



Companion Notice to the Indigenous Cultural Safety, Humility and Anti-Racism practice standard (2022-09-30)

The College of Traditional Chinese Medicine Practitioners & Acupuncturists of BC (CTCMA) is pleased to share that the College has adopted the Indigenous Cultural Safety, Humility, and Anti-Racism practice standard along with ten other health profession regulators in BC. The standard is informed by the recommendations from the [In Plain Sight report](#) and supports the College's commitment of eliminating Indigenous-specific racism and fostering culturally safe practice in BC's health care system. It acknowledges that Indigenous-specific racism exists in health care and sets expectations for Traditional Chinese Medicine professionals to provide culturally safe and appropriate care to BC's First Nations, Métis, and Inuit peoples.

- Review the [new standard](#)
- Read the [announcement](#)

The 11 colleges, including the CTCMA, who have adopted this standard are marking the launch of the standard with a ceremony on September 30, as part of the National Day for Truth and Reconciliation. We'll be sharing more information over the coming days and weeks.

What does the implementation of this practice standard mean to me in my practice?

This practice standard provides clear expectations of how registrants should conduct themselves in their interactions with Indigenous patients and clients. The standard includes principles organized into six categories that registrants are asked to incorporate into their practice:

1. **Self reflective practice (it starts with me)** - Cultural humility begins with a self-examination of the health professional's values, assumptions, beliefs, and privileges embedded in their own knowledge and practice, and consideration of how this may impact the therapeutic relationship with Indigenous clients/patients. Cultural humility promotes relationships based on respect, open and effective dialogue, and mutual decision-making.
2. **Building knowledge through education** - Health professionals continually seek to improve their ability to provide culturally safe care for Indigenous clients.
3. **Anti-racist practice (taking action)** - Health professionals take active steps to identify, address, prevent, and eliminate Indigenous-specific racism.
4. **Creating safe health care experiences** - Health professionals facilitate safe health care experiences where Indigenous clients' physical, mental/emotional, spiritual, and cultural needs can be met.
5. **Person-led care (relational care)** - Health professionals work collaboratively with Indigenous clients/patients to meet the client's health and wellness goals.

6. **Strengths-based and trauma-informed practice (looking below the surface)** - Health professionals have knowledge about different types of traumas and their impact on Indigenous clients, including how intergenerational and historical trauma affects many Indigenous Peoples during health care experiences. Health professionals focus on the resilience and strength the client/patient brings to the health care encounter.

What resources are available to help me meet this standard?

Registrants can consult the following resources to support their learning about the standard and its expectations:

- [Videos series to support culturally safe care](#) (developed by BCCNM and CPSBC)
- [Practice Standard Companion Guide](#) (developed by BCCNM and CPSBC)
- [Learning resources](#) (developed by CPSBC)

CTCMA acknowledges that registrants will need additional support to implement successfully and meaningfully the standard and we are committed to create space and hearing from both Indigenous and non-Indigenous registrants. Considering the significant pre-existing work and engagement conducted by BCCNM and CPSBC, the 11 colleges are discussing how best this can be done collectively, while hearing about profession-specific elements.

We are committed to continually updating this information and sharing it frequently so that registrants feel supported in applying the standard to their practice.

If you have any questions about the standard, please contact psp@ctcma.bc.ca.



*Eagle flies up so high it looks down and sees all of humanity as one, cannot see our various nations or small differences, Eagle just sees us as **one** people. When we hold a feather, we remind ourselves of that perspective, and can speak with respect and honesty to each other like the family that we all are.*

– Aaron Nelson-Moody / Tawx'sin Yexwulla, Artist