

**CARLETON UNIVERSITY
DEPARTMENT OF SOCIOLOGY AND ANTHROPOLOGY**

**SOCI 2820 A [0.5 credit]
ANTH 2815 C and INDG 3901 A
2023 Fall Term
Selected Topics in Sociology
Indigenous Health, Wellness and Decolonization**

Instructor: Simon Brascoupe
Email: simonbrascoupe@hotmail.com
Office:
Phone Number: 613 882-7059
Office Hours: 5:00 to 6:00 pm
Class meets; Mondays, 18:05-20:55 pm, In-person

Pre-requisites & Precluded Courses: SOCI 1001 and SOCI 1002, or SOCI 1003 [1.0], or ANTH 1001, or ANTH 1002.

Course Description and Objectives:

This course is a holistic exploration of Indigenous health, wellness and decolonization from an Indigenous perspective. Topics include Indigenous healing, knowledge and medicine; health history; healthcare transformation; land-based healing; and health and wellness through the lens of Indigenous Peoples (First Nations, Inuit and Metis) health knowledge, culture and practices. Indigenous Peoples are responding to poor health outcomes by transforming their food, health, education, economic and ecological systems. The course will include guest speakers, Elders and documentaries.

Course objectives:

1. To understand Indigenous health history, policy, perspective, and practices to recognize the colonial roots and contemporary trends related to poor health outcomes, trends and persistence.
2. To explore Indigenous health revitalization, initiatives and trends to change and transform the health system to find a balance and integration of the Indigenous and Canadian health systems.
3. To analyze Indigenous health, revitalization and decolonization through evidence-based literature, Indigenous knowledge, and key historical texts; the Royal Commission on Aboriginal Peoples Report, the Truth and Reconciliation Commission Report and the United Nations Declaration on the Rights of Indigenous Peoples. and
4. To appreciate Indigenous Peoples (First Nations, Inuit and Metis) contemporary innovative and responses to colonialism, legislation & policies, residential schools and current trends in Indigenous health and wellness.

Reading (s)/Textbook (s):

Greenwood, M., De Leeuw, S., & Lindsay, N. M. (Eds.). (2018). Determinants of Indigenous Peoples' health: Beyond the social. Canadian Scholars.

Readings are listed below and available online.

Course Requirements & Methods of Evaluation:

- Definitions 10% due September 25, 2023; prepare definitions on Indigenous Peoples in Canada and population data for First Nation, Inuit and Metis.
- Research Proposal 25%, due October 30, 2023; research proposal a topic of your choice on Indigenous health and wellness, land-based healing, decolonization, Indigenous knowledge/medicine and healing or other topics.
- Research Paper 40%; due December 4, 2023; research paper and analysis of your question/thesis statement on your selected topic.
- Participation 25%; participation in class and Group Discussions 2% per class plus 1% for all classes.

| Date: | Term starts September 1, 2023 |
|---|--|
| 1. September 11, 2023 6:05 - 8:55 pm | <p>Introduction – overview of course on Indigenous health history, policy and practices to understand the roots of poor health outcomes and trends in decolonization, traditional medicine, healing and wellness.</p> <p>Required reading: Chapter 1 Structural Determinants of Aboriginal Peoples Health, Charlotte Reading; Greenwood, M., De Leeuw, S., & Lindsay, N. M. (Eds.). (2018). Determinants of Indigenous Peoples' health: Beyond the social. Supplemental readings – chapter 2, 3, 4, 5 and 6.</p> <p>Group Discussions: definitions of Indigenous Peoples: First Nations, Inuit and Metis, and why are the I and P capitalized in Indigenous Peoples.</p> |
| 2. September 18, 2023 6:05 - 8:55 pm | <p>Indigenous health history – review of pre-contact health, impact of contact on Indigenous health and population, colonial history and present-day responses through use of traditional medicine and wellness and finding a balance between Indigenous and Western medicine.</p> <p>Required reading: Loopie, C., & Wien, F. (2008). Health inequalities and social determinants of Aboriginal people's health.</p> <p>Group Discussions: Evidence-based research using Carleton Library</p> |
| 3. September 25, 2023 6:05 - 8:55 pm | <p>Traditional medicine and knowledge – the use of traditional medicine and Indigenous knowledge in contemporary times, research on traditional medicine and practice in Indigenous health and wellness programs and policies.</p> <p>Required reading: Greenwood, M., De Leeuw, S., & Lindsay, N. M. (Eds.). (2018). Determinants of Indigenous Peoples' health: Beyond the social. Part 2 Honouring Indigenous Knowledge About Health Chapter 7 - atikowisi miýw-a⁻ya⁻ win, Ascribed Health and Wellness, to kaskitamasowin miýw-a⁻ya⁻ win, Achieved Health and Wellness: Shifting the Paradigm Chapter 8 - Raven healing Chapter 9 - miyo-pimâtisiwin, "A Good Path": Indigenous Knowledges, Languages, and Traditions in Education and Health Chapter 10 - Inuit Knowledge Systems, Elders, and Determinants of Health: Harmony, Balance, and the Role of Holistic Thinking Chapter 11 - Two Poems</p> <p>Group Discussions: 4 differences between Indigenous and western medicine.</p> |

| | |
|--|--|
| 4. October 2, 2023 6:05 - 8:55 pm | <p>Land-based healing – most Indigenous communities provide land-based programs for healing and wellness of youth, families and community healing.</p> <p>Required reading: Greenwood, M., De Leeuw, S., & Lindsay, N. M. (Eds.). (2018). Determinants of Indigenous Peoples' health: Beyond the social. Chapter 16— The Relatedness of People, Land, and Health: Stories from Anishinabe Elder Chapter 17— Activating Place: Geography as a Determinant of Indigenous Peoples' Health and Well-Being Chapter 18— Violence on the Land, Violence on Our Bodies Women's Earth Chapter 19— Take Care of the Land and the Land Will Take Care of You: Resources, Development, and Health Chapter 20— Dishinit Sakeh</p> <p>Supplementary reading: Radu, I., House, L. L. M., & Pashagumskum, E. (2014). Land, life, and knowledge in Chisasibi Intergenerational healing in the bush. Decolonization - Indigeneity, Education & Society, 3(3).</p> <p>Group Discussions: 4 ways the land heals.</p> |
| October 9, 2023 | (No class Thanksgiving Day) |
| 5. October 16, 2023 6:05 - 8:55 pm | <p>Healing and wellness – recently there have been a shift from looking at Indigenous health from a Western science perspective to and an Indigenous holistic perspective. This is impacting research and policy to move beyond the concept to health to include Indigenous knowledge of healing and wellness.</p> <p>Required reading: Greenwood, M., De Leeuw, S., & Lindsay, N. M. (Eds.). (2018). Determinants of Indigenous Peoples' health: Beyond the social. Part 3 Chapter 12— Being at the Interface: Early Childhood as a Determinant of Health Chapter 13— Knowing Who You Are: Family History and Aboriginal Determinants of Health Chapter 14— Cultural Wounds Demand Cultural Medicine Chapter 15— Grandma and Grandpa and the Mysterious Case of Wolf Teeth in the House!</p> <p>Supplementary Reading Chapter 12 Toward a Recuperation of Souls and Bodies: Community Healing and the Complex Interplay of Faith and History. Naomi Adelson. Healing Traditions: The Mental Health of Aboriginal Peoples in Canada</p> <p>Group Discussions: 4 causes of poor health in Indigenous communities.</p> |
| October 23, 2023 | Fall Break, no classes. |
| 6. October 30, 2023 6:05 - 8:55 pm | <p>Nishiiyuu Miyupimaatisiin – Birthing knowledge and midwifery has been movement part of decolonization – Indigenous midwives are saying we need to take back birthing in our communities. Katsi Cook Midwifery https://youtu.be/oZHe62yQPpc</p> <p>Required reading: Greenwood, M., De Leeuw, S., & Lindsay, N. M. (Eds.). (2018). Determinants of Indigenous Peoples' health: Beyond the social. Part 5 Chapter 21— miyo-pimâtisiwin: Practising “the Good Way of Life” from the Hospital Bed to Mother Earth Chapter 22— Reshaping the Politics of Health: A Personal Perspective Chapter 23— Aboriginal Early Childhood Development Policies and Programs in British Columbia: Beyond the Rhetoric</p> |

| | |
|---|--|
| | <p>Chapter 24— Type 2 Diabetes in Indigenous Populations: Why a Focus on Genetic Susceptibility Is Not Enough</p> <p>Chapter 25— Determining Life with HIV and Aids</p> <p>Chapter 26— Medicine Is Relationship: Relationship Is Medicine</p> <p>Supplementary Reading:</p> <p>Aboriginal Women and Reproductive Health, Midwifery, and Birthing Centres An Issue Paper Prepared for the National Aboriginal Women's Summit June 20-22, 2007 in Corner Brook, NL</p> <p>https://www.nwac.ca/wp-content/uploads/2015/05/2007-NWAC-Aboriginal-Women-and-Reproductive-Health-Midwifery-and-Birthing-Centres-An-Issue-Paper.pdf</p> <p>Group Discussions: watch Katsi Cook video https://youtu.be/oZHe62yQPpc and discuss 4 aspects of Indigenous perspectives on birth.</p> |
| 7. November 6, 2023 6:05 - 8:55 pm | <p>Historical trauma – Indigenous peoples poor health outcomes can be traced to colonial legislations and policies, like the Indian Act, residential school, etc. which has caused trauma and ill-health for First Nations, Inuit and Metis. Communities are responding with trauma informed care, healing and wellness programs.</p> <p>Required reading:</p> <p>Bombay et al. 2014. The intergenerational effects of Indian Residential Schools: Implications for the concept of historical trauma</p> <p>https://www.suicideinfo.ca/wp-content/uploads/2016/09/The-intergenerational-effects-of-Indian_oa.pdf</p> <p>Group Discussions: what are the key findings of Bombay's research on Intergenerational Trauma?</p> |
| 8. November 13, 2023 6:05 - 8:55 pm | <p>Rites of passage – there has been a revitalization of rites such as the naming ceremony, walking out ceremony, etc. which contribute to youth's sense of identity and resilience. This session will explore the growing importance of rites of passage in Indigenous communities.</p> <p>Required reading:</p> <p>Lertzman. Rediscovering Rites of Passage: Education, Transformation, and the Transition to Sustainability</p> <p>https://www.ecologyandsociety.org/vol15/iss2/art30/</p> <p>Group Discussions: Watch Girl's Rite of Passage National Geographic. Discuss why rites of passage are important to Indigenous youth identity.</p> <p>https://www.youtube.com/watch?v=5B3Abpv0ysM</p> |
| 9. November 20, 2023 6:05 - 8:55 pm | <p>Traditional medicine – most of the world uses traditional medicine but it is not well understood. Traditional medicine research and practice will be explored as part of Indigenous individual, family and community health as wellness.</p> <p>Required reading:</p> <p>Redvers, N., & Blondin, B. S. (2020). Traditional Indigenous medicine in North America: A scoping review. <i>PloS one</i>, 15(8), e0237531.</p> <p>Supplementary Reading:</p> <p>Uprety, Y., Asselin, H., Dhakal, A., & Julien, N. (2012). Traditional use of medicinal plants in the boreal forest of Canada: review and perspectives. <i>Journal of ethnobiology and ethnomedicine</i>, 8(1), 1-14.</p> <p>Required reading: identify 4 characteristics of traditional medicine.</p> |
| 10. November 27, 2023 6:05 - 8:55 pm | <p>Mental health programs – this is a priority in Indigenous communities, approaches that blend Indigenous and Western mental health practices, land-based healing, traditional medicine will be explored.</p> <p>Required reading:</p> <p>Read and compare the Anishinaabe and Inuit knowledge systems.</p> |

| | |
|---|---|
| | <p>Greenwood, M., De Leeuw, S., & Lindsay, N. M. (Eds.). (2018). Determinants of Indigenous Peoples' health: Beyond the social.</p> <p>Part 2 Honouring Indigenous Knowledge About Health</p> <p>Chapter 9 - miyo-pimâtisiwin, “A Good Path”: Indigenous Knowledges, Languages, and Traditions in Education and Health</p> <p>Chapter 10 - Inuit Knowledge Systems, Elders, and Determinants of Health: Harmony, Balance, and the Role of Holistic Thinking</p> <p>Group Discussions: explain 4 similarities and differences between First Nations and Inuit Traditional health.</p> |
| <p>11. December 4, 2023</p> <p>6:05 - 8:55 pm</p> | <p>Cultural safety – creating cultural safe spaces is important to improving access to health and health outcomes. Various approaches will be explored at the institutional and community levels.</p> <p>Required reading:</p> <p>Brascoupe and Waters. 2009. Cultural Safety Exploring the Applicability of the Concept of Cultural Safety to Aboriginal Health and Community Wellness</p> <p>Group Discussions: how does cultural safety contribute to better health outcomes?</p> |
| <p>12. December 8, 2023</p> <p>6:05 - 8:55 pm</p> | <p>We are as only healthy as the land – this will be a deep dive into what is meant by, take care of the land and the land will take care of you and Natural Law.</p> <p>Required readings:</p> <p>Kimmerer, R. W. (2014). Returning the gift. <i>Minding Nature</i>, 7(2), 18-24.</p> <p>Greenwood, M., De Leeuw, S., & Lindsay, N. M. (Eds.). (2018). Determinants of Indigenous Peoples' health: Beyond the social.</p> <p>Chapter 19— Take Care of the Land and the Land Will Take Care of You: Resources, Development, and Health</p> <p>Group Discussions: is there a relationship between the health of the environment and the health of human beings?</p> |

Course Requirements & Methods of Evaluation:

In accordance with the Carleton University Undergraduate Calendar Regulations, the letter grades assigned in this course will have the following percentage equivalents:

| | | | |
|--------------|---------------------------------|----------------|-------------|
| A+ = 90-100 | B+ = 77-79 | C+ = 67-69 | D+ = 57-59 |
| A = 85-89 | B = 73-76 | C = 63-66 | D = 53-56 |
| A - = 80-84 | B - = 70-72 | C - = 60-62 | D - = 50-52 |
| F = Below 50 | WDN = Withdrawn from the course | DEF = Deferred | |

Academic Regulations, Accommodations, Plagiarism, Etc.

University rules regarding registration, withdrawal, appealing marks, and most anything else you might need to know can be found on the university's website, here:

<https://calendar.carleton.ca/undergrad/regulations/academicregulationsoftheuniversity/>

You may need special arrangements to meet your academic obligations during the term. For an accommodation request, the processes are as follows:

Academic Accommodations for Students with Disabilities

The Paul Menton Centre for Students with Disabilities (PMC) provides services to students with Learning Disabilities (LD), psychiatric/mental health disabilities, Attention Deficit Hyperactivity

Disorder (ADHD), Autism Spectrum Disorders (ASD), chronic medical conditions, and impairments in mobility, hearing, and vision. If you have a disability requiring academic accommodations in this course, please contact PMC at **613-520-6608** or pmc@carleton.ca for a formal evaluation. If you are already registered with the PMC, contact your PMC coordinator to send your **Letter of Accommodation** at the beginning of the term, and no later than two weeks before the first in-class scheduled test or exam requiring accommodation (*if applicable*).

*The deadline for contacting the Paul Menton Centre regarding accommodation for December full fall and late fall examinations and fall/winter midterm examinations is November 15, 2023.

For Religious Obligations:

Please contact your instructor with any requests for academic accommodation during the first two weeks of class, or as soon as possible after the need for accommodation is known to exist. For more details, visit the Equity Services website: www.carleton.ca/equity/wp-content/uploads/Student-Guide-to-Academic-Accommodation.pdf

For Pregnancy:

Please contact your instructor with any requests for academic accommodation during the first two weeks of class, or as soon as possible after the need for accommodation is known to exist. For more details, visit the Equity Services website: www.carleton.ca/equity/wp-content/uploads/Student-Guide-to-Academic-Accommodation.pdf

For Survivors of Sexual Violence

As a community, Carleton University is committed to maintaining a positive learning, working and living environment where sexual violence will not be tolerated, and where survivors are supported through academic accommodations as per Carleton's Sexual Violence Policy. For more information about the services available at the university and to obtain information about sexual violence and/or support, visit: www.carleton.ca/sexual-violence-support

Accommodation for Student Activities

Carleton University recognizes the substantial benefits, both to the individual student and for the university, that result from a student participating in activities beyond the classroom experience. Reasonable accommodation must be provided to students who compete or perform at the national or international level. Please contact your instructor with any requests for academic accommodation during the first two weeks of class, or as soon as possible after the need for accommodation is known to exist. <https://carleton.ca/senate/wp-content/uploads/Accommodation-for-Student-Activities-1.pdf>

Plagiarism

Plagiarism is the passing off of someone else's work as your own and is a serious academic offence. For the details of what constitutes plagiarism, the potential penalties and the procedures refer to the section on Instructional Offences in the Undergraduate Calendar. Students are expected to familiarize themselves with and follow the Carleton University Student Academic Integrity Policy (See <https://carleton.ca/registrar/academic-integrity/>). The Policy is strictly enforced and is binding on all students. Academic dishonesty in any form will not be tolerated. Students who infringe the Policy may be subject to one of several penalties.

What are the Penalties for Plagiarism?

A student found to have plagiarized an assignment may be subject to one of several penalties including but not limited to: a grade of zero, a failure or a reduced grade for the piece of academic work; reduction of final grade in the course; completion of a remediation process; resubmission of academic work; withdrawal from course(s); suspension from a program of study; a letter of reprimand.

What are the Procedures?

All allegations of plagiarism are reported to the faculty of Dean of FASS and Management. Documentation is prepared by instructors and departmental chairs. The Dean writes to the student and the University Ombudsperson about the alleged plagiarism. The Dean reviews the allegation. If it is not resolved at this level then it is referred to a tribunal appointed by the Senate.

Assistance for Students:

Academic and Career Development Services: <https://carleton.ca/career/>

Writing Services: <http://www.carleton.ca/csas/writing-services/>

Peer Assisted Study Sessions (PASS): <https://carleton.ca/csas/group-support/pass/>

Important Information:

- Student or professor materials created for this course (including presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the author(s). They are intended for personal use and may not be reproduced or redistributed without prior written consent of the author(s).
 - Students must always retain a hard copy of all work that is submitted.
 - Standing in a course is determined by the course instructor subject to the approval of the Faculty Dean. This means that grades submitted by the instructor may be subject to revision. No grades are final until they have been approved by the Dean.
 - Carleton University is committed to protecting the privacy of those who study or work here (currently and formerly). To that end, Carleton's Privacy Office seeks to encourage the implementation of the privacy provisions of Ontario's *Freedom of Information and Protection of Privacy Act* (FIPPA) within the university.
 - In accordance with FIPPA, please ensure all communication with staff/faculty is via your Carleton email account. To get your Carleton Email you will need to activate your [MyCarletonOne account](#) through Carleton Central. Once you have activated your MyCarletonOne account, log into the [MyCarleton Portal](#).
 - Please note that you will be able to link your MyCarletonOne account to other non-MyCarletonOne accounts and receive emails from us. However, for us to respond to your emails, we need to see your full name, CU ID, and the email must be written from your valid MyCarletonOne address. Therefore, it would be easier to respond to your inquiries if you would send all email from your connect account. If you do not have or have yet to activate this account, you may wish to do so by visiting <https://students.carleton.ca/>
-

Important Dates and Deadlines: Fall 2023

- August 29, 2023: Deadline for course outlines to be made available to students registered in full fall, early fall, and fall/winter courses.
- September 1, 2023: Last day for receipt of applications from potential fall (November) graduates.
- September 4, 2023: Statutory holiday. University closed.
- September 5, 2023: Academic orientation (undergraduate and graduate students).

Orientation for new Teaching Assistants.

All new students are expected to be on campus. Class and laboratory preparations, departmental introductions for students, and other academic preparation activities will be held.
- September 6, 2023: Fall term begins. Full fall, early fall, and fall/winter classes begin.
- September 12, 2023: Last day for registration and course changes (including auditing) in early fall courses.
- September 19, 2023: Last day for registration and course changes (including auditing) in full fall, late fall, and fall/winter courses.

Last day to withdraw from early fall courses with a full fee adjustment.

Graduate students who have not electronically submitted their final thesis copy to the Faculty of Graduate and Postdoctoral Affairs will not be eligible to graduate in fall 2023 and must register for the fall 2023 term.
- September 22-24, 2023: Full summer and late summer term deferred final examinations will be held.
- September 30, 2023: Last day to withdraw from full fall and fall/winter courses with a full fee adjustment.
- October 1, 2023: Last day for academic withdrawal from early fall courses.

Last day to request Formal Examination Accommodations for Oct/Nov final examinations from the Paul Menton Centre for Students with Disabilities. Note that it may not be possible to fulfil accommodation requests received after the specified deadlines.
- October 6, 2023: December examination schedule (fall term final and fall/winter mid-terms) available online.

- October 9, 2023: Statutory holiday. University closed.
- October 13, 2023: Last day for summative tests or examinations, or formative tests or examinations totaling more than 15% of the final grade, in early fall term undergraduate courses, before the official Oct/Nov final examination period (see examination regulations in the Academic Regulations of the University section of the Undergraduate Calendar/General Regulations of the Graduate Calendar).
- October 15, 2023: Last day for receipt of applications for admission to an undergraduate degree program for the winter term from applicants whose documents originate from outside Canada or the United States.
- October 20, 2023: Last day of early fall classes.
- Last day for final take-home examinations to be assigned in early fall courses, with the exception of those conforming to the examination regulations in the Academic regulations of the University section of the Undergraduate Calendar/General Regulations of the Graduate Calendar.
- Last day that can be specified by a course instructor as a due date for term work for early fall courses.
- October 23, 2023: Deadline for course outlines to be made available to students registered in late fall courses.
- October 23-27, 2023: Fall break, no classes.
- October 28-29,
November 4-5, 2023: Final examinations in early fall undergraduate courses will be held.
- October 30, 2023: Late fall classes begin.
- November 10, 2023: Last day to withdraw from late fall term courses with a full fee adjustment.
- November 15, 2023: Last day for academic withdrawal from full fall and late fall courses.
- Last day to request Formal Examination Accommodations for December full fall and late fall examinations and fall/winter midterm examinations from the Paul Menton Centre for Students with Disabilities. Note that it may not be possible to fulfil accommodation requests received after the specified deadlines.
- Last day for receipt of applications for admission to an undergraduate degree program for the winter term.
- November 17-19, 2023: Early fall undergraduate deferred final examinations will be held.

- November 24, 2023: Last day for summative tests or examinations, or formative tests or examinations totaling more than 15% of the final grade, in full fall term or fall/winter undergraduate courses, before the official December final examination period (see examination regulations in the Academic Regulations of the University section of the Undergraduate Calendar/General Regulations of the Graduate Calendar).
- December 1, 2023: Last day for receipt of applications from potential winter (February) graduates.
- Last day for graduate students to submit their supervisor-approved thesis, in examinable form to the department.
- Last day for summative tests or examinations, or formative tests or examinations totaling more than 15% of the final grade, in late fall term undergraduate courses, before the official final examination period (see examination regulations in the Academic Regulations of the University section of the Undergraduate Calendar/General Regulations of the Graduate Calendar).
- December 8, 2023: Fall term ends.
- Last day of full fall and late fall classes.
- Classes follow a Monday schedule.
- Last day for final take-home examinations to be assigned, with the exception of those conforming to the examination regulations in the Academic Regulations of the University section of the Undergraduate Calendar/General Regulations of the Graduate Calendar.
- Last day that can be specified by an instructor as a due date for term work for full and late fall courses.
- Last day for receipt of applications for undergraduate degree program transfers for winter term.
- December 9, 2023: No classes or examinations take place.
- December 10-22, 2023: Final examinations in full fall and late fall courses and mid-term examinations in fall/winter courses will be held. Examinations are normally held all seven days of the week.
- December 22, 2023: All final take-home examinations are due on this day, with the exception of those conforming to the examination regulations in the Academic Regulations of the University section of the Undergraduate Calendar/General Regulations of the Graduate Calendar.
- December 25,

2023 through
January 3, 2024
inclusive:

University closed.