

August 20, 2019

ASI 2019 Experiential Workshops

The Experiential Workshops are a new feature for ASI 2019 designed to satisfy a yearning to learn about such topics as Indigenous knowing and healing, creative writing, self care, and enhancing social and emotional skills in our daily lives. Unlike the Concurrent Sessions that focus on evidence (the head) or the Concurrent Skills Workshops (focus on action – the feet), these workshops are designed to engage the heart and soul of participants and inspire new insights and skills for personal and professional development. The workshop presenters are knowledgeable, wise and experienced in facilitating diverse groups.

1. Knowing and healing – engaging in traditional healing practices to advance the Truth and Reconciliation Commission Call to Action

Workshop Leader: Tuma Young - Assistant Professor, Mi'kmaq Studies, Cape Breton University

We will be walking on the Rails Trail for approximately 45 minutes one way and return. Along the way, we will identify plants, trees, fungi, mosses and other materials that the L'nu used for making medicines.

The connection to the land is very helpful in addressing mental health issues, stress relief and the knowledge translation and transfer is very useful in grounding folk, particular indigenous folks and this type of workshop provides excellent experiential learning for all people.

Biography:

I am the son of the late William Frederick Young and Veronica Phillips, both of Waycobah & who were later centralized to Eskasoni. My parents later moved to live at Malagawatch reserve where I grew up on my mother's trap line and lived on the land. We hunted fished, trapped, farmed, made baskets and crafts and peddled items in different communities in Cape Breton and Northern mainland Nova Scotia.



I graduated from various educational institutions such as the Eskasoni Indian day school to the James E. Rogers College of Law, University of Arizona. In 2001, I became the first L'nu¹ speaking lawyer called to the bar in Nova Scotia. Today, in addition to having a private legal practice with several different First Nations as my clients, I also teach L'nu studies at Cape Breton University. My research interests are primarily in L'nu governance institutions and in Indigenous Peoples Health.

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¹ I use the original name of my people: L'nu instead of Mi'kmaq. This means "people of the same tongue or people who speak the same tongue."