

# BUILDING AN AWARENESS OF CULTURAL HUMILITY

## Caring Together Through Work mâmwî kisêwâtôtâtowin wîci atoskêmitowin



Registration is now open for this online course: <https://ccdeconference.usask.ca/index.aspx?cid=328>

Registration Fee: \$ 150.00 (plus GST)

This course is intended for health services staff who are not medically trained, as well as students interested in or already engaged in health science education.

Enhance your ability to understand Indigenous history and culture, and communicate in a better way.

The course has been divided into 2 modules (5 topics), each of which is broken into relevant topics related to the theme of each module. Within each topic, you will be expected to respond with at least one post to one or more discussion questions (posting anonymously is also available).

Additionally, you will be supported to write a reflection on a major theme introduced in two of the topics. The process of reflective writing will encourage you to reflect on how your responses to others are influenced by your own culture and experiences.

### Learning Objectives:

Through your participation in the course, you will be able to:

- Explore how 'cultural genocide' led to intergenerational trauma that impacts the health and wellness of Indigenous peoples
- Identify how the current health disparities faced by Indigenous peoples have their roots in their historical and current institutional experiences
- Explore how the current environment contributes to health disparities

### Module 1: Personal Reflection, Indigenous World View and How these Affect Health Care

**Topic 1:** How do my beliefs about health care influence the service I deliver to Indigenous people? Cultural beliefs, generalities, importance of self-reflection, Indigenous health approach, access issues, world-view, community and family, Truth and Reconciliation, self-reflection journal

**Topic 2:** Intergenerational Trauma – Racism in Health Care: Trauma, colonialism, racism, a spiritual journey, interactive blog

**Topic 3:** Relationship Building and Communication Strategies to Enhance Cultural Safety: Myth busting, communication with Indigenous patients, interactive blog

### Module 2: Cultural Safety: How the Past informs the Present

**Topic 4:** Residential Schools & Intergenerational Trauma, Residential school experience stories, intergenerational trauma, determinants of health

**Topic 5:** What is Cultural Safety: Racism and stories, final self-reflection journal.

1. TARGET AUDIENCE

The course is suitable for non-medically trained health care workers and others that work in the health care community and will enhance the learners' capacity when engaging Indigenous persons in their workplace.

2. TIME/DATE

This online course is self-directed. Participants are expected to complete the online modules at their own pace, within their registered time frame. Sessions will be available to commence on **October 15, 2020 and will be available until December 15, 2020.** (8 weeks is allowed).

3. COST

Registration fee is \$150 + GST.

4. REGISTRATION

To register, visit (<https://ccdeconference.usask.ca/index.aspx?cid=328>)

You will be asked to complete an online form. Confirmation of registration will be emailed to you once you have completed and submitted the online form. Login and preparation instructions will be sent to you separately, prior to the start of the course.

Course contacts: Dan Mittelholtz • dan.mittelholtz@usask.ca 306-966-7791 • Joy Richards • [joyrichards@usask.ca](mailto:joyrichards@usask.ca) 306-966-7473

CANCELLATION & REFUND POLICY

Cancellations must be received in writing before October 5, 2020 and will be subject to a \$50.00 administration fee. Refunds will not be considered on or after October 15, 2020. The Divisions of Continuing Medical Education and Continuing Education in Rehabilitation Science, University of Saskatchewan reserve the right to cancel or postpone a course due to insufficient registration or circumstances beyond our control. This course may be canceled twenty (20) days prior to the course date. Each registrant will be notified with a full refund following. Non-attendance does not constitute notice of withdrawal.

**DECLARATION OF POTENTIAL CONFLICT OF INTEREST**

In keeping with accreditation guidelines, speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest, relating not only to the subject matter of this program but also to any other medical topic.

**PLANNING COMMITTEE**  
 Dr. Veronica McKinney  
 Daniel Mittelholtz  
 Val Arnault-Pelletier  
 Dr. James Barton  
 Dr. Sarah Oosman  
 Martin Bembridge  
 Terrina Bellegarde  
 Dr. Stacey Lovo Grona

**Faculty**



Mr. Ross Gardypie  
Knowledge Keeper and Elder's Helper



André Letendre - Elder  
Métis Knowledge & Ceremonial Keeper  
Saskatchewan Health Authority



Dr. Sarah Oosman  
Assistant Professor - School of Physical Therapy -  
U of S



Dr. Rose Roberts - RN, PhD  
Education Development Specialist  
Indigenous Engagement and Education - U of S



Dr. Veronica McKinney, MD  
Director, Northern Medical Services



Dr. Carrie Bourassa, PhD  
Scientific Director  
Institute of Indigenous People's Health - U of S



Dr. Caroline Tait - Associate Professor  
Department of Psychiatry - U of S



Dr. Alika Lafontaine  
Anesthesiologist, Northern Aboriginal Health Program (Advisor)  
President of the Indigenous Physicians Association of Canada



Maria Linklater - Elder  
Indigenous Voices - U of S