



Indigenous Relationship and Cultural Safety (IRCA) Courses: Interactivity Guide

Module 6: Indigenous Knowledge and Traditional Health

Chapter 1 - Overview of Traditional Health

- Below are various descriptions of Traditional and Western medicine. Please list the descriptions below under the correct heading.

Wholistic: spiritual, physical emotional, intellectual	Collectivist orientation	Illness/disease focus
Dualism: Cartesian split	Humans against nature; hierarchical	Oneness with nature

Answer:

Traditional Medicine	Western Medicine

Chapter 2 - Traditional Medicine and Health

- After learning about Traditional health practices for First Nations, Inuit and Métis peoples in this chapter, please fill in the blanks below by using the words below:

Healing Circles	Sweat lodge	Tobacco
Sage	Smudging practices	Cedar
A pipe	Sweetgrass	Medicine Man/Woman

A. The four sacred medicines are _____, _____, _____, and _____.

- B. _____ are used for ritual cleansing and is a ceremony traditionally practiced by some First Nations cultures to purify or cleanse negative energy, feelings or thoughts from a place or person.
- C. _____ is used individually and in groups for prayer and ceremonial purposes. It is often used with tobacco, bearberry and wild herbs, or red willow shavings.
- D. _____ is a spiritual practice and is used as a portal for communication with a Higher Power. This spiritual practice is used to purify of one's mind, body, spirit and heart for healing of the body, and for spiritual contemplation.
- E. _____ are practiced by some First Nations, Inuit and Métis cultures and can be held as meetings that help to heal physical, emotional and spiritual wounds. A symbolic object, often an eagle feather, may be given to a person who wishes to speak.
- F. _____ usually engages in ritual, ceremonial activity and prayer. They may possess sacred bundles, sacred pipes, sacred masks, and the rights to rituals, songs and medicines that have been inherited from their parents or grandparents or earned through apprenticeship.

Chapter 3 - Indigenous Knowledge and Health Care

1. Reflection: Reflect on the video from the Royal College of Physicians and Surgeons where Dr. Karen Hill describes Juddah's place. For First Nations, Inuit and Métis patients, how can Traditional perspectives be incorporated into healthcare practices?

Answer: Self-reflection question.

Chapter 4 - The Role of the Family and the Community

1. Reflection: How is family defined from a First Nations, Inuit or Métis perspective? How can health care settings reflect this definition?

Answer:

Chapter 5 - Effects of Colonization on Traditional Practices

1. Reflection: How do you feel about the Indian Act's effect on Traditional healers, ceremonies and practices?

Answer: