Healing In Context

Workshop 1 – Seeing the Unseen: Culture, History, and Identity in the South Asian Diaspora

What/Who Does "South Asia" Represent?

- Brown, Desi, South Asian: Diaspora reflects on the terms that represent, erase them
- 'Am I a South Asian, really?' Constructing 'South Asians' in Canada and being South Asian in Toronto

Understanding Migration Histories:

- Indian Migration and Indentured Labour
- The partition of India Through The Lens of Historical Trauma: Intergenerational Effects on Immigrant Health in The South Asian Diaspora
- Driving Canada: A Front Seat View of Immigration through Uber
- Canada Is Wasting the Talent of Immigrants It Invites Here – Just Ask Your Uber Driver
- South Asian Immigration to Canada

Casteism:

- What is India's caste system?
- About "Caste in Canada"
- Myths & Facts on Caste
- Ontario Human Rights Commissions' Policy Position on Caste-based Discrimination

Cultural Values:

- How Culture Affects Mental Health for South Asians
- Honour, Pride, and Izzat: Mental Illness as a Pakistani Medical Student
- Log Kya Kahenge? – Unlearning Silence and Shame

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Family Structures & Dynamics:

- A Complex Dynamic: Understanding the Joint Family System in South Asian Culture

Multilingualism & Language Barriers:

- Shifting Lives Through Languages
- Advocates Call For More Targeted Mental Health Support For South Asian Community During Pandemic
- Desi Mental Health Dictionary

Hyphenated Identities & Intersectionality:

- Coping with Identity Struggles as a South Asian Immigrant
- Navigating Bicultural Identity: A Conversation with Sahaj Kaur Kohli
- I Started Brown Girl Therapy to Make Mental Health Care Better for Second Generation Immigrants Like Me

Culturally Responsive Care:

- Trauma-Informed Psychotherapy for BIPOC Communities
- Trauma Informed Care - Video
- Decolonizing the Couch With Dr. Pavna Sodhi
- Culturally Adapted Cognitive Behavioural Therapy (CaCBT) for Canadians of South Asian Origin

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