



The Occupational Therapy Program is committed to fostering an anti-oppressive practice that promotes equity and redresses injustices. The following is a glossary of preliminary key terms for a critical approach to occupational therapy practice that all premasters' students are expected to comprehend. If these are concepts that you are not familiar with, or would like a refresher, resources are provided to ensure your introductory understanding as you enter or continue in the program. Please read as per your experiential and knowledge base, or gaps. If all these concepts are new to you, do ensure that you are familiar with at least the resources marked with a (*). An optional 2-hour workshop on these concepts will be offered in August for all premasters OT students.

Concepts

Intersectionality

Reconciliation

Systems of Oppression

Ableism

Ageism

Classism

Colonialism

Gender Binary

Heteronormativity

Racism

Saneism

Sexism

Transphobia

Trauma

Historical Trauma

Trauma-informed

White

Fragility

Privilege

Supremacy



Readings and resources

Barudin, J. & Zafran, H. (2019). [Introduction to trauma-informed rehabilitation with Indigenous communities](#). *Physiotherapy Practice*, 9(5), 18-21. [Special issue: Indigenous Health]

(*) Canadian Association of Occupational Therapists (2018). [Occupational Therapy and Indigenous Peoples](#) [Position Statement]

(*) Canadian Association of Occupational Therapists Statement (2020). [No silence in the face of inequality and justice](#).

Canadian Broadcasting Company documentary series "[8th Fire](#)" (4 episodes)

Canadian Centre on Substance Abuse. (2014). [Essentials of trauma-informed care](#).

(*) Crenshaw, K. (2016). [The urgency of intersectionality | Kimberlé Crenshaw](#). TEDTalk.

Diangelo, R. (2018). *White fragility: why it's so hard for white people to talk about racism*. Beacon Press Books.

Docs with Disabilities <https://medicine.umich.edu/dept/family-medicine/programs/mdisability/transforming-medical-education/docs-disabilities-podcast> [podcast] University of Michigan.

Geddes, G. (2017). *Medicine unbundled: A journey through the minefields of Indigenous health care*. Heritage.

Grenier, ML. (2020). [Case Formulations and the Reproduction of Oppressive Disability Discourses in Healthcare Education](#) [Webinar]

[Healing Historical Trauma](#). Sharing Culture Website

Kendi, I.X. (2019). *How to be an antiracist*. One World.

Lorde, A. (1997). *The cancer journals*. Penguin Classics.

Lowe, V. & Hersey, T. (2020). [Rest for them](#). Nocturne Podcast.

(*) McIntosh, P. (1989). [White privilege: Unpacking the invisible knapsack](#). Peace and Freedom, Jul/Aug:10-12

(*) Nixon, S. (2019). [The coin model of privilege and critical allyship: implications for health](#). BMC Public Health, 19, Article number: 1637

(*) Okun, T.(nd). [White Supremacy Culture](#). Dismantling Racism Works. (*) Saylor, K. (2020). [Introduction to Indigenous Health teaching](#). [webinar]

Williams, S. (2018). [Why women get overlooked in healthcare](#). *Tilted: Lean In Podcast*, S1e9.

(*) Young, S. (2014). [I'm not your inspiration, thank you very much | Stella Young](#) [TEDTalk]



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Instagram Accounts to Explore

@theacademicdiva

@otsofcolor_

@ot4natives

@therainbowot

@cotad_diversity

@sex.love.andot