also holding an object in your hands such as a stone or a stress relief item.*

## SHAME

- [Shame and Accountability](#)  
Brené Brown
- [Shame: 3 Tips for Breaking the Cycle](#)  
Dr. Janina Fisher

## DOCTRINE OF DISCOVERY

- [Doctrine of Discovery: Stolen lands, Strong Hearts](#)  
Anglican Church of Canada
- [The Doctrine of Discovery Must Be Repudiated by United Nations, Permanent Forum Told](#)  
United Nations
- [Doctrine of Discovery](#)  
Oren Lyons, Sid Hill and the Haudenosaunee
- [Example of a Statement of Repudiation](#)  
World Council of Churches

## TRAUMA INFORMED PRACTICE

- [Understanding Trauma: Learning Brain vs Survival Brain](#)  
Dr Jacob Ham
- [Name it to tame it](#)  
Dr Dan Siegel
- [Intergenerational Trauma and Residential Schools](#)  
The Canadian Encyclopedia
- [Intergenerational Trauma Animation an Australian Indigenous Story](#)  
The Healing Foundation
- [Trauma-Informed Practice \(TIP\) – Resources](#)

## RESTORATIVE JUSTICE & CIRCLES

<https://livingjusticepress.org/about-circles/>

*Note: Living Justice Press is a great portal into Restorative Justice especially as they strive to work from a decolonized perspective*

## INDIAN ACT

- [The Indian Act](#)  
First Nations & Indigenous Studies UBC
- [The Indian Act](#)  
The Canadian Encyclopedia
- [The Indian Act Explained with Bob Joseph author of 21 Things to Know About the Indian Act](#)  
The Agenda with Steve Paikin
- [The Indian Act and Women](#)  
The Canadian Encyclopedia

## RESIDENTIAL SCHOOLS

- [The National Center for Truth and Reconciliation](#)
- [Residential Schools in Canada: A Timeline](#)  
Historica Canada
- [Shattering the Silence](#)  
University of Regina
- [Truth and Reconciliation Commission of Canada: Calls to Action](#)  
Truth and Reconciliation Commission of Canada
- [Talking to kids about Residential Schools](#)  
Monique Gray Smith

## INDIAN HOSPITALS

- [Indian hospitals: The evolution of intentional coloniality and the biology of anti-Indigenous racism](#)  
Dr. Cassandra Felske-Durksen
- [Researching and Revealing Indian Hospitals in Canada](#)  
Canada's History
- [Medicine Unbundled: A Journey Through the Minefields of Indigenous Health Care](#)  
Gary Geddes

- [Separate Beds: A History of Indian Hospitals in Canada, 1920s-1980s](#)  
Maureen Katherine Lux

## 60'S SCOOP

- [Separating children from parents: The Sixties Scoop in Canada](#)  
CBC News
- [Have you heard about the Sixties Scoop?](#)  
Live and Learn
- [Sixties Scoop Millennium Scoop: Overview](#)  
Kwantlen Polytechnic University

## DAY SCHOOLS

- [Learning about Indian Day Schools](#)  
McGill University

## ROOTS OF THE IDEOLOGY OF RACE

- [The Roots of Race I: Carl Linnaeus](#)  
Robert Wesley Branch
- [The Myth Of Race](#)  
BBC Ideas

## THE OLDER STORY OF COLONIZATION

- [The Making of Europe: Conquest, Colonization, and Cultural Change, 950-1350](#)  
Robert J. Bartlett
- [The Chalice And The Blade: Our History, Our Future](#)  
Riane Eisler
- [The Bead Timeline](#)  
Suzanne Camp

*Note: a very interesting video that connects to the understanding that for time immemorial Indigenous Peoples have been here and to important time historical eras from other parts of the world*

## ANTI-RACISM

- [Anti-Racism Resources](#)  
Public Service Alliance of Canada
- [White Supremacy Culture](#)  
<https://www.dismantlingracism.org/>
- [White Supremacy Culture Characteristics](#)  
White Supremacy Culture

- [Qualities of Authentic Relationships across Differences](#)  
Karen Pace and Dionardo Pizaña
- [Predictable Phases of Equity Work](#)  
<https://www.dismantlingracism.org/>
- [Me and White Supremacy](#)  
Layla Saad
- [The Emperor Has No Clothes: Teaching About Race And Racism To People Who Don't Want To Know](#)  
Tema Okun

## EXPANDING OUR NARRATIVES

- [The danger of a single story by Chimamanda Ngozi Adichie](#)  
TedTalks
- [Determinants of Indigenous Peoples' Health in Canada: Beyond the Social](#)  
Charlotte Reading and Sarah de Leeuw

## UNITED NATIONS DECLARATION ON THE RIGHTS OF INDIGENOUS PEOPLES

- [UNDRIP: Overview](#)  
Kwantlen Polytechnic University
- [How UNDRIP Changes Canada's Relationship with Indigenous Peoples](#)  
Centre for International Governance Innovation
- [New BC legislation now in force to implement Declaration on the Rights of Indigenous Peoples Act](#)  
Norton Rose Fulbright
- [Backgrounder: United Nations Declaration on the Rights of Indigenous Peoples Act](#)  
Department of Justice Canada

## LINKS TO INDIGENOUS FOCUSED BOOK LISTS

- [Some of the best books by Indigenous writers in Canada](#)  
Kobo
- [48 books by Indigenous writers to read to understand residential schools](#)  
CBC Books

## OTHER VIDEOS

- [Creating environments for Indigenous youth to live & succeed](#)  
Tunchai Redvers, co-founder of We Matter
- [Follow-up Articles to the Gwasala-Nakwaxdaxw community re: How a People Live film](#)  
Coast Funds

- [70-20-10 Model of Learning and Development](#)
- [70:20:10](#)  
Charles Jennings & Fuse
- [Indigenous knowledges in social work](#)  
The University of Manitoba

## OTHER BOOKS & ARTICLES

- [Pagans in the Promised Land: Decoding the Doctrine of Christian Discovery](#)  
Steven T. Newcomb
- [Preliminary study of the impact on indigenous peoples of the international legal construct known as the Doctrine of Discovery Submitted by the Special Rapporteur](#)  
United Nations
- [The International Law of Colonialism](#)  
The Doctrine of Discovery
- [The violence of colonization and the importance of decolonizing therapeutic relationship: the role of helper in centering indigenous wisdom](#)  
International Journal of Indigenous Health
- [Earth system impacts of the European arrival and Great Dying in the Americas after 1492](#)  
Science Direct
- [European colonization of the Americas killed 10 percent of world population and caused global cooling](#)  
The World
- [Dear Dr. Bryce: Letters to late residential school whistleblower express gratitude, pledge action](#)  
CBC