

Indigenous Roundtable Reconciling Representation: Exploring Indigenous Identity through Personal Reflection



IAC Conference, Argentina

April 21st, 2017

Co-Chairs: Blythe Shepard & Jenny Rowett

Our Plan



- ❧ Our stories
- ❧ Purpose of Roundtable
- ❧ Pre-Reflection Questions
- ❧ Indigenous perception: Influence of Media



Our stories



Blythe

My Grandmother, Norah May Barnhart





Turtle Clan

Brothers



Thohahente Kim



Tehotsienhate
Bruce

Our stories



Jen

Spirit Name: Red Fox Woman

My first Teacher: Carlos Gomes

Ala'ahuappa





All My Relations



- ❧ A core Indigenous teaching shared by First Nations, Métis, and Inuit People of Canada
- ❧ Everything in the Universe is connected:
 - ❧ All People
 - ❧ Four-legged ones
 - ❧ Winged ones
 - ❧ Finned ones
 - ❧ Standing ones
 - ❧ Our Ancestors and future generations
 - ❧ The plants, land, wind, Mother Earth, and Father Sky

All My Relations



- ☞ Everyone and everything has a purpose, is worthy of respect and care, and has a place in the grand scheme of life.
- ☞ This philosophy and practice can teach us how to relate to each other, such as taking the time to listen attentively and respectfully.
- ☞ This expression is used during ceremonies such as talking circles and sweat lodges, and is also a way of being and living.

Purpose of Roundtable



- ❧ Establish a community of counsellors who are interested in clinical practice and research relevant to Indigenous people.
- ❧ Acknowledge the historical and political issues that impact Indigenous mental health.
- ❧ Share the practices of Indigenous people to promote holistic health and healing.
- ❧ Advocate for culturally appropriate counselling and research for Indigenous people internationally.

Roundtable Activities



- ❧ **To Support:** Provide ongoing support and recommendations to the IAC Executive in developing a plan of action for the enhancement of Indigenous counselling internationally.
- ❧ **To Network:** Establish and develop relationships with Indigenous practitioners, associations and communities internationally. Create a network of mutual support among practitioners and researchers who have an interest in Indigenous counselling.

Roundtable Activities



- ❧ **To advocate:** Acknowledge the significance of Indigenous perspectives on counselling in theory, research and practice.
- ❧ **To promote:** Recognize how Indigenous Ways of Knowing is naturally relevant to the teachings of all earth-based people and has the potential to transform the profession of counselling by orienting individuals to their environment.
- ❧ **To educate:** Distinguish between Western and Indigenous perspectives of mental health and illness.

Goal of Today's Roundtable



Explore our own positioning and perceptions of Indigenous people, particularly the influence the media has played in constructing these perceptions.

Pre-reflection



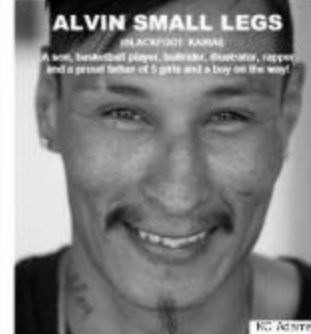
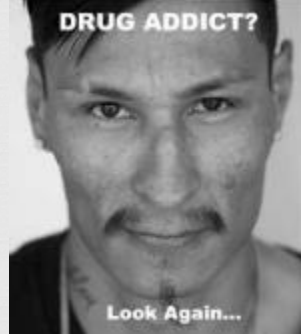
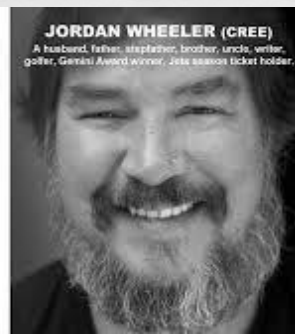
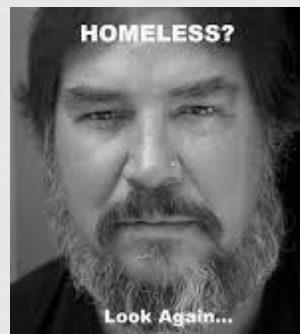
- ❧ Mi'kmaq Elder Albert Marshall poses 4 questions related to personal identity:
 - ❧ (1) Who am I?
 - ❧ (2) Where do I come from?
 - ❧ (3) Why am I here?
 - ❧ (4) Where am I going?

What are my Perceptions of Indigenous Peoples?



- ❧ **REFLECT:** Contemplate the words “First Nations”. “Native American”, “Indigenous People,” “Aboriginal”
- ❧ What images do you visualize? What are some adjectives you would use to describe?
- ❧ What are my perceptions of Indigenous People?
- ❧ Where did I get those perceptions from?
- ❧ How have governments and media represented Indigenous people?
- ❧ How can we actively challenge these perceptions?

What is my Perception of Indigenous People?



Where did these Perceptions Originate?



Mainstream vs Indigenous Media Representations

↻ <https://www.youtube.com/watch?v=jZX2K8AnYDQ>

↻ What are your observations or reactions from watching this video on media representations?

How have Governments and Media Represented Indigenous People?

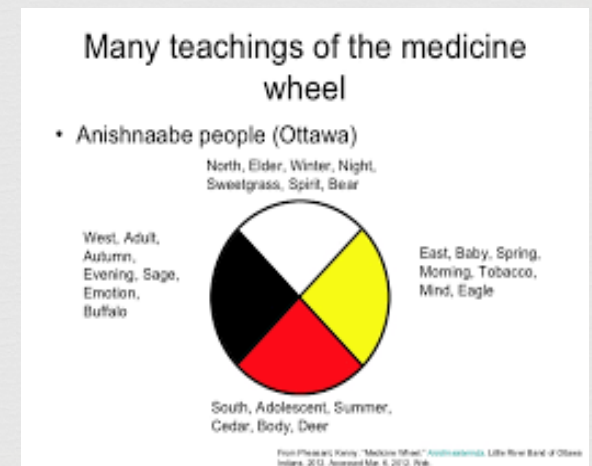


Share the Canadian experience:

The White Man's Indian

☞ <https://www.youtube.com/watch?v=f0DsMrTshcA>

How have your governments responded to Indigenous People?



How have Governments and Media Represented Indigenous People?



✧ Jesse Wente: *We are not your mascots; we are human beings*



✧ <http://www.cbc.ca/news/canada/toronto/programs/metromorning/wente-racism-sports-mascots-1.3480910>



How do we further develop?



❧ Questions for reflection:

- ❧ Where am I going?
- ❧ How can we actively challenge these perceptions in our practice as counsellors in the wider community?
- ❧ What may be some strategies for improving self-reflection?
- ❧ Mechanisms used to monitor personal biases/values/worldview?

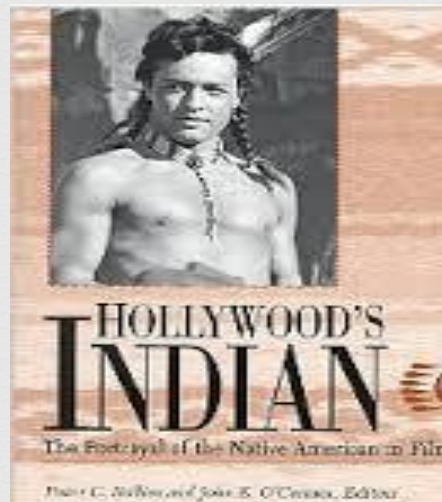
How can we actively challenge these perceptions?



Reel Injuns

œ <https://www.youtube.com/watch?v=3g9OAOZZenk>

œ <https://www.youtube.com/watch?v=iSOFCSVHpEo>



Thank You!



❧ Questions and comments.

❧ Please direct correspondence to:

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