



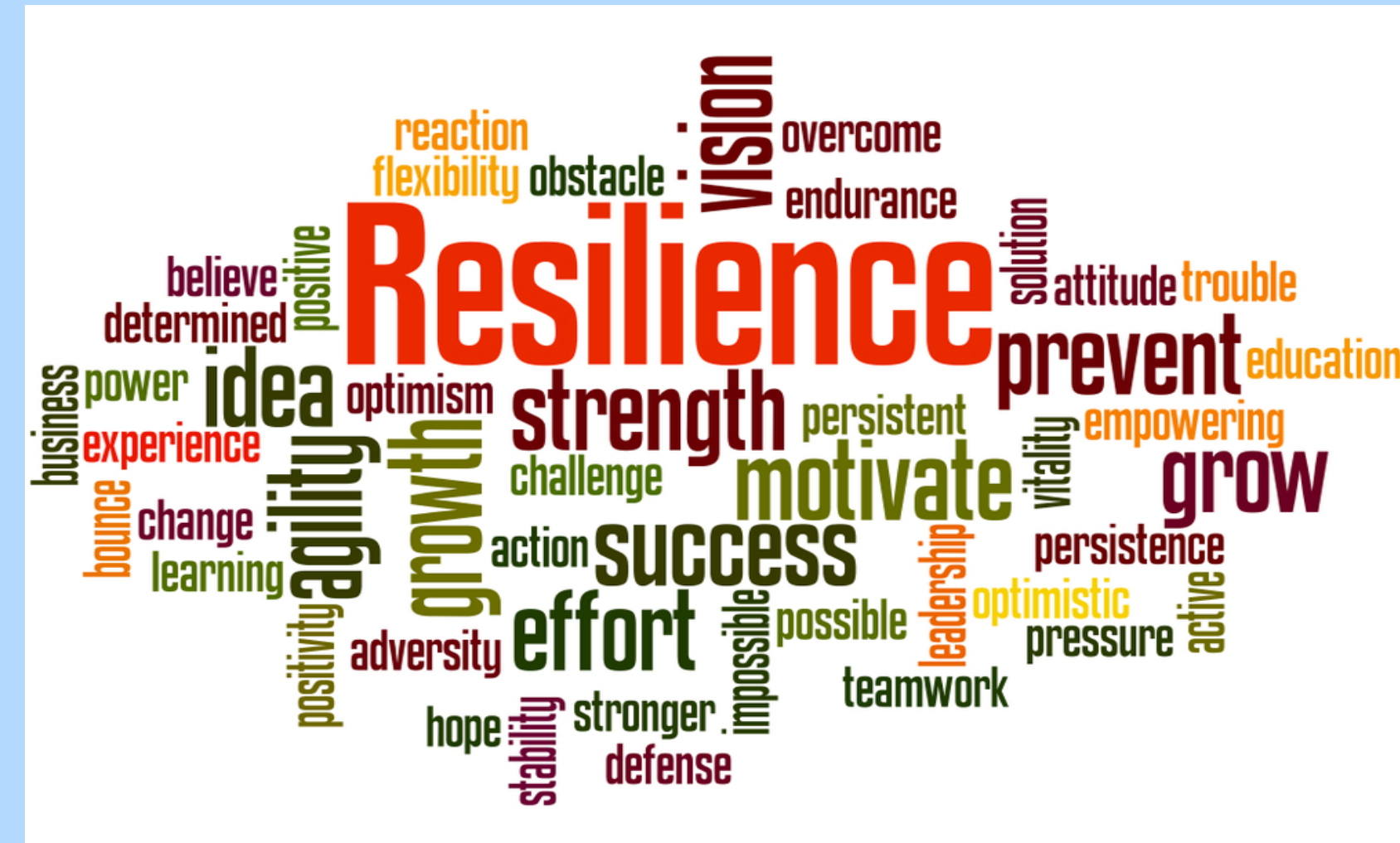
Finding My Debwewin-Naawe Giizhigoo Kwe Looks Back: An Autoethnographic & Arts Based Journey of Healing & Resilience

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ABSTRACT

The purpose of this thesis is to give a glimpse into my own life story from trauma to resilience and relate that to other Indigenous women's experiences that are similar. By illustrating these experiences, the goal is to emphasize the resiliency of Indigenous women and the strategies that we used to get there.

In my research I am using a combination of Auto-ethnography, Art, as well as Anishinaabe based teachings on life cycles, as a methodology for writing an Indigenous story as a pedagogical process for personal and community resilience.



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METHODS

Auto-ethnography:

I am using this qualitative research method, of self reflection and sharing my life story and experiences in order to write about and connect to the wider Indigenous community. There are many negative cultural, political and social aspects of Canadian society effecting Indigenous peoples. My research focuses on overcoming these negative aspects, finding your Debwewin (truth) and walking in Resilience



Arts Based Methodology

While quantitative research leads to conclusions, Arts-based research leads to questions and can generate new forms of understanding, experience and empathy. The Art methods I will use include Collage and Photo Voice.

Collage:

I will include a Collage, made using photographs and digital art, at the end of each chapter based on the content.

Photo Voice:

I will include photos strategically placed in each chapter to emphasize an experience or topic.

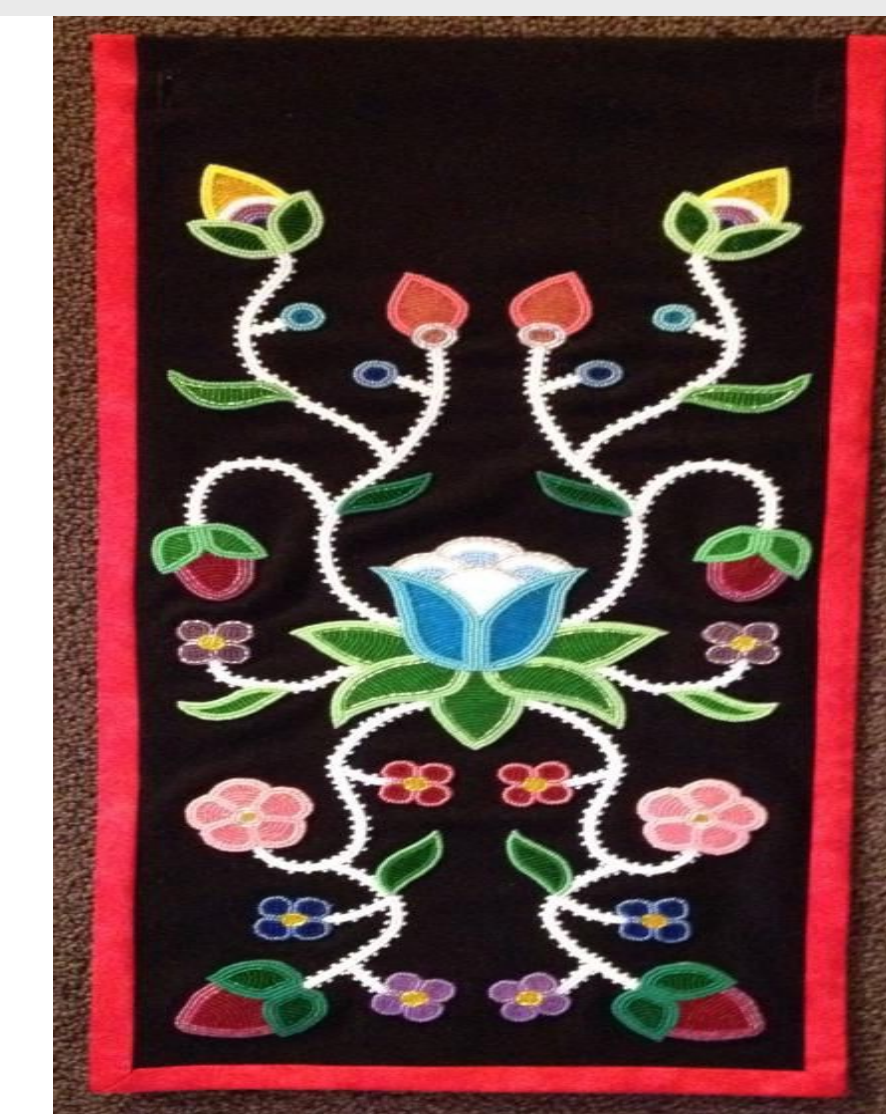


Anishinaabe 7 Stages of Life:

The Anishinaabe 7 stages of life are on the Medicine Wheel, beginning in the East. Each chapter of my thesis will be based on a 7 year stage.

The Anishinaabe 7 Stages of Life include:

- 1) The Good Life Stage (1-7 years old)
- 2) The Fast Life Stage (7-14 years old)
- 3) The Wandering Life Stage (14-21 years old)
- 4) The Truth Life Stage (21-28 years old)
- 5) The Planning Life Stage (28-35 years old)
- 6) The Doing Life Stage (35-42 years old)
- 7) The Elder Stage (42-beyond).



Some of the topics covered in this thesis include the following:

- Cultural shock and alienation
- Childhood prostitution
- Drug Addiction
- Teen runaways
- Life in the Sex Trade
- Teen pregnancy
- Single parenthood
- Rehabilitation from Drugs
- Returning to Indigenous ways
- Taking the University path as a mature student, with limited education
- Losing my 2 sons, to homicide and suicide
- Letting go, healing from trauma
- Becoming an Elder, helping others to find resilience



Native American Dreamweaver