

The WoW Study

WEAVING OUR WISDOMS

Optimizing Whole-istic Health among
Indigenous People Living with HIV
through Teachings
from and on the Land

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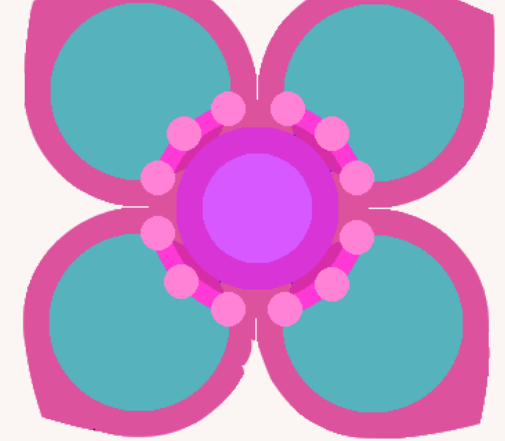


University
of Victoria



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We have no conflicts of interest to declare.



WEAVING OUR WISDOMS

STUDY OBJECTIVES

The WoW study seeks to understand how living well as an Indigenous Person living with HIV (IPHA) is optimized by engaging with teachings and activities rooted in Indigenous ways of knowing and doing from and on the land.

WoW aims to:

DEVELOP

an approach to wellness for IPHAs that is rooted in teachings from and on the land

INVESTIGATE

research methods that explore how IPHAs understand wellness grounded in teachings from the land

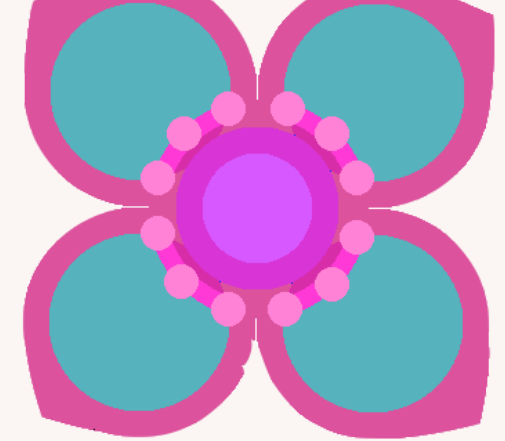
SHARE

the WoW platform to build capacity around how connecting to the land supports IPHA wellness

The WoW study is part of an emerging field in health research that holds up Indigenous ways of knowing and doing in living well with HIV to support health and healing.

The WoW team wishes to acknowledge the land, our Elders, our HIV Olders, the participants, our partners, and our funding from the Canadian Institutes of Health Research.





BUILDING OUR BUNDLES

WISDOM CATCHING

In September 2019, the WoW team and fifteen IPHAs gathered for a research retreat on the land. Guided by four HIV Olders (IPHA knowledge holders of HIV history and wellness), we used sharing circles and conversational methods to discuss four interconnected themes:

Connecting with
the land as an
approach to
wellness

The role of HIV
Olders in
optimizing
wellness

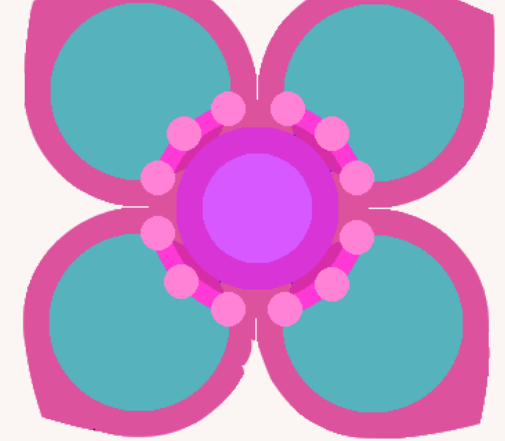
The role of peer-
to-peer and
intercultural
support

The influence of
sex and gender on
wellness connected
to the land

The wisdoms shared are informing an adapted narrative analysis to understand the depth of individual and collective experiences of healing on the land.

For more information, please visit
www.weavingourwisdoms.com





CARRYING OUR BUNDLES

WISDOM SHARING

The WoW study engages with dynamic knowledge translation to share lessons learned with Indigenous communities in Canada and academic audiences. Together we seek to collectively advance approaches in Indigenous community-based research (CBR) grounded in Mother Earth's teachings.

ONLINE

Our website is a knowledge hub that shares WoW's research progress, upcoming events and promotes Indigenous CBR

WORKSHOPS

Partnering with the AHA Centre, the WoW team hosts community workshops and shares at conferences and research events

GATHERINGS

WoW's next Gathering will "Carry our Bundles Forward" at a national wellness event on the land

These flowers were generously donated by Dené artist Lisa Boivin. Lisa's flowers are always vibrant in colour and energy, reflecting the beauty and resilience of Indigenous culture.

Photographs were taken in Heiltsuk territory (1)
and Treaty 6 territory (2)



A scenic landscape featuring a wide river or lake in the middle ground, surrounded by dense forests with trees in various shades of green and yellow. In the far distance, a city skyline is visible under a clear sky. The foreground shows more trees and foliage, some with autumnal colors.

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My mind and
body healed.
Being
surrounded by
trees, grass,
animals... I felt I
belonged and
healed in this
natural state

WOW PARTICIPANT