

## **Etuaptmumk Approaches to Healing, Health and Wellbeing through Music, Arts and Language**

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This session explores ways in which music, arts and language-based creative practices can support efforts to Indigenize, decolonize, make education equitable, and empower communities as active participants in health and wellbeing. Presenters include both Indigenous and non-Indigenous community-based researchers, university-based scholars and students who are involved in collaborative project- and course-based music, arts and language-based research and related learning through Etuaptmumk (Two-Eyed Seeing) approaches. In 2012, Bartlett, Marshall and Marshall defined “Two-Eyed Seeing” as bringing the strengths and knowledges of both Indigenous and non-Indigenous people and practices together. More recently (conference, fall 2023), Elder Albert Marshall explained that “Two-Eyed Seeing” is more broadly about engaging and learning from many different perspectives. He said that, “core to the concept is that knowledge transforms a person” and “the bearer has a responsibility of sharing that knowledge.” Further, “Two-Eyed Seeing has to be action-oriented” and “it’s about ensuring the concept or action includes Indigenous ways of knowing and being.” “Two-Eyed Seeing,” he said, “is about co-learning and collaboration” to “mitigate damage done in the past” and work toward “transformative change.”

With the ideas and values of Two-Eyed Seeing approaches in mind: in this session, we describe and engage the audience in Indigenous creative research and learning projects and practices in which we are involved. These include drumming, singing, chant, sound studies, dance, storytelling – and very often involve Indigenous language. As we share our research and learning experiences and the knowledge that we have gained in the process, we demonstrate ways in which these creative practices are intertwined with Indigenous research methodologies and pedagogies, including intergenerational and intersectional research and learning, care for Elders and the vitality of youth; how people, traditions and creative practices connect in/from place to place; how creative practices are intertwined with language (re)vitalization, sustainability, and language-related rights; with resilience, regeneration, reclamation (of lands, and cultural practices), and trauma-informed research; and how creative practices can support pathways to heal the ongoing impacts of colonialism. International research has shown that Indigenous arts and language are determinants of Indigenous health and wellbeing. In this session, we explore local examples in which arts and creative practices – in which holistic worldviews and lifeways are interconnected and interdisciplinary – are integral to facilitating and maintaining individual and community healing, health and wellbeing.