

Why Story: Being Genuine

Keywords

expectation, racism, stereotypes, prejudice, authenticity, healthcare system, settlers, hierarchy, power imbalance, canadian, fear, colonizer, Indigenous peoples, intergenerational trauma, authentic, colonial construct, capitalism, economy

SPEAKERS

1

Speaker 1

0:04

What is the harm of expectation? So what is the harm of the expectation? The expectation is you're going to do as I say, and then you don't do as I say, or the expectation that you're going to follow Western medicine. But what does it mean when you bring in a naturopath who diagnosed you? And how they freak out, like, suddenly they're (doctors) doing something, and then their arms are waving, right? We've all had these different stories and experiences. Why are they (healthcare providers) afraid to say or do the wrong thing? And is it their racism that they're worried about exposing? Yeah, because they're a good person. So if, if I (as a healthcare provider) am worried about saying or doing the wrong thing, my racism might show.

2

Speaker 2

0:46

Yeah, how normalized the system is, and how they're that because it's so normalized, that there's a progress and a pattern to that progress, that people (healthcare providers) just think, well, I'm just doing the right thing. They're (the patient) non-compliant, so they must be in the wrong. And therefore, when I just do the right thing, as expected of me, I (as a healthcare provider) don't have to bring myself into the, into the room with them (the patient). I can just be the nurse in the room. But when it comes to Indigenous folks, when they're dealing with us, their innate racism comes out, because they were raised Canadian. Canadian is the way to be, it's the right thing to do, it is who we are, but it's not who we all are. And that creates fear. Because their false identity is, you know, being attacked. It's being attacked (Speaker 1: of being the good Canadian) Of being the good Canadian.

1

Speaker 1: who will laugh about Indigenous jokes outside of work, or whatever it may be, or even who have said some different things. But as they're getting acquainted with this curriculum, and this way of thinking, because it's a part of the job, now, they have to access that part of themselves. And it's not to say that people aren't good human beings, and still have that. And it's recognizing that stereotypes, all of us have them as human beings.

2

Speaker 2: It is more about this prejudice against who the land ownership should be. You know, property law always comes back to harm us (Indigenous peoples) as people. And because they have their fences, they feel like they're doing right all the time, regardless as to what their real thought processes are.

1

Speaker 1

2:36

And I think they (healthcare providers) don't even realize it consciously. You know, and so this whole, what is the fear of saying or doing the wrong thing with Indigenous peoples, is tap into those uncomfortable pieces, because that part of the conversation needs to happen. Because we (as Indigenous peoples) are all self reflecting regularly on what are our triggers? Where is that intergenerational trauma, understanding our parents and our grandparents, so that we can, you know, work with the next generations, whether we're a parent or an aunt, or an uncle or a community member, if you don't want to label yourself. So if we're (Indigenous peoples) doing all this work, and there's not a conversation happening over there (in healthcare) about the deeper seeded, you know, "why's", then it's an imbalance already. On top of the power imbalance of coming in (to access healthcare) at your most vulnerable, and never seeing us (as Indigenous peoples) at our most amazing, beautiful selves, outside of those healthcare systems?

2

Speaker 2

3:34

Yeah, for sure. And it's a team work, right? It's about teamwork. And we're all in this together, whether we're Indigenous or not, you know. Whether we're settlers, people of color settlers, or white settlers, or, you know. Capitalism has done a real, real nasty thing to humans. And it's being expressed through the healthcare system, you know, where it shouldn't be, where it shouldn't be at all. But because it's an economy, there's an economy, that there's money involved, and then hierarchy, and authenticity. And authenticity is one of those words that people think is a good word, like, oh, I'm being my authentic self. But it's actually a colonial construct about what the colonizer thinks is authentic, not what we think, because authenticity is their word, and their understanding of the word. And so when we're being genuine with ourselves, genuine with ourselves and our positionality and who the folks are in the room, then we have a better capacity for empathy, and compassion. Because I know where I stand and I know I'm not perfect, and I can walk into a room understanding that other folks are not perfect. But if their boss is watching them, then they have to be perfect and if their boss is racist, or if they're boss, you know, has any kind of inclination of hierarchy then it ruins it for the rest of us, all of us coming in, because that one boss has capacity to change ideas and change the way that people work.