



Annual Departmental Day Anti-Racist Pedagogy and Practice in Psychiatry

Date: November 18, 2021

Location: Virtual

Program

- 8:30 – 8:40 Welcome: Gustavo Turecki
- 8:40 – 9:00 Introduction: Organizing committee
Nicola Casacalenda, Laurence Kirmayer, Myrna Lashley, Cécile Rousseau
- 9:00 – 9:45 Opening Panel: Community Perspectives (Panel Chair: Myrna Lashley)
Renate Betts, Carrington Christmas, Minh Thi Nguyen
Q & A
- 9:45 – 10:15 Racism and Anti-racist Practice in Mental Health
Jude-Mary Cénat (Intro by : Cécile Rousseau)
- 10:15 – 10:25 Q & A
- 10:25 – 10:55 Responding to Anti-Indigenous Racism in Practice Settings
Cornelia (Nel) Wieman (Intro by: Laurence Kirmayer)
- 10:55 – 11:05 Q & A
- 11:05 – 11:30 Break
- 11:30 – 12:30 Panel: Taking Action (Panel Chair: Cécile Rousseau)
- The Canadian Psychiatric Association action paper (G. Eric Jarvis)
 - Addressing institutional and systemic racism through advocacy (Terri Givens)
 - Talking about race in the room in training and clinical practice (Saleem Razack)
 - Racism and the therapeutic alliance (Jaswant Guzder)
 - Q & A
- 12:30 – 13:30 Closing Panel: Cultural Safety and Humility (Panel Chair: Laurence Kirmayer)
Jaswant Guzder, Eric Jarvis, Myrna Lashley, Cécile Rousseau
Next steps
Q & A

Overall Learning Objectives

- To better understand developments in anti-racist pedagogy in psychiatry
- To better understand developments in anti-racist practices in psychiatry

*This program meets the accreditation criteria as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada and has been accredited by the Office of Continuing Professional Development, Faculty of Medicine and Health Sciences, McGill University for **up to 4 Section 1 credits/hours.***

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at www.ama-assn.org/go/internationalcme

Speakers

Renate Betts is the bilingual child of a Black mother and White father from Montreal Quebec. Currently she is the Director of the Westhaven-Elmhurst Community Recreation Association where she develops programming to serve and uplift marginalized communities and youth. In partnership with three other community organizations, she applied for and received a grant to provide mental health services to frontline community workers dealing with the challenges and stressors of the COVID-19 pandemic. Ms. Betts has been very active in community organizations and NGOs as a volunteer and board member, as well as in politics at the municipal, provincial and federal levels. Her political involvement has seen her sit on the board of a National Women's Commission, manage several national, provincial, and local campaigns, and stand as a candidate for federal election in 2007. In 2021, the Canadian Broadcasting Corporation named Renate as one of Quebec's Black Change Makers.

Jude Mary Cénat, PhD, is an Associate Professor in the School of Psychology, Chair of the Interdisciplinary Centre for Black Health, and Director of the Vulnerability, Trauma, Resilience & Culture (V-TRaC) Research Laboratory at the University of Ottawa. His research program explores factors associated with vulnerability, trauma, and resilience, with a particular interest in the role of cultural factors. Dr. Cénat conducts research on racial disparities in mental health and social services, the impact of natural disasters and infectious diseases on mental health, interpersonal and non-interpersonal trauma, and global mental health. He conducts research in North America, Europe, Africa, and the Caribbean. Dr. Cénat leads a major project on the mental health of Black communities in Canada that has allowed for the development of online trainings (via the bilingual platform: <https://mentalhealthforeveryone.ca>) that aim to equip mental health professionals with the knowledge needed to provide culturally appropriate and anti-racist care.

Carrington Christmas is a Black-Scotian-Mi'kmaw and German Two-Spirit person living in Dish with One Spoon Territory. She is an aunty, storyteller, traditional singer, public speaker and passionate about empowering Indigenous youth and Indigenizing learning spaces. She began her academic career in Political Science and Indigenous Studies but found strength, community, and knowledge outside of academia. Carrington has over 9 years of experience in developing and delivering projects for communities at the grassroots, provincial, national, and international levels. Through her 7 years of work in training and education, Carrington is grounded in teachings of great love and great kindness. She believes that laughter is medicine and relationships built on reciprocity and mutual respect will lead to radical change.

Terri E. Givens, PhD is Professor of Political Science at McGill. She grew up in Spokane, Washington, and loves the outdoors. She began her career on the faculty at the University of Washington and has held leadership positions as Vice Provost at the University of Texas at Austin and Provost of Menlo College. She was the founding director of the Center for European Studies at the University of Texas and led the faculty and staff at Menlo College in developing programs for first generation students, updating curriculum and creating infrastructure for evidence-based assessment. She is the author/editor of books and articles on immigration policy, European politics, and the politics of race. Her most recent book is the memoir, *Radical Empathy: Finding a Path to Bridging Racial Divides*.

Jaswant Guzder, MD is Professor, McGill University Dept of Psychiatry as part of Division of Child Psychiatry and Division of Social and Transcultural Psychiatry and Associate McGill Faculty of Social Work. Former Head of Child Psychiatry, Senior Staff at Jewish General Hospital, Director of Child Day Hospitals and consultant (former founding co-director) for Cultural Consultation Service. She has a lengthy experience as supervisor affiliated with Concordia Art Therapy Master's program. Since the onset of the COVID epidemic, she has been working with Indigenous Child and Youth Health and the refugee center for southern Vancouver Island. She remains active in teaching, training and Global Health projects with affiliations in Jamaica, Nepal and India. Her current academic teaching at McGill and UBC is mainly in family therapy, psychotherapy, child and cultural psychiatry topics. As an artist, she completed an art residency and solo exhibition at the Museo Laboratorio Della Mente in Rome, Italy in 2017, published as *Ibridazione: politiche delle cure e delle culture* (Pompeo Martelli, editor) and has exhibited her art internationally in Canada, USA, United Kingdom, India, Italy and Germany.

G. Eric Jarvis, MD, MSc, is an Associate Professor of Psychiatry at McGill University and Director of the Cultural Consultation Service, the First Episode Psychosis Program, and the Culture and Psychosis Working Group at the Jewish General Hospital. His research interests include the cultural adaptation of psychoeducation for early psychosis, linguistic barriers in mental health care, and religion and mental health. He is also interested in academic editing and the history of psychiatry.

Laurence J. Kirmayer, MD, FRCPC, FCAHS, FRSC is James McGill Professor and Director, Division of Social and Transcultural Psychiatry, McGill University. He is Editor-in-Chief of *Transcultural Psychiatry*, and Director of the Culture & Mental Health Research Unit at the Institute of Community and Family Psychiatry, Jewish General Hospital, where he conducts research on culturally responsive mental health services, the mental health of Indigenous peoples, and the philosophy of psychiatry. He founded and directs the annual Summer Program and Advanced Study Institute in Cultural Psychiatry at McGill. He co-edited the volumes, *Understanding Trauma: Integrating Biological, Clinical, and Cultural Perspectives* (Cambridge University Press), *Healing Traditions: The Mental Health of Aboriginal Peoples in Canada* (University of British Columbia Press), *Cultural Consultation: Encountering the Other in Mental Health Care* (Springer), *DSM-5 Handbook for the Cultural Formulation Interview* (APPI), *Re-Visioning Psychiatry: Cultural Phenomenology, Critical Neuroscience and Global Mental Health* (Cambridge), and *Culture, Mind and Brain: Emerging Concepts, Models, and Applications* (Cambridge). He is a Fellow of the Canadian Academy of Health Sciences and of the Royal Society of Canada (Academy of Social Sciences).

Myrna Lashley, PhD, is an Associate Professor in the Department of Psychiatry, McGill University as well as an adjunct researcher at the Culture and Mental Health Research Unit of the Lady Davis Institute for Medical Research. She was an Associate Dean at John Abbott College. She holds a doctorate in counseling psychology from McGill University and serves as a psychological consultant to institutions, including the juvenile justice system. She has worked both as a consultant to First Nations and the Jewish communities, and as the Cross Cultural Trainer for the Grievance Committee Office of the Secretariat for McGill University. She has also conducted training workshops locally, nationally, and internationally and has acted as a consultant to the Brazilian health care system. She was a director of the Canadian Race Relations Foundation and has also served on the Comité consultatif sur les relations Interculturelles et Interraciales de la Communauté Urbaine de Montréal. Currently, she is the Chair of the Cross Cultural Roundtable on Security, as well as Vice-chair of the board of the École Nationale de Police du Québec. She has also been appointed to the Comité expert en matière de profilage racial of the Service de police de la Ville de Montréal. She has authored two training manuals on intercultural issues in the workplace and has received several awards including the 2006 Friends of Simon Wiesenthal Award for Holocaust studies; the 2004 Martin Luther King legacy award; as well as the 1995 Merit Award for the Kahnawake Native survival school. She is currently Honorary Consul of Barbados to Montreal. Her current research interests are in cultural aspects of youth mental health, and cultural aspects of radicalization leading to violence.

Minh Thi Nguyen, MD, is a psychiatrist at Doctors of the World Clinic for migrants with precarious status and at Clinique Mauve, a LGBTQI2+ migrant health clinic. She has been involved with Asian communities through the Groupe d'Entraide Contre le Racisme Envers les Asiatiques au Québec (GECREAQ) and the Coalition asiatique pour une relève émancipatrice (CARE).

Saleem Razack, MD, FRCPCP, is the Director of the Office of Social Accountability and Community Engagement, and a Professor of Pediatrics and Health Sciences Education at McGill University. He practices as a pediatric critical care medicine physician. His major interests in medical education include assessment, equity issues, and social accountability in health professions education.

Cécile Rousseau, MD, is Professor in the Division of Social and Transcultural Psychiatry at McGill University. She has worked extensively with immigrant and refugee communities, developing specific school-based interventions and leading policy oriented research. Her current research focuses on intervention and prevention programs to address violent radicalization.

Cornelia (Nel) Wieman, MSc, MD, FRCPC, is the Acting Deputy Chief Medical Officer (A/DCMO) at First Nations Health Authority, BC. She is Anishinaabe (Little Grand Rapids First Nation, Manitoba). Dr. Wieman completed her medical degree and psychiatry specialty training at McMaster

University. Canada's first female Indigenous psychiatrist, Dr. Wieman has more than 20 years' clinical experience, working with Indigenous people in both rural/reserve and urban settings. Her previous activities include co-directing an Indigenous health research program in the Dalla Lana School of Public Health at the University of Toronto and the National Network for Indigenous Mental Health Research, being Deputy Chair of Health Canada's Research Ethics Board, and serving on CIHR's Governing Council. She has also worked and taught in many academic settings, has chaired national advisory groups within First Nations Inuit Health Branch - Health Canada, and has served on many boards and committees, including the Indspire Foundation's Board of Directors. Dr. Wieman is an Adjunct Professor in the Faculty of Health Sciences at Simon Fraser University and an Assistant Clinical Professor at McMaster University. She currently serves as the President of the Indigenous Physicians Association of Canada.