

Cultural Misappropriation in Integrative Health

Introduction to Statement

Integrative Health focuses on the whole person - body, mind, and soul; affirms the importance of connection and relationship with self, family, community, and environment, as well as with the practitioner; is informed by knowledge from various sources; and makes culturally respectful use of various therapeutic and lifestyle approaches, practitioners, disciplines, and traditions, especially those meaningful to the patient, to achieve optimal health and healing.

Purpose of Statement

- Raise awareness of both historical and current injustices wrought by colonization and by misappropriation in the field of integrative healthcare.
- Share emerging ideas about how individual practitioners and groups working in integrative health can commit to repairing these injustices.
- Envision a path to acknowledge, include, support, and honor diverse practices and voices of practitioners of traditional and other non-biomedical healing systems in respectful and compassionate ways.

Capitalism

- Structural Impediment to affordable healing practices
- Financial barriers to classes, workshops, training programs, and settings for practice

Exploitation

- Commodification
- Extracting, cultural erasure, and regulating practices
- Lack of reparations
- Taking knowledge, items, and healing practices without permission
- Excluding practitioners from the culture of origin or limiting their ability to practice
- Unfair labor practices and compensation

Colonization

- Hierarchy of human value
- Policies and practices create(d) and perpetuate(d) systems of oppression
- Claiming/ destruction of cultures, foodways, lands, resources, ecological balance
- Diminution/ erasure of original peoples' roles and traditional practices

Biomedical Dominance

- Influenced by profit driven economic systems
- Formed with hierarchies of racism, reductionism, and gender bias
- Promotes culture erasure

Research Bias

- Influences research question framing, study design, source citation, publication/ editorial processes, funding structures.

Keys to Unlock the Chains of Cultural Misappropriation



Cultural Humility

- Recognition of history and complexity of issues
- Understanding our own local communities
- Commitment to be respectful and appreciative in our choices

Cultural Respect

- Giving Acknowledgement
- Respect, Inclusion, and Being Responsive to the People of Our Locality
- Respect and Compassion in Groups Working Together
- Alignment of intention with the original purpose of the healing practice
- Commitment to Mitigation of power imbalances
- Making Policy in Organizations and Institutions

Cultural Exchange

- There is mutual relationship, respectful sharing/giving from the cultures involved.

Cultural Appreciation

- Learning in a non-judgmental way.
- Adopt customs, traditions, or items from another culture while being aware and acknowledge their history and depth of meaning.
- Honoring the voices and practices of people from the culture of origin.



This statement is a project of the Equity, Diversity and Inclusion committee of IM4US. The authors of this statement are both members of IM4US as well as guest editors. Because most of us are living on unceded native land in what is called the United States (US), and many of us work in biomedical institutions, we will primarily writing about the conditions present in the US.

Cultural Misappropriation in Integrative Health

Shalini Singh-Karnik, MD
Sonia Sosa, MD

Cheryl Martin, MD

Elizabeth Rocco, MD

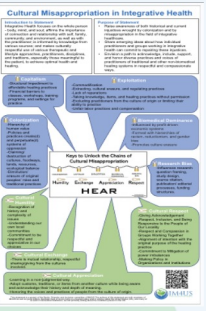
Christa Fernando, MS3

Rosemarin K Ekwueme King, MD



IM4US
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

Purpose of Statement



Introduction to Statement

Integrative Health focuses on the whole person - body, mind, and soul; affirms the importance of connection and relationship with self, family, community, and environment, as well as with the practitioner; is informed by knowledge from various sources; and makes culturally respectful use of various therapeutic and lifestyle approaches, practitioners, disciplines, and traditions, especially those meaningful to the patient, to achieve optimal health and healing.

Purpose of Statement

- Raise awareness of both historical and current injustices wrought by colonization and by misappropriation in the field of integrative healthcare.
- Share emerging ideas about how individual practitioners and groups working in integrative health can commit to repairing these injustices.
- Envision a path to acknowledge, include, support, and honor diverse practices and voices of practitioners of traditional and other non-biomedical healing systems in respectful and compassionate ways.



IM4US Cultural Appropriation vs Misappropriation

INTEGRATIVE MEDICINE FOR THE UNDERSERVED

“Cultural appropriation occurs when members of a dominant group take elements and symbols of another culture for their own economic or social gain, while simultaneously devaluing and silencing the bodies, opinions, and voices of the oppressed culture.” (Fatimah Ashgar)

“This often occurs without just compensation being given to those [from whom a practice or tradition comes] and with little understanding or acknowledgement of the [associated] history, experience or tradition. Practical and spiritual wisdom may be erased entirely.”(Lisa Brock)



IM4US
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

Cultural Misappropriation

Keys to Unlock the Chains of Cultural Misappropriation



COLONIZATION

CAPITALISM

EXPLOITATION

BIOMEDICAL
DOMINANCE

RESEARCH
BIAS



Humility



Exchange



Appreciation



Respect

HEAR

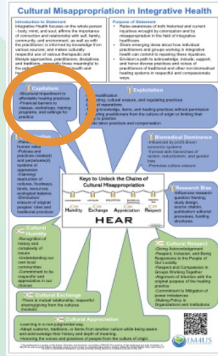
Image Design Credits:
Rosemarin King and Margo King
PresentMedia Graphics



IM4US
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

Capitalism

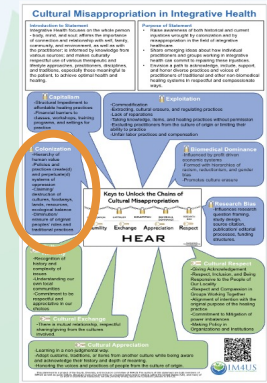
- Structural Impediment to affordable healing practices
- Financial barriers to classes, workshops, training programs, and settings for practice





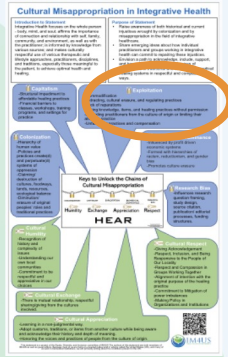
IM4US
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

Colonization



- Hierarchy of human value
- Policies and practices create(d) and perpetuate(d) systems of oppression
- Claiming/ destruction of cultures, foodways, lands, resources, ecological balance
- Diminution/ erasure of original peoples' roles and traditional practices

Exploitation



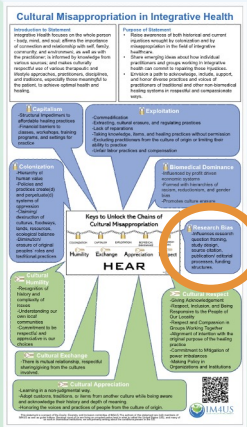
- Commodification
- Extracting, cultural erasure, and regulating practices
- Lack of reparations
- Taking knowledge, items, and healing practices without permission
- Excluding practitioners from the culture of origin or limiting their ability to practice
- Unfair labor practices and compensation



IM4US
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

Research Bias

Influences research question framing, study design, source citation, publication/ editorial processes, funding structures

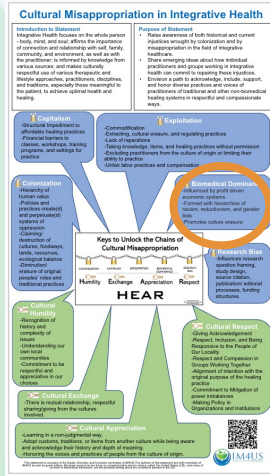




IM4US
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

Biomedical Dominance

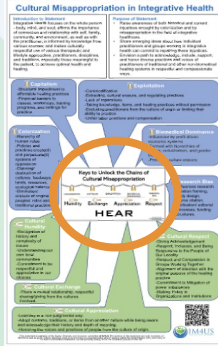
- Influenced by profit-driven economic systems
- Formed with hierarchies of racism, reductionism, and gender bias
- Promotes culture erasure





IM4US
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

Moving forward Cultural Humility, Exchange, Appreciation and Respect



Keys to Unlock the Chains of Cultural Misappropriation



COLONIZATION

CAPITALISM

EXPLOITATION

BIOMEDICAL
DOMINANCE

RESEARCH
BIAS



Humility



Exchange



Appreciation



Respect

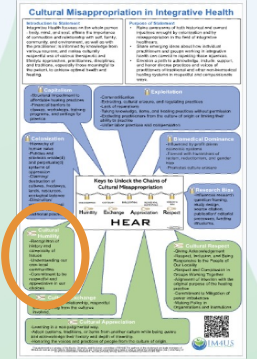
HEAR

Image Design Credits:
Rosemarin King and Margo King
PresentMedia Graphics



IM4US
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

Cultural Humility

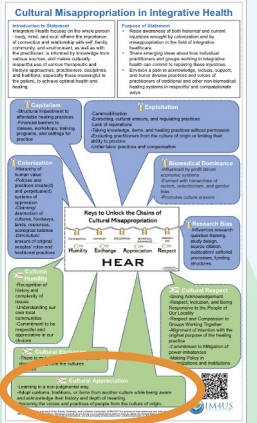


- . Recognition of history and complexity of issues
- . Understanding our own local communities
- . Commitment to be respectful and appreciative in our choices



IM4US
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

Cultural Appreciation

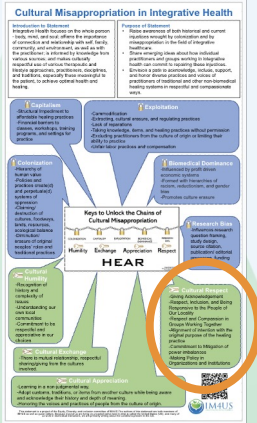


- Learning in a non-judgmental way.
- Adopt customs, traditions, or items from another culture while being aware and acknowledging their history and depth of meaning
- Honoring the voices and practices of people from the culture of origin



IM4US
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

Cultural Respect

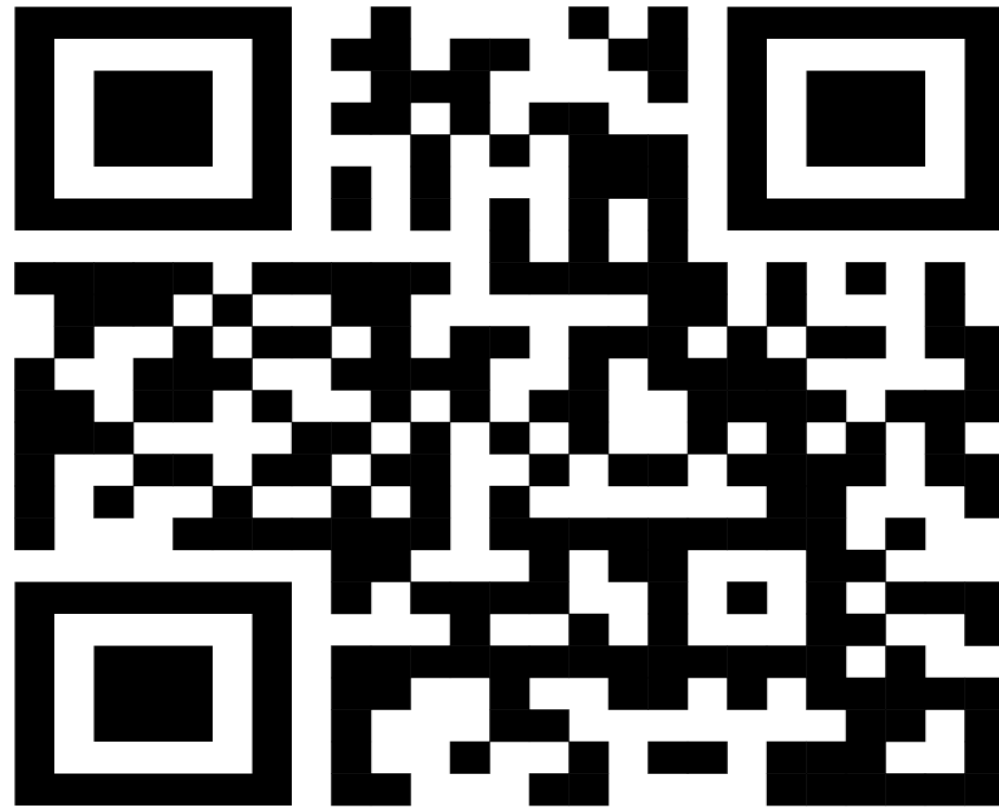


- Giving Acknowledgement
- Respect, Inclusion, and Being Responsive to the People of Our Locality
- Respect and Compassion in Groups Working Together
- Alignment of intention with the original purpose of the healing practice
- Commitment to Mitigation of power imbalances
- Making Policy in Organizations and Institutions



IM4US
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

Cultural Misappropriation Document





Healing Practice Acknowledgements: WE SOAR

Cheryl Martin, Elizabeth Rocco, Shalini Singh-Karnik, Sonia Sosa, Reconnect & Reclaim Dialogue Group

Contributions by:

Suhani Bora, Karen Burt-Imira, Thomas Chavez, Darlene Flores, Karen Rosemarin Ekwueme King, Cheryl Martin, Tlalli Moya-Smith, Caroline Ortiz, Elizabeth Rocco, Shalini Singh-Karnik, Sonia Sosa

Healing Practice Acknowledgement (HPA)

- ▶ Honors the historical and ongoing contributions of traditional medicine to science, health care, and wellness.
- ▶ HPA recognizes the need to address historical and present day harms while creating equitable, sustainable healing systems for all.
- ▶ As part of an ongoing dynamic HPA dialogue, individuals and groups can make HPA statements.



Background

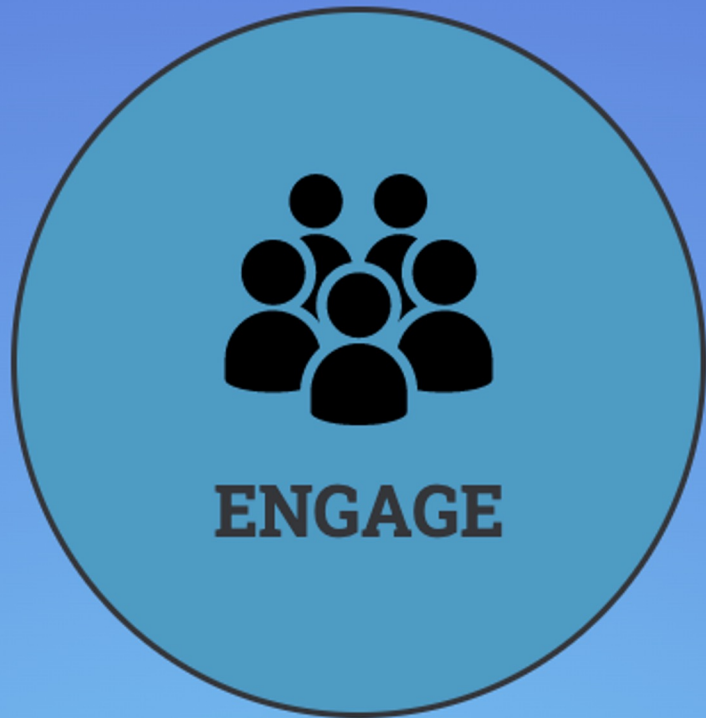


- ▶ People have sought ways to obtain a state of healing for as long as recorded history and likely before.
- ▶ Many different healing systems pass their knowledge in oral traditions.
- ▶ As society and researchers have begun equitable efforts towards officially citing indigenous sources of knowledge from oral tradition in addition to written documentation, it is time for the areas of health and medicine to do the same.





Welcome and uplift local stakeholders, diverse voices, and traditional practitioners to share their wisdom, practice, and recommendations.



Engage in
community dialogue
and cultivate safety to
develop and deepen
relationships.



Seek intentions for making a HPA statement.

Say it in your own words.

Stay away from performative practice and mandating use.



Organize in community to take concrete steps to dismantle systems of oppression and build an equitable and sustainable health care system and broader society for all.



Ask permission or clarification.

Appreciate contributions.

Acknowledge biases.

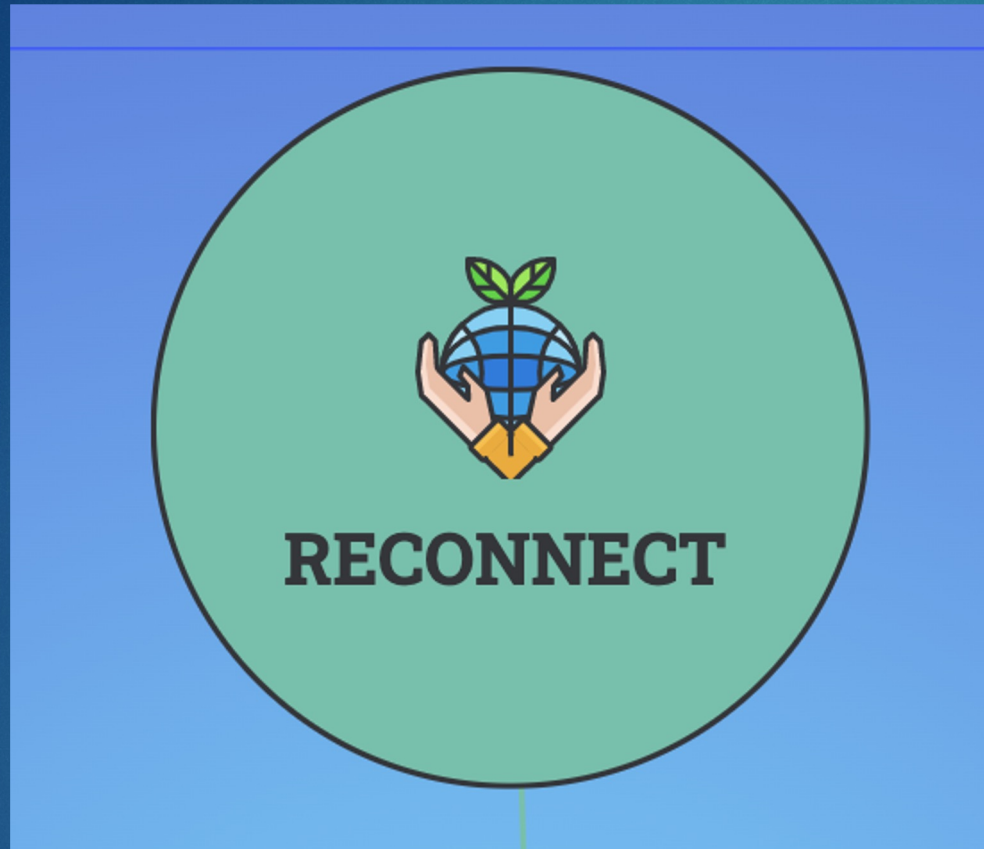
Apologize for mistakes.



Research the origins of the healing practices you utilize, how those practices evolved, and the ongoing contributions of originating peoples and traditional medicine to science, health care, and wellness.



Reflect on our individual and collective relationship to historical and ongoing harms to Indigenous peoples, healing systems, food systems, and the environment.



Reconnect with our Living Earth Heritage:

The cultural wisdom, foods, healing practices, land, faith, language, and medicinal plants of our ancestors.

Our current ecosystems that surround us (including animals, plants, wild foods, medicinal plants, and people).



Reclaim our inherent ability to heal in relationship to our whole selves, our ancestors, our community, and as part of our ecosystems.



Restore the Earth's abundant biodiversity, clean water and air, livable climate, and traditional food systems.



HEALING PRACTICE ACKNOWLEDGMENT (HPA) honors the contributions of traditional medicine and Indigenous peoples to science, health care, and wellness. HPA recognizes the need to address intergenerational harms while creating equitable and sustainable healing systems for all. As part of ongoing community dialogue and healing, groups and individuals can make public HPA statements.

