

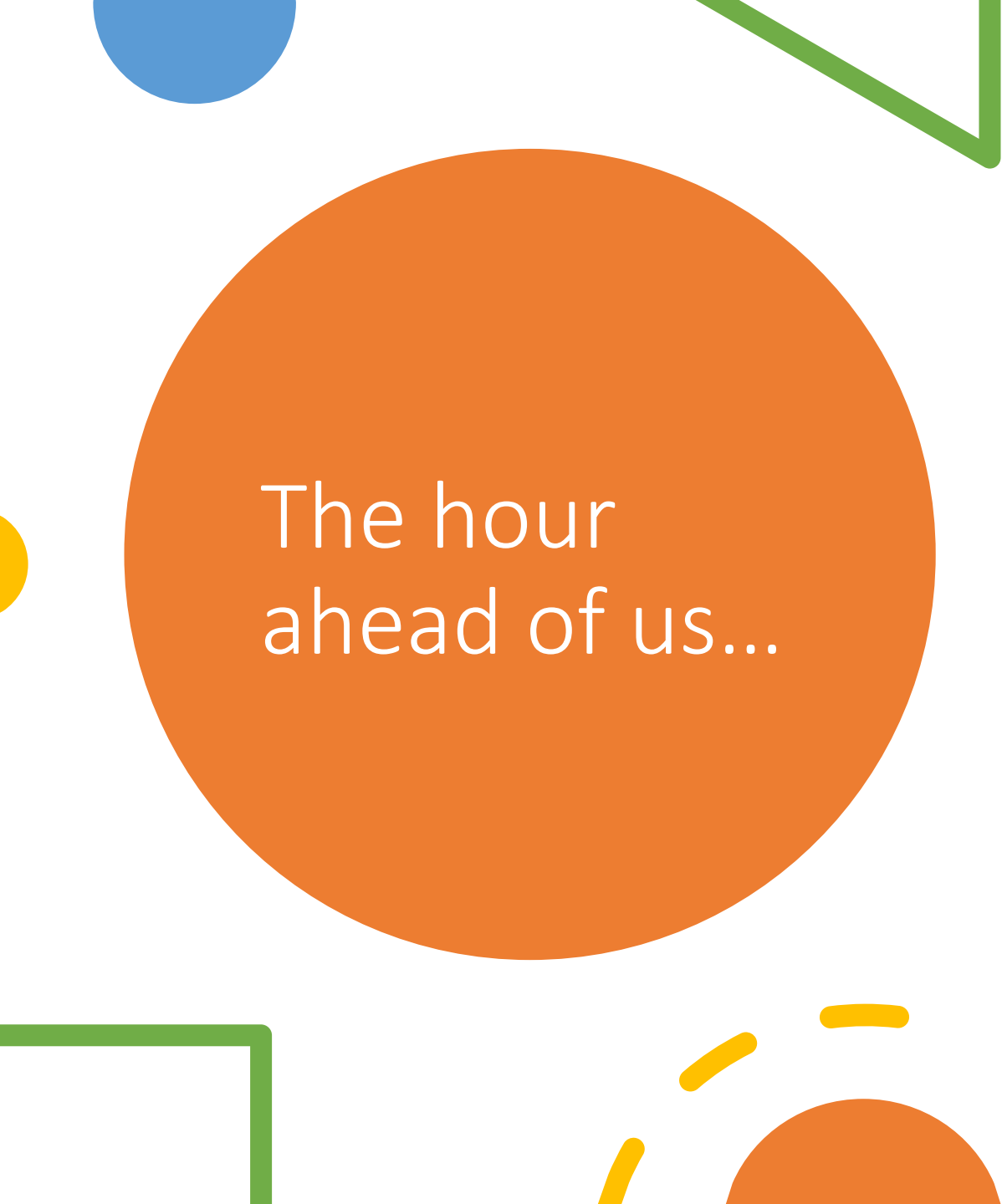


Storytelling and Friendships:

Telling Tales about New and Creative Anticolonial Research Methods

Kung Jaadee and Sarah de Leeuw

March 7th 2024



The hour ahead of us...

9:00 am

Intros

9:10 am

A story

9:30 am

Some evidence and research

9:40 am

An exercise

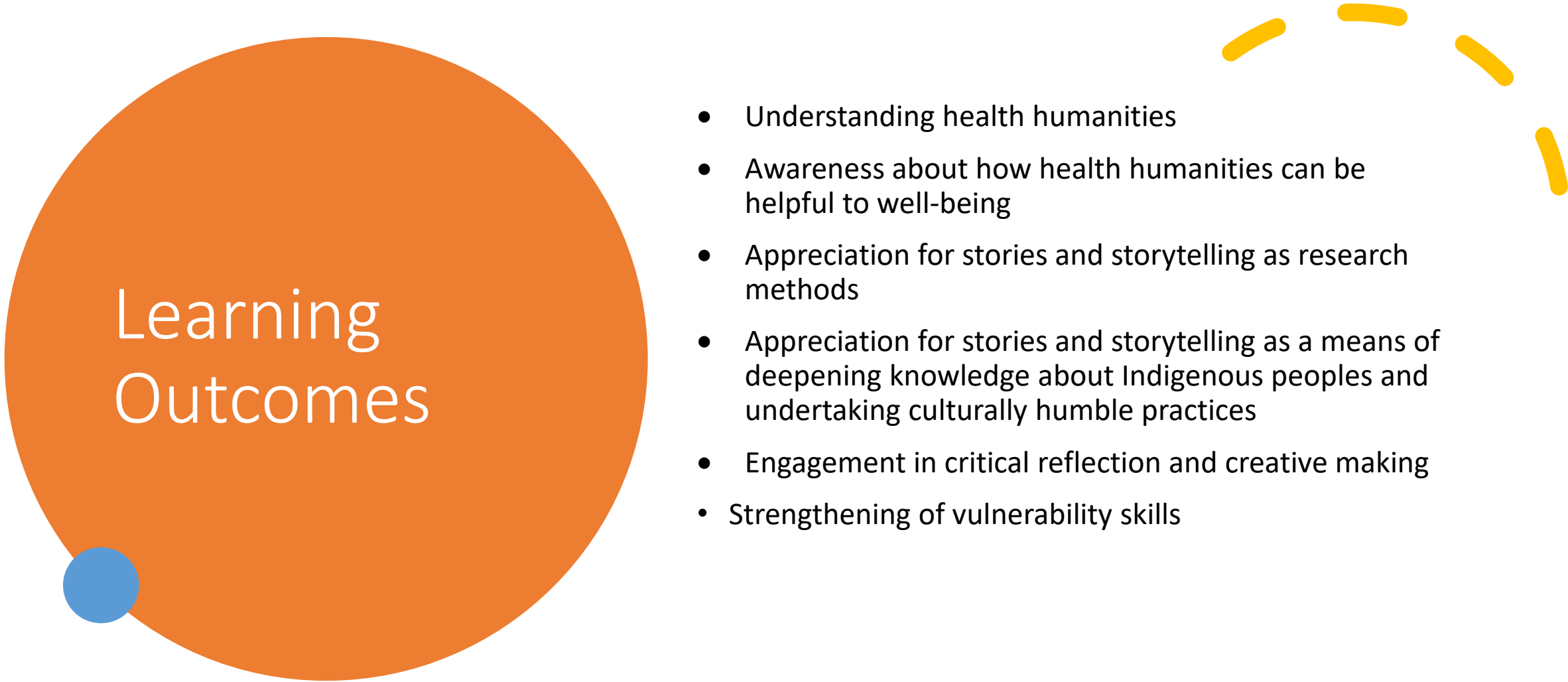
9:50 am

Putting it all together

9:55 am

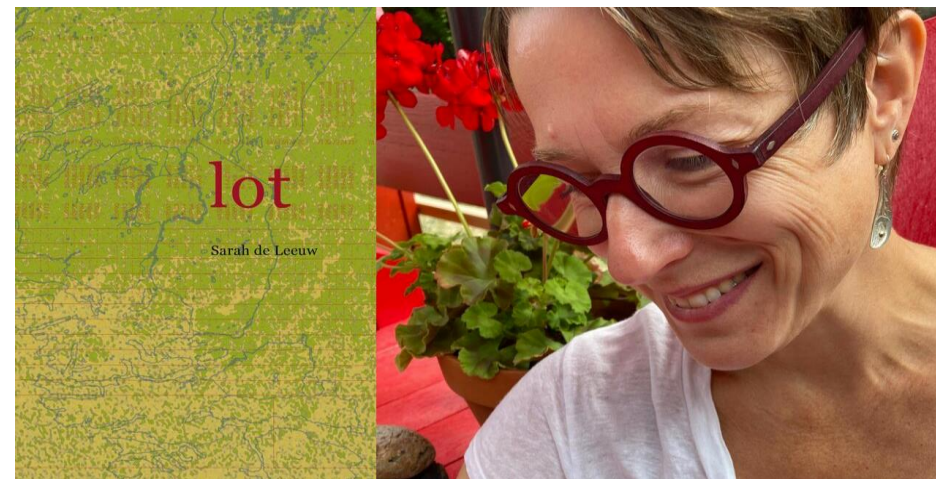
Closing, wrap up, and final questions





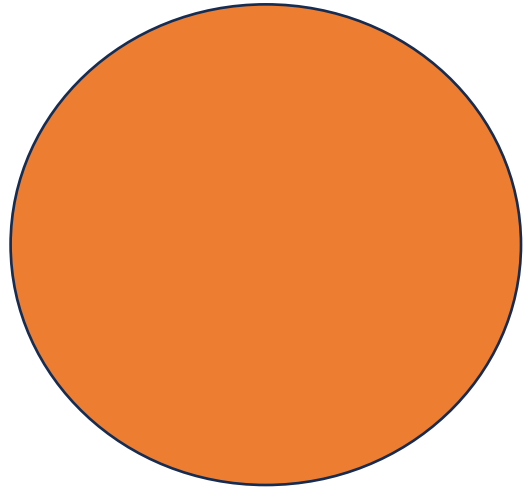
Learning Outcomes

- Understanding health humanities
- Awareness about how health humanities can be helpful to well-being
- Appreciation for stories and storytelling as research methods
- Appreciation for stories and storytelling as a means of deepening knowledge about Indigenous peoples and undertaking culturally humble practices
- Engagement in critical reflection and creative making
- Strengthening of vulnerability skills

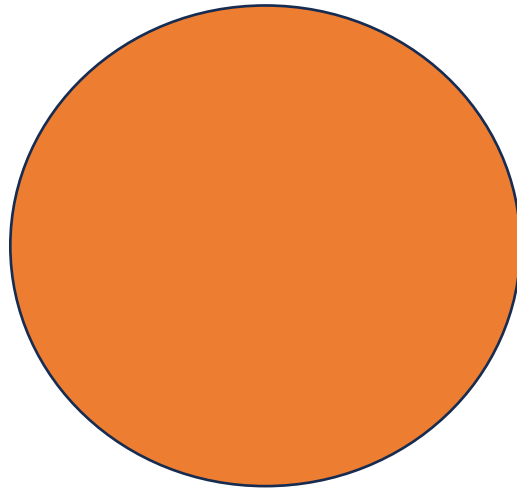
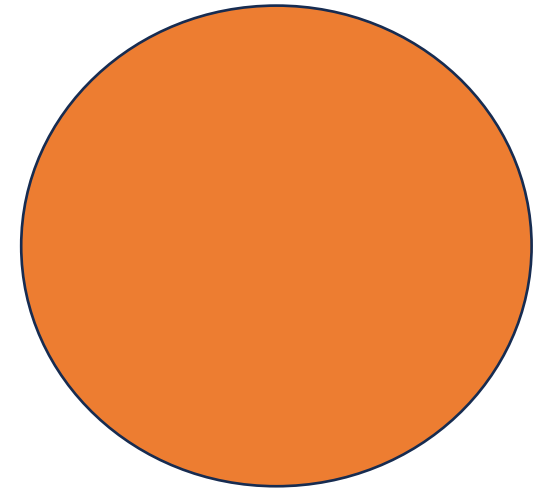


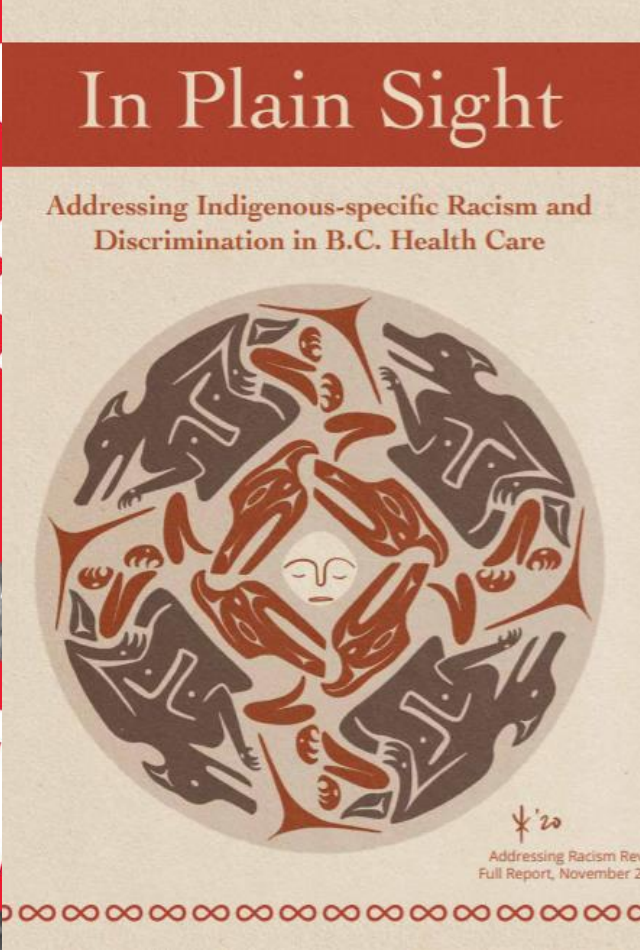
A Story to begin all
beginnings...





Love, no matter
what...be a friend
to yourself and
each other...





Why stories and friendship and love now, why more than ever?



- In September 2020, 37-year-old Atikamekw woman Joyce Echaquan's deplorable death became a national tragedy and the subject of a provincial inquiry in Quebec. In January 2021, BC released exhaustive evidence of long-standing, pervasive anti-Indigenous racism in the healthcare system.
- In February 2021, the first Indigenous incoming president of the Canadian Medical Association stated, "it's time to eliminate racism, sexism, ableism, classism and all other '-isms' that permeate health system culture."
- Since early 2020, COVID 19 has highlighted and amplified nationwide health disparities linked to colonial, racist, place-based, economic, and gendered inequities.

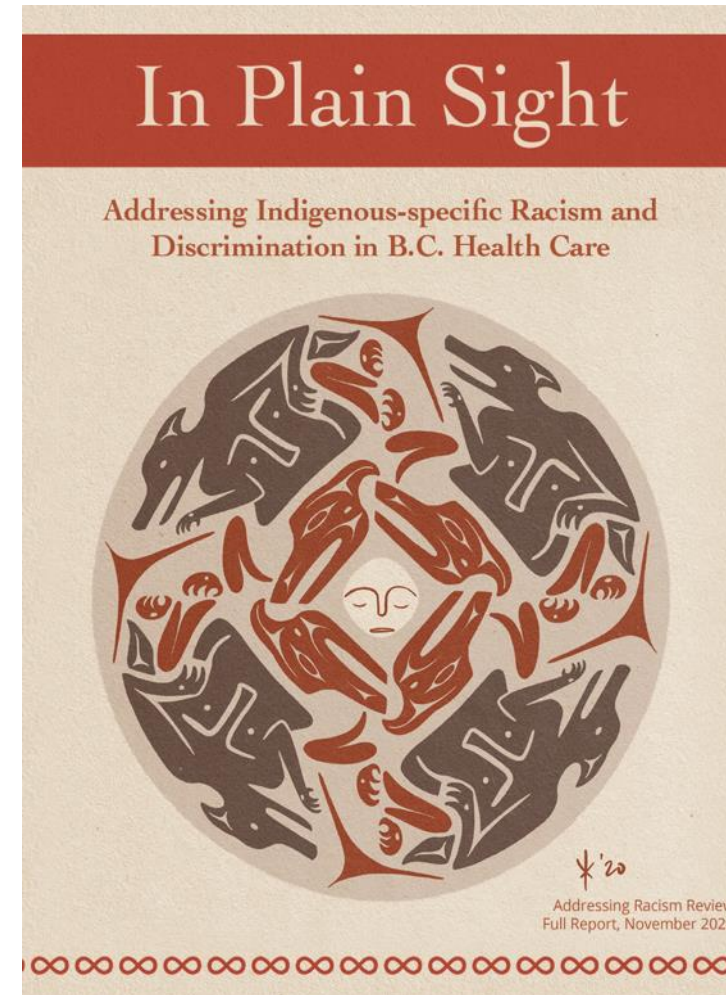
Social Context

In Plain Sight: *Recommendation #20:*

- *That a refreshed approach to anti-racism, cultural humility and trauma informed training for health workers be developed and implemented...*

Truth and Reconciliation Call to Action #23

- *Provide cultural competency training for all health-care professionals*



Truth and Reconciliation
Commission of Canada:
Calls to Action





Critical Self Reflexivity, Cultural Humility

The concept of cultural safety [was] developed by Indigenous nurses in...New Zealand...[there are] theoretical and methodological issues that came to the forefront in our attempts to use this concept in our research with different populations in Canada. We argue that this concept prompts us to **“think critically”** about ourselves and our patients, and to be **mindful** of our own sociocultural, economic, and historical location. This critical reflection has implications for how we live, relate to one another, and practice in our various professional disciplines.

Anderson, J., Perry, J., Blue, C., Browne, A., Henderson, A., Khan, K. B., ... & Smye, V. (2003). “Rewriting” cultural safety within the postcolonial and postnational feminist project: Toward new epistemologies of healing. *Advances in Nursing Science*, 26(3), 196-214.





The Fundamental Role of the Arts and Humanities in Medical Education

“[T]he first two decades of 21st-century medicine have witnessed significant transformation in healthcare delivery, marked health disparities, civil unrest, unprecedented rates of physician burnout and suicide, and unforeseen public health crises ... [The] integration of the arts and humanities into medicine and medical education may be essential to educating a [healthcare] workforce that can effectively contribute to optimal healthcare outcomes for patients and communities”.

Health Humanities in our Social Context

- What are health humanities?

- Medicine and health have always been as much an ART as a science
- Bringing humanities (art, writing, philosophy, theater, history) back to medicine and health practice, education, and research.

- What can health humanities do?

- Refreshed approaches
- Creates Empathic Relationships with patients through narrative competence.
- Combat burnout
- Creates narrative communication strategies for patient centered care.

- What do health humanities look like IN ACTION?

- Listening to other stories
- Creating new works that reimagine our world
- Practicing new arts
- Engaging more regularly in creative practices

Integrating
things into
your
scholarship
and
practice...

A HEALTH HUMANITIES UMBRELLA

- Methodologies (vs. Methods)
 - Decolonizing
 - Coloniality
 - Anti-colonialism
- Arts-based methods
 - Storytelling
 - Mark making
 - Visual mapping
 - Theater prompts
 - Photovoice



What do humanities DO?

The Humanities strengthen our global view, broaden our intellectual foundation, teach us to communicate clearly, help us to develop creative and critical thinking skills, teach us to be problem solvers, create engaged citizens and thinkers, reinforce cultural and ethical responsibilities and values, help us to understand the impact that science, technology, and medicine have had on society, and create well-rounded academics, students, and thinkers.

Reiter, C. M. (2017). 21st Century Education: The Importance of the Humanities in Primary Education in the Age of STEM.

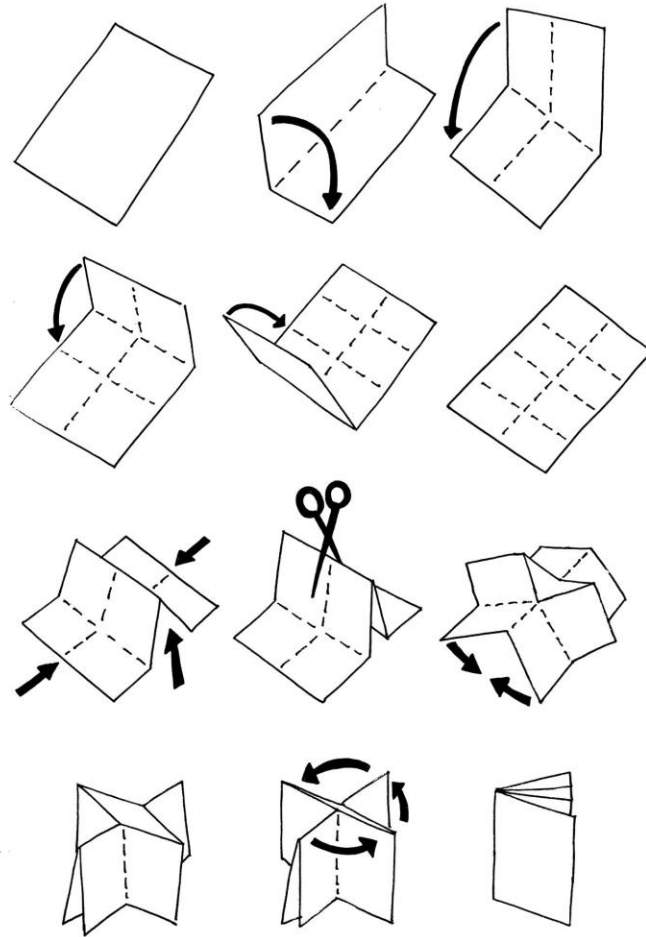


We all bring medicine

- Health humanities can allow us to listen more genuinely to different and diverse voices.
- Health humanities can encourage self-reflection...so we can understand our own world views more deeply.
- Health humanities can encourage an “ingestion” of other world views.
- Health humanities can open new spaces for reflection and contemplation.
- Health humanities can thus be a space of translation.
- If you're interested, please don't hesitate to explore The Health Arts Research Centre and The Canadian Association for Health Humanities!



How to fold a Zine



By www.tellatide.org.uk



Thanks and final
closing discussion...

deleeuws@unbc.ca