



Cultural Safety and Humility Training, Resources and Support: Brief Starter Menu for Physicians

Are you a physician seeking cultural safety and humility training, resources, and support?

Northern Health has developed a brief menu of for physicians offered either internally and through our partners in health and education. The menu below provides a selection of resources that are readily available to support you in your learning and self-reflective practice. Recognizing that education on its own has limitations, we further encourage you to independently explore additional ways to enhance culturally safe interactions, environments and service delivery within your practice and in partnerships.

Please note: This is a living document; as such, content will continue to be enhanced and expanded over time. This menu is not intended to be fully comprehensive but rather to provide a brief selection of readily available resources, highlighting key features for physicians and other details.

Still can't find what you are looking for, or have questions about navigating what's available? Please contact Janice.Paterson@northernhealth.ca.

We recommend using Google Chrome to access links.

Host Organization(s)	Resource Title(s):	Format / Length / Content details	Features
Provincial Health Services Authority	<p>San'yas Indigenous Culture Safety (ICS) Training, Core ICS Health</p> <p>Register</p> <p>\$300 Course Fee</p> <p>Contact: ics@phsa.ca</p>	<ul style="list-style-type: none"> • Online facilitated learning with interactive course materials. • Course takes 10 hours average to complete, and is open for 8 weeks from registration date. • Self-paced coursework with asynchronous group discussions guided by specially trained facilitators. 	<ul style="list-style-type: none"> • Accredited by CFPC; RCPSC; College of Optometrists; Osteopathy BC and Canadian College of Health Leaders • Restrictions apply. • Certificate of completion is provided.
Indigenous Cultural Safety Collaborative	<p>National Indigenous Cultural Safety Webinar Videos</p> <p>No registration required.</p>	<ul style="list-style-type: none"> • Online self-learning webinars • 30-90 minutes each • Includes BC, National and International content 	<ul style="list-style-type: none"> • Free; available on-demand • Eligible for self-learning credits
First Nations Health Authority/ BC Patient and Safety Quality Council	<p>Cultural Safety and Humility Action Series and related resources</p> <p>No registration required.</p>	<ul style="list-style-type: none"> • Online self-learning webinars • 60 minutes each • BC focus; and quality improvement in action 	<ul style="list-style-type: none"> • Free; available on-demand • Eligible for self-learning credits
Northern Health Indigenous Health	<p><i>Respectful Relationships</i></p> <p>Register via UNBC Continuing Studies</p> <ol style="list-style-type: none"> 1. Introducing Cultural Safety 2. Setting the Context: History and Contemporary Realities 3. Critically Reflecting on Self and Systems 4. Getting to Change: Addressing Cultural Safety and Anti-Indigenous Racism 	<ul style="list-style-type: none"> • Online course available through Continuing Studies Department, University of Northern British Columbia. • Asynchronous (self-paced) learning, start and finish within six months. • Each module contains four to six 45–90 minute lessons. (approximately 20 hours total). 	<ul style="list-style-type: none"> • Free-of-cost for NH physicians and staff

	For more information please contact: Indigenous.Health@northernhealth.ca		
Northern Health Indigenous Health	NH Indigenous Health website: https://www.indigenoushealthnh.ca/ Notable resources include the following: <ul style="list-style-type: none"> • NH Cultural Safety and System Change Assessment Tool • Cultural Safety: Respect and Dignity in Relationships • Local Cultural Resources developed by Aboriginal/Indigenous Health Improvement Committees (2014-2019) 	Contact Indigenous Health for support and additional information (Indigenous.Health@northernhealth.ca)	<ul style="list-style-type: none"> • Printable materials • Free Resources
Northern Medical Program, UNBC Health Arts Research Centre	Featuring: Indigenous Voices, Stories and Healthcare Workshop To coordinate a workshop, contact: Lisa.Striegler@unbc.ca More resources, see website http://healtharts.ca/	<ul style="list-style-type: none"> • Facilitated, Interactive Workshop • In-person or Zoom • Three to five hours 	<ul style="list-style-type: none"> • Free or cost-sharing • Accredited for three Mainpro+ group learning credits • Interactive, experiential group learning tailored for your community • Co-facilitated and co-led with Indigenous artists and leaders
University of Alberta	Indigenous Canada	<ul style="list-style-type: none"> • Massive Open Online Course (MOOC) 	<ul style="list-style-type: none"> • Free; available on-demand • Indigenous faculty and presenters

	<p>Register Online: https://www.coursera.org/learn/indigenous-canada</p>	<ul style="list-style-type: none"> • Video lectures; course notes/glossary; required and recommended readings • Approximately 21 hours to complete over 12 weeks 	<ul style="list-style-type: none"> • Eligible for self-learning credits
<p>Carrier Sekani Family Services</p>	<p>Nowh Guna (Our way) Carrier Cultural Agility Training</p> <p>Registration Form</p> <p>Contact: culturetraining@csfs.org or call 250-562-3591</p>	<ul style="list-style-type: none"> • Online during pandemic (two half days); otherwise In-person (two full days) • Facilitated interactive; experiential; 	<ul style="list-style-type: none"> • Co-facilitated and co-led with indigenous elders and leaders • Built on first people's principles of learning.
<p>Joint Collaborative Committees (Doctors of BC)</p>	<p>Indigenous Cultural Safety Webinar Series: Elements of Indigenous Health and Healing</p> <p>Register Here</p> <p>Contact: jcc@doctorsofbc.ca</p>	<ul style="list-style-type: none"> • A virtual five-part series; various dates (November 2022 – March 2023). Second Thursday, 5:00-6:30 PST • Registration is required, but participants do not need to attend all sessions. • Key Speakers and Agenda 	<ul style="list-style-type: none"> • Free • Incorporates Indigenous facilitators/presenters • Webinar recordings will be available after sessions. • Sessional payment for attendance is available.

V3-Posted-Living-Document, updated November 21, 2022.