



# Two Eyed Seeing & Indigenous Health Research

with Len Pierre, Katzie First Nation

# Main ideas:

1. Why Two-Eyed Seeing?
2. What is Two-Eyed Seeing?
3. Where can we use Two Eyed Seeing?
4. How we can mobilize Two Eyed Seeing



# Before we begin:

1. What brings you here?
2. What do you already know about 2ES?



# Coast Salish Protocols:

1. Recognize your point of departure.
2. Express gratitude for people and place.
3. Explain your origins, who you are, where you come from, and who you belong to.



# Why Two Eyed Seeing?



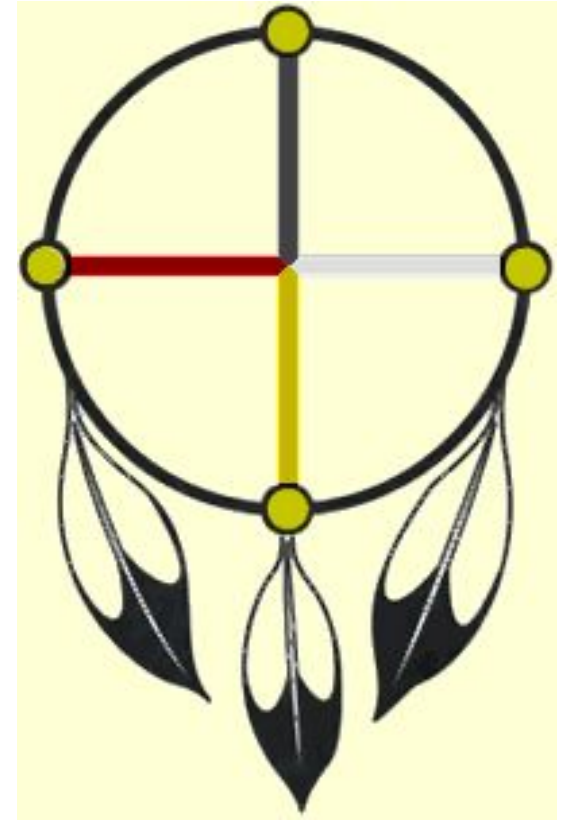
This block contains a collage of documents and reports:

- Truth and Reconciliation Commission of Canada** logo at the top right.
- A purple document with a flower icon and the text "NG" and "CE".
- A brown document with the title "In Plain Sight".
- A blue document titled "Fraser Partnership Accord BETWEEN Fraser Salish Regional Caucus, Fraser Health Authority, and First Nations Health Authority". It features three images: a person in traditional Indigenous attire, a woman in a hat, and a natural landscape. Below the images is the text: "VISION - Blending the best of two worlds in health - modern medicine and ancestral teachings 160 ways." and the date "January 2020".
- A white document with the text "TARY", "INTO D", "GIRLS", and "C".
- A white document with the text "Racism Review" and "November 2020".
- Logos for "First Nations Health Authority" and "fraserhealth" at the bottom.



# “Columbusing” Indigenous Knowledge

- Interconnection of all things
- Medicinal properties of plants
- Biological diversity
- Mariculture
- Democratic systems
- Acceptance & Commitment Therapy
- Maslow’s Hierarchy of Needs



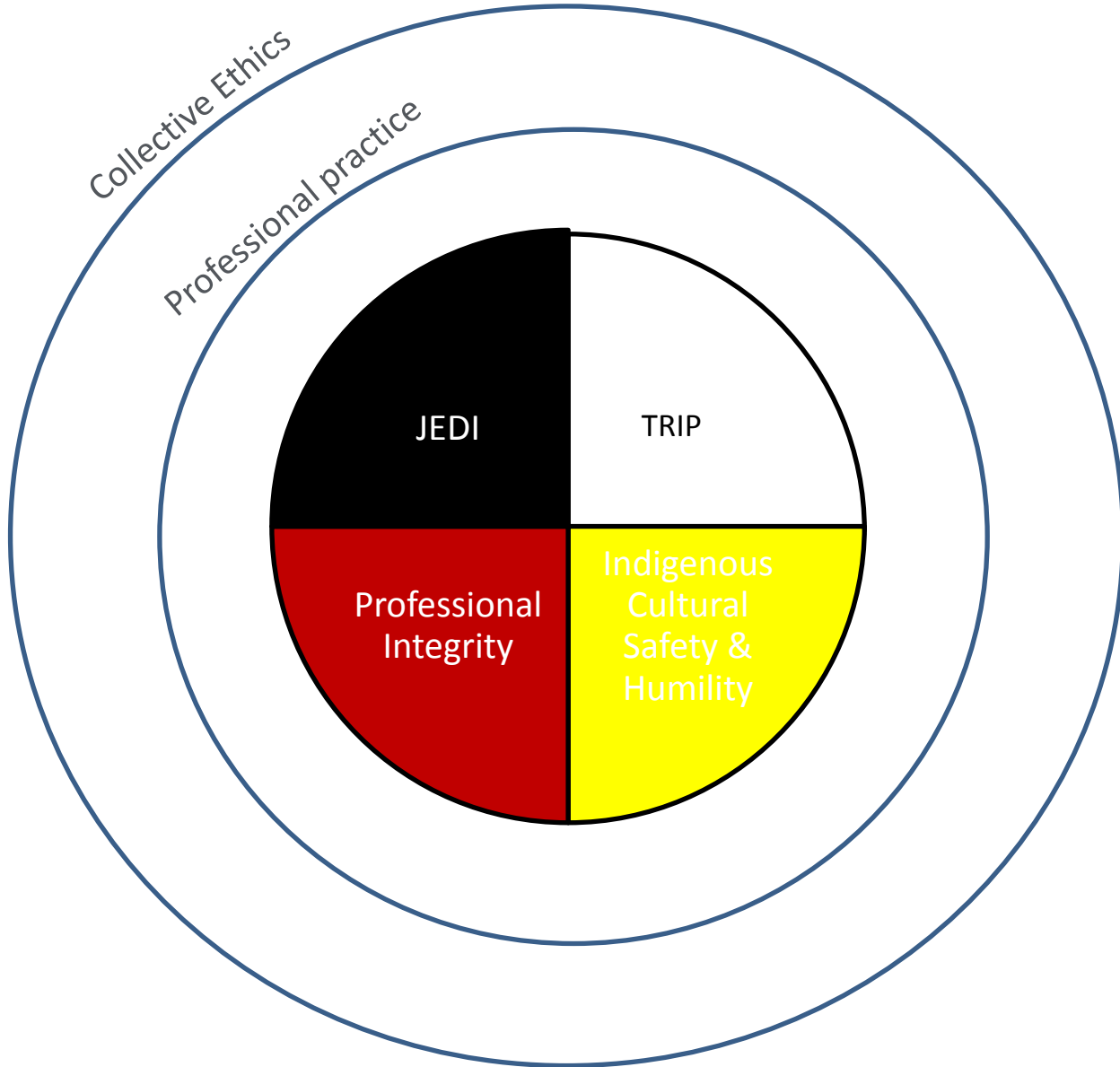
Autonomy

Collective Ethics

Professional practice

Human Rights

Compassion



# What is Two Eyed Seeing?





Two-Eyed Seeing (*Etuaptmumk* in Mi'kmaw) embraces “learning to see from one eye with the strengths of Indigenous knowledges and ways of knowing, and from the other eye with the strengths of mainstream knowledges and ways of knowing, and to use both these eyes together, for the benefit of all.

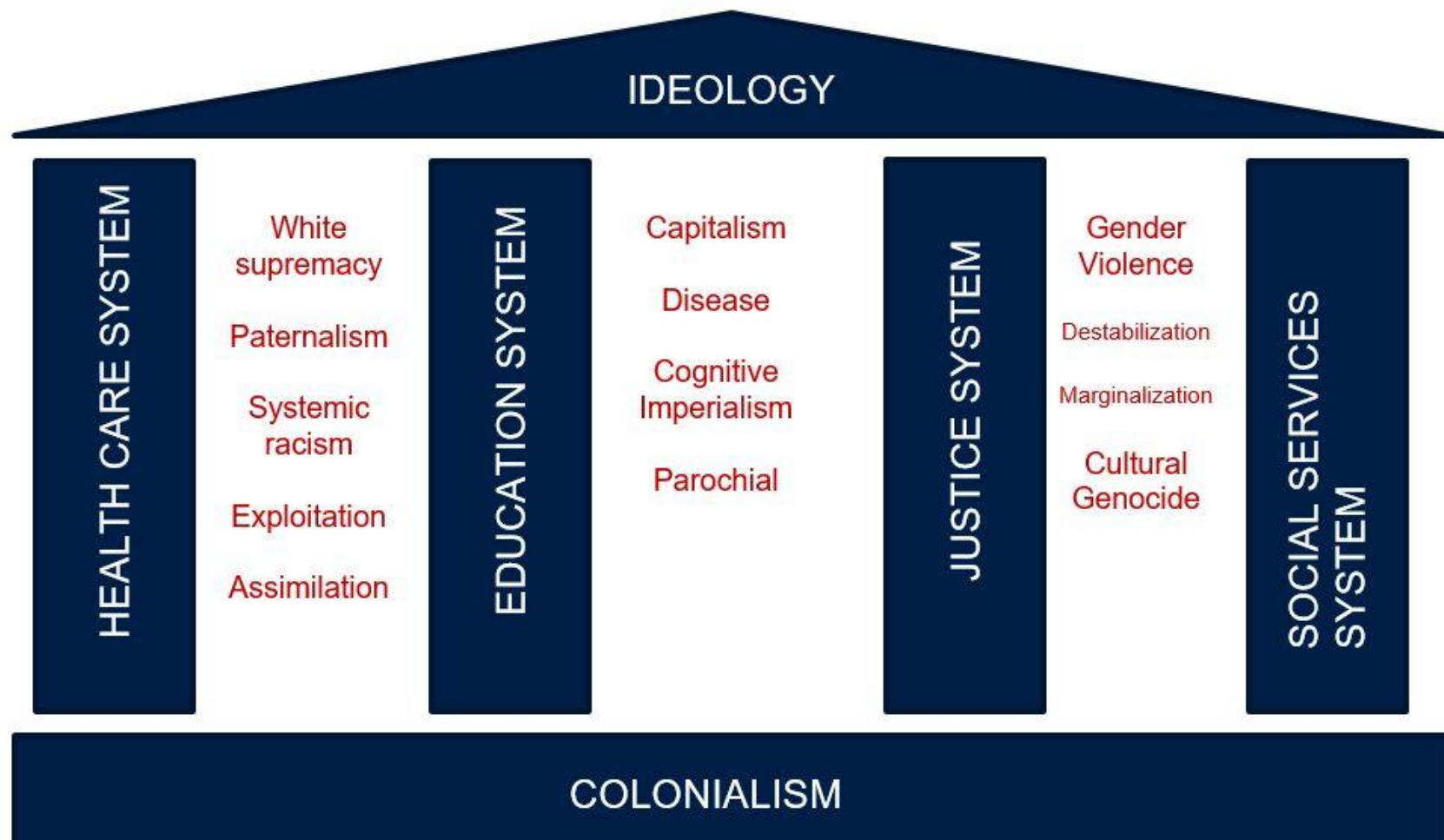
-Elder Dr. Albert Marshall



# Where can 2ES take place?



# Where can 2ES take place?



# How to mobilize 2ES

## Western Values

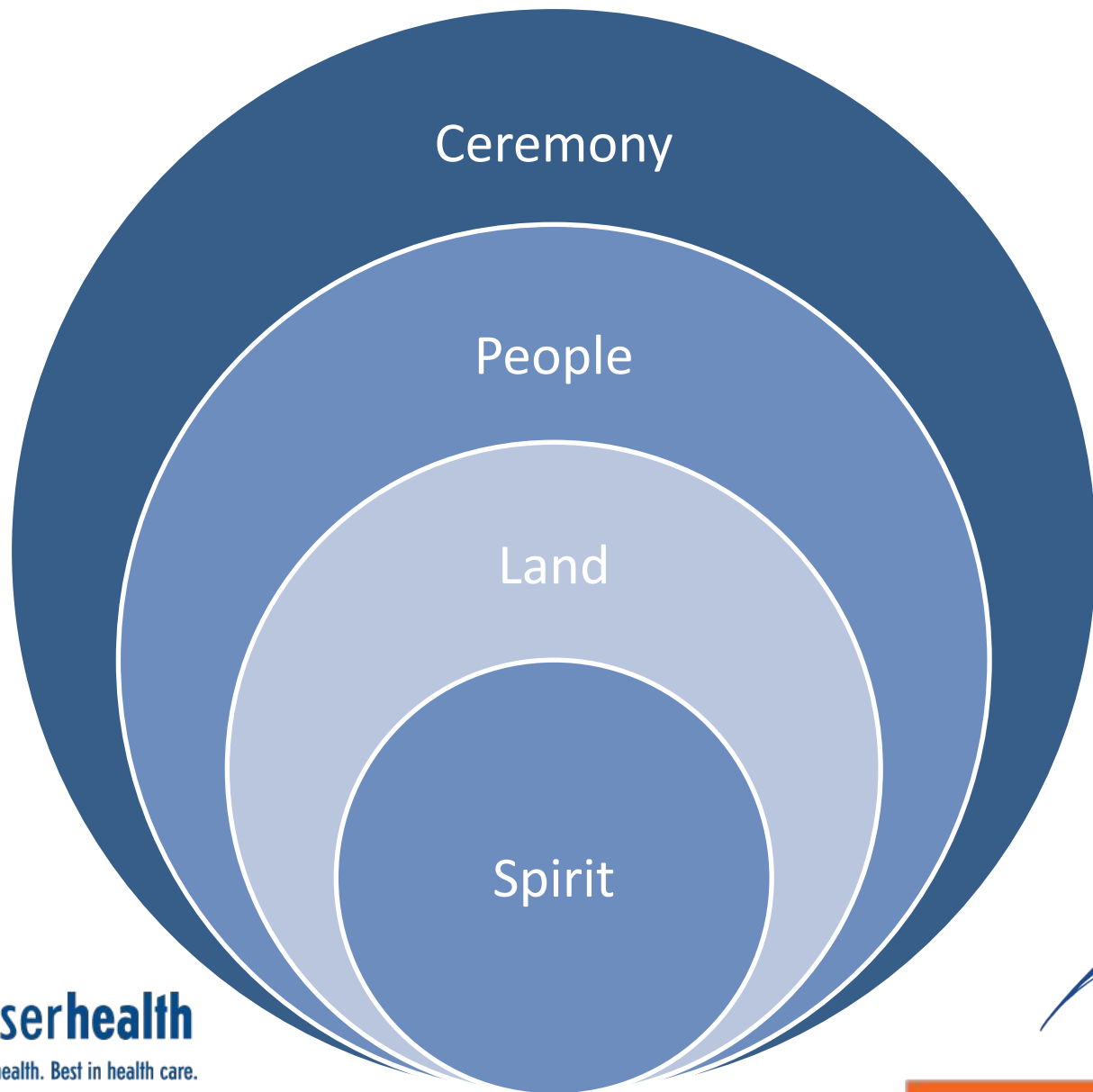
Science  
Literacy  
Nuclear family  
Bureaucratic authority  
One reality  
Success by material gain  
Competition  
Dominating conversations  
Restrict emotions

## Indigenous Values

Spirituality  
Orality  
Community of families  
Relational authority  
Multiple realities  
Success by relationships  
Cooperation  
Influencing conversations  
Encourage emotions



# Indigenous Knowledge Systems



# How to use Two Eyed Seeing in Research

<b>A</b>	Acknowledge your point of departure. What are the laws, customs, traditions, values, beliefs, and people of the land?
<b>B</b>	Build relationships with Indigenous stakeholders that is founded on proactivity, equality, and reciprocity
<b>C</b>	Cultural Humility. I know some things but I don't know everything. My reality is not necessarily other peoples reality.
<b>D</b>	Decision-making style. Who is involved? Who has autonomy? Who is missing from this phase/stage in the project?
<b>E</b>	Embed Indigenous knowledge and values into the fabric your project, not just as an add on.
<b>F</b>	Follow before you lead
<b>G</b>	Ground the work in resilience and strengths-based
<b>H</b>	Honor Indigenous research methodologies: talking circles, artwork, story work, ceremony, Elders, Knowledge Keepers, Land as Literacy, Cultural Protocols.

# The Know Do Gap:

## The “Know-Do” Gap



What are the barriers?  
What will you do?  
How will we change?



hay cx<sup>w</sup> qə (thank you),

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# What | So What | Now What?

1. What did you learn?
2. What conclusions can you draw upon this session?
3. How will this concept contribute to your career?

