

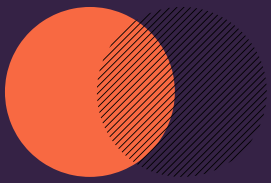
# 8TH ANNUAL IGS CONFERENCE

CRITICAL PERSPECTIVES  
ON WELLNESS: HOLISTIC  
HEALTH AND WELL-BEING

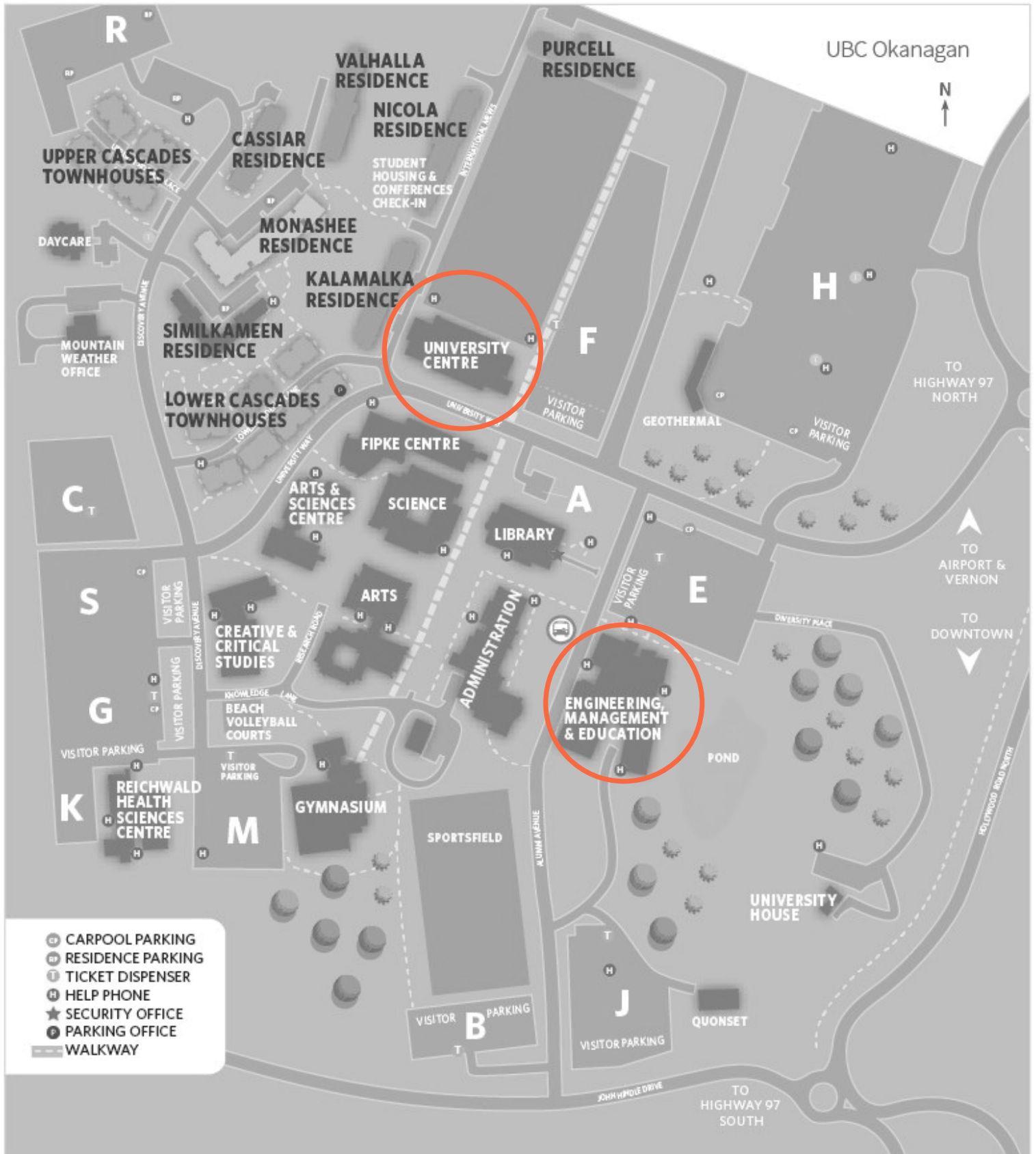
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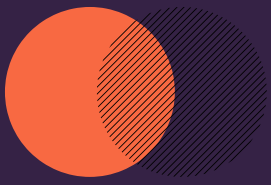
UBC Okanagan  
Kelowna, BC

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# CAMPUS MAP





# THURSDAY MAY 4TH

## REGISTRATION AND OPENING CEREMONIES

Welcome to the 2017 IGS conference at the University of British Columbia's Okanagan Campus!

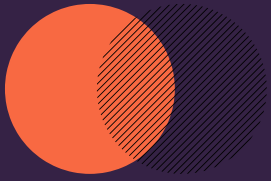
Registration for the conference will begin Thursday, May 4th in the EME building

## EVENT PROGRAM

**4:00PM** Registration table opens

**5:00 - 8:00 PM** Opening Remarks  
Catered Reception  
(UNC Ballroom)





# FRIDAY MAY 5TH

## PRESENTATION DAY 1

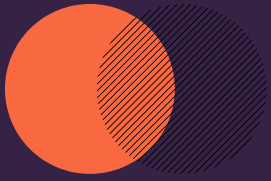
Check-in and registration will be available starting at 8:30 in the EME , and will be available through breakfast service

Presentations in EME1202

## EVENT PROGRAM

<b>9:30 AM</b>	Registration Breakfast	<b>1:00 PM</b>	<i>Panel 2</i> Speaking Culture, Identity And Competition
<b>10:00 AM</b>	<i>Keynote:</i> Dr. Rasika Rajapakshe	<b>2:30 PM</b>	Lunch
<b>11:00 PM</b>	Coffee Break	<b>3:30 PM</b>	<i>Panel 3</i> Chronic Illness: Challenges of an Aging Populace
<b>11:15 AM</b>	<i>Panel 1</i> Dementia: An Old-Age Phenomenon	<b>5:00 PM</b>	Break
<b>12:45 PM</b>	Coffee Break	<b>7:00 PM</b>	Banquet Dinner Curious Cafe





# SATURDAY MAY 6TH

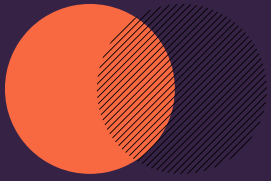
## PRESENTATION DAY 2

Presentations in EME 1202

## EVENT PROGRAM

<b>9:30AM</b>	Breakfast	<b>1:00PM</b>	<i>Panel 5</i> Themes of Well-being in Art and Literature
<b>10:00AM</b>	<i>Keynote:</i> Dr. Susan Holtzman		
<b>11:00PM</b>	Coffee Break	<b>2:30PM</b>	Lunch
<b>11:15AM</b>	<i>Panel 4</i> Towards Environmental and Societal Inclusivity	<b>3:30PM</b>	<i>Panel 6</i> Politics of Social and Mental Health
<b>12:45PM</b>	Coffee Break	<b>5:00PM</b>	Final Remarks Closing Ceremony





# PANELS

## FRIDAY

### **Panel 1: Dementia: an Old-Age Phenomenon**

*11:15 am*

Jessica R. Lowry

Wyatt Slattery

Caitlin Pointer

### **Panel 2: Speaking Culture, Identity and Competition**

*1:00 pm*

Lindsay Farrugia and David Lacho

Ricki-Lynn Achilles

Aaron Derickson

### **Panel 3: Chronic Illness: Challenges of an Aging Population**

*3:30 pm*

Lisa Renaud

Ivana Kajic

Yousif Murad

## SATURDAY

### **Panel 4: Towards Environmental and Societal Inclusivity**

*11:15 am*

Katarina Trapara & Brittini MacKenzie Dale

Dorjan Lecki & Lynda Reil

Rina Garcia Chua

### **Panel 5: Themes of Wellbeing in Art and Literature**

*1:00 pm*

Dr. Hugo De Burgos

Darren Paterson

Rebecca Jane Francis

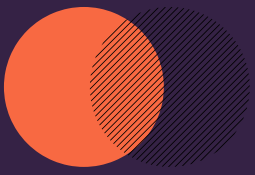
### **Panel 6: Politics of Social and Mental Health**

*3:30 pm*

Luke Kernan & Dash Taheri

Tanja Lukic & Margaux Schilling

Gwen Pierce



# ABSTRACTS

## PANEL 1: DEMENTIA: AN OLD-AGE PHENOMENON

Jessica R. Lowry

### **The Effects of Fatty Acids on Brain Microglia Immune Responses**

**Background:** With an aging global population, the prevalence of Alzheimer's disease (AD) is expected to increase. Although no viable treatment exists, the risk of developing AD may be reduced through preventative measures, including dietary changes. Dietary fats are involved in key cellular processes; however, there is limited research on the role of fatty acids in regulating inflammation, particularly in the central nervous system (CNS). Microglia regulate CNS immune function, but their dysregulated responses can lead to the enhanced release of cytotoxic factors, causing extensive neuron death, as observed in AD. Metabolites of alpha-linolenic acid (ALA) and linoleic acid (LA) are well-known for modulating peripheral and CNS inflammation, but their effects on microglia are unknown. **Objective:** The objective of this study is to assess whether ALA and LA affect microglial immune responses. **Methods:** BV-2 cells (microglia model) were treated with ALA or LA for 24 h, prior to pro-inflammatory stimulation with bacterial lipopolysaccharide (LPS) for 24h. Following incubation, microglial supernatants were collected, the secretion of reactive nitrogen species (RNS) was quantified by the Griess assay, and cell viability was evaluated. Additionally, BV-2 cells were treated with ALA and LA for 24h, latex beads were added, and the phagocytic activity of these cells was assessed. **Results:** Both ALA and LA significantly reduced RNS secretion by LPS-stimulated microglia. ALA and LA also induced microglial phagocytosis of latex beads. **Conclusion:** Fatty acids were shown to modulate select microglial immune responses, and should be further investigated for their roles in CNS inflammation, which is involved in the progression of AD

Wyatt Slattery

### **New Insight into Neurodegenerative Disease Through Protein Labeling**

Neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease, and ALS are characterized by a gradual decline in cognition, behavior, and motor function. At a cellular level, neurodegenerative diseases are caused by deficiencies in neuron signaling. Support cells of the brain, called glia, eliminate neuron connections by engulfing them during brain development and throughout learning. We propose that dysregulation of this process may lead to the deterioration in cognition associated with neurodegenerative disease. We have identified a protein in the brain called integrin (ITG) alphaV beta5 (V5) that is both expressed in glia, and participates in engulfment processes. ITG V5 has other functions in the cell, such as mediating cellular adhesion; however, ITG V5 proteins that are involved in engulfment processes exhibit unique subcellular localization. Considering these data, we reason that labeling of ITG V5, without perturbing its native function, will help define the role of ITG V5 in neuron elimination. We have synthesized a fluorescent labeling molecule directed at ITG V5 that includes a reactive linker. The reactive linker will chemically bind the fluorescent tag to ITG V5, allowing for the rest of the labeling molecule to leave the binding site thereby restoring native protein functionality. Prior to use, we must evaluate the pharmacodynamic properties of the labeling compound to characterize its utility as a means of labeling ITG V5 in biological systems. These properties include determination of the labeling compound binding affinity, specificity, and effect on native ITG V5 function.

Caitlin Pointer

## **The Effect of Extracellular Cardiolipin on Microglia-Mediated Cytotoxicity and Neuronal Survival**

**Background:** Microglia, the immune cells of the brain, become activated in response to pathological stimuli. Once activated, microglia secrete pro-inflammatory mediators aimed at eliminating the noxious stimuli. Microglial activation is normally beneficial; however, in Alzheimer's disease (AD), microglial responses become chronic and result in non-specific cytotoxicity and extensive neuronal death. It has been determined that cardiolipin, a mitochondrial phospholipid implicated in regulating metabolic processes, is significantly reduced in AD brains. Although the intracellular role of cardiolipin is well defined, the effects of cardiolipin on microglia have not been described. **Objective:** To determine whether extracellular cardiolipin can regulate select microglial functions. **Methods:** Murine BV-2 microglia and human THP-1 monocytic cells (microglia models) were exposed to cardiolipin in the presence or absence of noxious stimuli. Changes in the secretion of pro-inflammatory mediators tumor necrosis factor (TNF)-alpha and reactive nitrogen species (RNS) were quantified to determine whether cardiolipin affects the microglial secretome and cytotoxicity. To determine whether cardiolipin regulates microglia-mediated neuronal survival, BV-2 cell expression of two critical neuronal survival factors, brain-derived neurotrophic factor (BDNF) and glial cell line-derived neurotrophic factor (GDNF), was assessed. Furthermore, the viability of human SH-SY5Y neuroblastoma cells (neuron model) was evaluated following their exposure to supernatants from THP-1 cells that had been treated with cardiolipin. **Results:** Cardiolipin decreased TNF-alpha and RNS secretion by activated microglia. Cardiolipin upregulated microglial expression of BDNF and GDNF, and increased viability of neurons exposed to supernatants from activated microglia. **Conclusion:** Cardiolipin can mediate neuron-microglia communication. Further investigation could unveil novel signaling pathways engaged by cardiolipin and reveal potential therapeutic targets for the treatment of AD.

## **PANEL 2: SPEAKING CULTURE, IDENTITY AND COMPETITION**

Lindsay Farrugia and David Lacho

### **Doing Language: Production, Invention, and Revitalization**

Linguistic expression can play a critical role in the wellbeing of individuals and communities. Drawing on our diverse experiences working with languages, we will demonstrate how individuals and communities are expressing themselves through language and we will describe how these processes are linked to feelings of well-being. Drawing on our combined research experiences, we will be explaining how individuals create languages (conlangs) to worldbuild. The process of creating languages and worlds allows people to find themselves and express their oftentimes marginalized identities. We will also draw parallels to how communities undergoing their language revitalization initiatives discover a sense of wellbeing by employing creative projects in language planning. Contributing to performativity theory, this paper will highlight the importance of "doing" language and how production, invention, and revitalization can play a crucial role in an individual's sense of well-being.



## PANEL 2 CONTINUED

Ricki-Lynn Achilles

### **The Consequences of Student Anxiety Produced by the Culture of Competition: Implications for an Autoethnographic approach to Language Learning**

Competition is embedded in the structure of academia, affecting students and faculty alike. While competition can provide incentive and be productive, it is also important to acknowledge the negative implications competition can have on students in post-secondary settings. Literature has shown that there is a positive correlation between competition and anxiety, which leads to the fear of failure and comparison of self to others. The goal of my thesis research is to showcase how language revitalization programs are creating low-anxiety learning environments, and to determine the relationship between low-anxiety environments and learner success rate. In my autoethnography, I will reflect on my own language learning and discuss how anxiety influences and is influenced by the learning experience. I argue that the culture of competition not only creates anxiety, but can lower self-esteem and lead to a decline in motivation. While literature suggests that interest in subject matter can lower anxiety, it does not completely eliminate it. I maintain that the structure of courses creates competition, which inherently pressures individuals into measuring their performance in relation to their peers. This comparison also provokes the fear of failure, which is a source of anxiety for many students. While this is easily observed amongst language learners, it is not unique to them. By exploring motivation in relation to anxiety, I plan to discuss how competition amongst students across disciplines encourages and relies on the comparison of self to others. In doing so, I will highlight how competition can be unproductive and ultimately decrease student motivation.

Aaron Derickson

### **Syilx Leadership Based on Captikwl: a leadership approach to healthy communities**

The reality of Indigenous communities is that they are on the up and up, but there remains a lot of work to be done in the realm of health. The statistics continue to paint a grim picture of the overall health of Indigenous people in Canada: we're overrepresented in jails, our young people are most susceptible to suicide, we are more prone to develop diabetes, heart disease, have high blood pressure and are marginalized for on reserve funding. We are the fringes on Canadian society. The breakdown started somewhere, and I argue it began when the traditional stories were erased in favor of the colonial narrative. For the Okanagan-Syilx people, the traditional stories were called "captikwl". These stories are our principles, teachings, laws, protocols, and social expectations for our people that governed us for thousands of years in a sustainable manner. Leadership is at the heart of many things, including health and wellness. For thousands of years, these stories dictated well being through the principles resonant in their praxis. When these stories are re-implemented and re-institutionalized, within Syilx communities on a social and governmental level, the overall health of the communities thrives. In this paper, I discuss examples of how the capitkwl can contribute to well being.

# PANEL 3: CHRONIC ILLNESS: CHALLENGES OF AN AGING POPULATION

Lisa Renaud

## **Investigating the effects of dietary fatty acids in Drosophila**

**Background:** Western diets are high in caloric intake and typically contain large amounts of carbohydrates and polyunsaturated fatty acids (PUFAs). Dietary fatty acid (FA) types and subsequent ratios have human health implications. FA accumulation can lead to production of reactive oxygen species (ROS) thereby leading to oxidative damage if left unchecked by antioxidants. The link between increased fat consumption and ROS damage is established; however the effects of specific FAs on various antioxidants has not been elucidated due to difficulty in determining whether the detrimental effects in humans are the result of the parent or downstream longer FA products. An excellent model for studying physiological effects, such as antioxidant gene expression, is *Drosophila melanogaster* because they do not produce longer chain FAs. **Objectives:** To determine the effect of a high PUFA or monounsaturated FA diet on *Drosophila melanogaster* antioxidant gene expression. **Methods:** Flies were fed a normal control diet or a 2.5% fat diet composed of PUFAs or MUFAs. Next, the flies were incubated for 12 hours in 85% or 21% oxygen. The nerve bundle and fat bodies (equivalent of mammalian heart and liver) were isolated and genetic material was extracted for quantitative PCR to determine antioxidant gene expression. **Results:** Gene expression of glutathione peroxidase and superoxide dismutase across the diet groups revealed different profiles among nerve bundles and fat bodies. **Conclusions:** Following an oxidative event, diets rich PUFAs had differential effects on *Drosophila* antioxidant expression within the nerve bundles, while n-6 PUFAs specifically decreased antioxidant expression in fat bodies.

Ivana Kajic

## **Nutrition and Heart Disease**

Health and wellbeing are an important aspect of everyday life. Heart disease is one of the leading causes of death and can be managed or prevented. Therefore, making healthy nutritional decisions can protect your heart and offer heart healthy living. Maintaining a well-balanced diet should start in your youth and continue throughout your life. A well rounded diet includes, but is not limited to, fruits, vegetables, whole grains, and protein. Additionally, avoiding foods that contain high cholesterol, high fat, and high sodium levels will protect your heart and help to optimize cardiovascular health. Selecting heart healthy meals does not mean you must give up the foods you enjoy; eating healthy can taste great, boost your energy, and make you feel good. Heart healthy meals can begin with simple alterations and substitutions that offer long term benefits. For example, substituting whole grain for white bread, a bag of chips for a handful of nuts, or selecting low-fat dairy products are all healthy and simple alternatives with low compromise. Several studies demonstrate the benefits of healthy eating and its influence on cardiovascular health. In particular, studies emphasize how the right nutritional choices can lower blood pressure, lower cholesterol, and help maintain a healthy weight. Overall, being proactive in managing cardiovascular health through nutrition can prevent heart disease and lead to a long, healthy, and active life.

## PANEL 3 CONTINUED

Yousif Murad

### **Leukocyte Rolling Adhesion and Shear Stress**

Cell adhesion and rolling has been shown to be important in a vast array of cellular processes ranging from cell morphogenesis and tissue remodelling to leukocyte recruitment. This process relies on the rapid forming and breaking of cellular interactions between cell surface receptors and their ligands. These interactions happen through the formation of catch bonds -through selectins and their ligands- which can be strengthened under the shear stress (or force) of fluid flow thus rendering the development of a better understand of the effects of force on these bonds vital for understanding cell rolling. Our plan requires the following steps: 1. Investigation of the effects of surface receptor density on cell rolling behavior. 2. Investigation of the role of fluid flow rate and the resultant shear force on cell rolling. We see this project to not only be important in increasing our fundamental knowledge in regards to cell motility and in furthering molecular sciences but also as a means of furthering our understanding of disease processes such as cancer metastasis. This will enable us to map out a significant amount of the molecular force regulatory mechanisms involved, which may allow for drugs to be developed targeting these mechanisms.

## PANEL 4: TOWARDS ENVIRONMENTAL AND SOCIETAL INCLUSIVITY

Katarina Trapara & Brittini MacKenzie-Dale

Our proposed conference presentation seeks to examine whether human, nonhuman and ecological well-being is considered in the Canadian Food Guide (CFG). We argue that the CFG misleads Canadian consumers in two main ways: (1) the CFG recommends an unhealthy amount of saturated fat, sugar and cholesterol for Canadians, and in so doing, obfuscates what a truly healthy regimen might look like and (2) the CFG perpetuates dominant anthropocentric eating patterns that do not incorporate animal ethics or environmental ethics in the framing of “healthy” diets. Based on these two claims, we use Foucault’s notion of “biopower” and a Critical Animal Studies framework in order to deconstruct how diet is a function of power that regulates and produces certain kinds of bodies. Sociologist Richard Twine acknowledges that, conventionally, the Foucauldian concept of biopower tends to be thought of in terms of human bodies, but Twine insists that this “species specification is unnecessary” and even “limiting” (Twine 86). We apply Twine’s stipulation to argue much of what the Canadian consumer understands to be “healthy” is determined by governmental regulations that turn a blind eye to fundamental issues inherent in raising animals for food. Indeed, food discourse in Canada ignores the effects of animal agribusiness on environmental degradation and nonhuman animal well-being. As such, our paper argues that the CFG is limiting for both human and nonhuman bodies in both its anthropocentrism and dietary prescriptions. We conclude that the CFG should be reevaluated on ethical and social grounds and propose a concept of dietary well-being that demands equal consideration of animal ethics, ecological sustainability and human health.

## PANEL 4 CONTINUED

Dorjan Lecki & Lynda Reil

### **Age-Friendly Perspectives - Kelowna Housing: Inclusion for Seniors**

Statistics Canada data shows that in the period between 2006 and 2011, the number of seniors in Kelowna increased by 7.5 percent, and the median age was 43 years in 2011. It is expected that by 2040, 24 percent of Kelowna's residents are going to be in the 65+ age group. Thus, the City of Kelowna recognized these patterns, and decided to become an age-friendly city. The Global Age-Friendly Cities Project started in 2006, and housing is one of eight domains that are important for communities to become age-friendly. Affordable housing is one way to create a city that is healthy, safe, active & inclusive for seniors, children and those with different levels of abilities. The main objectives of the project were to understand the lived experiences of older adults in Kelowna in locating appropriate housing, particularly related to socio-economic barriers, and to assist the City of Kelowna by providing information on the current housing experiences of older adults in Kelowna. The target population were Kelowna residents whose age was 51+. Total of 79 survey/questionnaires were filled out by the participants. Quantitative data was analyzed by using the Statistical Package for Social Sciences (SPSS), while qualitative data was obtained as some of the older adults spoke with us about their housing experiences after completing their survey/questionnaire. The data confirms that Kelowna continues to have a low vacancy rate, and the results show that one of the major problems for seniors is high rent which make locating appropriate housing a significant issue. The combination of these two factors is a major threat for creating a healthy and inclusive environment which is embedded in the Healthy Cities initiative.

Rina Garcia Chua

### **Finding Wilderness, Determining Wonderland: Environmental Justice as Explored in BC Centennial Committee's From Wilderness to Wonderland**

In Canadian PM Justin Trudeau's speech to announce his cabinet's approval of the Kinder Morgan pipeline expansion, he stressed the decision as one that was done in the "best interests" of Canada. When Trudeau mentioned "best interests" – what does it truly mean? Does it simply imply the finest socio-economic prospects for Canadians, or an underlying subtext that can be genealogically traced back to Canada's racial and environmental history? Does "best interests" also include being transparently fair to the peoples and their environments, or does it precede threatening environmental justice for the sake of economic prosperity? Most importantly, what do major decisions like the Kinder Morgan pipeline expansion say about Canada's (specifically British Columbia's) past, and what does it spell for the wellness of Canada's future? On the year of Canada's 150th year of independence, this paper will look into the past and analyze the BC Centennial Committee's From Wilderness to Wonderland to determine how the "abundance" of British Columbia's environment has been asserted and emphasized in national consciousness as a way to attain specific interests and, in doing so, has largely ignored the rights and well-beings of the First Nations communities and their environment. The play From Wilderness to Wonderland will be analyzed using Michelle Foucault's concept of "docile bodies" to determine how Elizabeth Furniss' "Frontier Cultural Complex" has been articulated not only in national consciousness but also in official historical material as well, perhaps establishing the myth of British Columbia's abundance and how it is a province of infinite resources or "wilderness" that is meant for people to use for their own economic gain.

## PANEL 5: THEMES OF WELLBEING IN ART AND LITERATURE

Dr. Hugo De Burgos

Schizophrenia is perhaps, ironically, considered the most biogenic and least cultural of psychiatric disorder despite considerable and compelling evidence that shows it is the contrary. In this talk, I will discuss the ways in which the concepts and the experience of mental health and illness are shaped by cultural content and historical context. Schizophrenia is perhaps, ironically, considered the most biogenic and least cultural of psychiatric disorder despite considerable and compelling evidence that shows it is the contrary. In this talk, I will discuss the ways in which the concepts and the experience of mental health and illness are shaped by cultural content and historical context.

Darren Paterson

### **Playful Co-Creation in Thomas King's *Green Grass, Running Water*: An Investigation of the Relationship Between Wellness and Play**

An Investigation of the Relationship Between Wellness and Play

In the quest for improved wellness and well-being of mind, body, and spirit, I believe that play is an integral component. A playful approach to being has been shown to improve creativity, happiness, and overall enjoyment of life. When applied as a communal practice, playful co-creation has the added benefit of fostering harmony between the self and others, which can lead to a sense of belonging and safety in one's global community.

Indigenous-Canadian author Thomas King is well-known for his humorous approach to storytelling. Although King does not shy away from emotionally charged social and political issues, he infuses his discussions of such issues with a levity of spirit that reminds his readers to approach living with a good heart and positive frame of mind. In his 2003 Massey Lecture, King discusses the central themes of community, co-operation, equality, and balance in Indigenous storytelling and I believe that these themes are also central elements of healthy play. In my paper, I will explore King's 1993 novel, *Green Grass, Running Water*, as an exemplification of successful approaches to co-operation, co-creation, and play. I will examine the role of the trickster god Coyote as a central player in King's game of playful co-creation: the game of storytelling. By framing my discussion in contemporary ludic theory – the theory of play and its healthful benefits – I will explore how King's playful co-creation has the potential to foster better health and wellness in individuals and their communities at large.

Rebecca Jane Francis

### **Faith and Duty: The Representation of Religious Attitudes towards Social Wellbeing and Accountability in Anna Sewell's *Black Beauty***

The health and wellness of individuals are greatly affected by the state of the society in which they live, and the attitudes of any society are passed down from one generation to the next through stories. These stories often, in western societies, link teachings back to religious (Christian) ideas surrounding what responses to these issues ought to be. As such, an exploration of the ways in which the representation of the religious context of and response to issues, such as guilt, temper, alcoholism and attitudes towards work, have changed over time in children's literature seems a useful way in which to examine this topic. I wish to look at the changes in which religion and faith were represented in children's literature throughout the nineteenth century, focussing my paper primarily on Anna Sewell's novel *Black Beauty*. I will argue that the ways in which religious ideas informed attitudes towards work, money and family as well as the treatment and care of animals will provide an insight into how the Victorians thought about the ways in which faith and attitudes towards religion affected the social, mental and emotional wellness of individuals as well as communities.

## **PANEL 6: POLITICS OF SOCIAL AND MENTAL HEALTH**

Luke Kernan & Dash Taheri

### **"A Taste of Suffering" – Conversations with the Art of Compassion; Or, the Emergence of Cultural Poetics and Responsible Mental Health Practice in the Okanagan**

Compassion is not merely a noun, a situational extension of empathy, but rather, it burns at one's self-reflexivity. The art of compassion extends into the vulnerable, the ineffable and the tight spaces of poetry that make viable, long-term mental health work and volunteering possible. The idea is that poetry—or more specifically, poesis (as its root), which means to 'to make'—is itself an act of creation that brings together the materials of consciousness to engender wellbeing. The ingrained, ever-practiced skill of poetry is indispensable to seeing and understanding how a tell-tale poetics animates the being of mental health clients to see the 'essence' or gift of their suffering as it writhes with the immersive details of life. The awareness of this all-too human trembling creates a continuous tidal wave within one's self-reflexivity, which weathers and sharpens the cognitive-emotive tools and methods of care that practitioners and volunteers are able to develop and thereby administer to their communities. The field-poet of mental health work creates moments of lived experience, instills a living myth within clients to address their trauma and foster resilience and continual wellness. We, Dash Taheri and Luke Kernan, invite everyone to engage in conversations of compassion as we talk about our collective experience as mental health workers, academics, and artists. This lecture/performance will introduce these ideas as a framework for responsible mental health practice in the Okanagan as we delve into our stories and perform poetry to challenge conceptions of what it means to care, to connect.

## PANEL 6 CONTINUED

Tanja Lukic & Margaux Schilling

A Masters of Social Work program is a clinical based program where students are taught and expected to provide evidence-based practices to clients. A Master's degree provides an additional level of skill rather than a generalist perspective taught in a bachelor of social work program. Social workers use skills from various disciplines in order to provide a holistic and client-centered approach to practice. Among many theories, social workers tend to use ideologies from sociology, psychology, criminology, biology, and aboriginal studies. It is important to assess how both environment and genetics can predispose individuals to social issues. In addition, it is important to assess the resources and supports available in communities to alleviate the stressors and increase resiliency. Master's level social workers are qualified to work with all populations and in many different areas, some of the few include: mental health, addictions, ministry of child and family development, military, counselling, homelessness, and healthcare. Social workers use clinical skills in assessing an individual's functioning and then make appropriate recommendations for treatment or intervention. Understanding human behaviour and social structures can be complex and challenging. Social workers attempt to deconstruct complexities and offer creative solutions to presenting problems. Social workers reinforce the importance of health and well-being in both body and mind.

Gwen Pierce

**"Gazing into Herstory: Mental Health and the Male Gaze in Daphne Marlatt's *Ana Historic*"**

This paper examines Daphne Marlatt's *Ana Historic* as a text that emphasizes the power of the male gaze to set the precedent for how women define themselves and how they construct their behaviours and their identities. Marlatt's 1988 Canadian postmodern novel questions the 'natural' elements of a 'conventional' woman's subjectivity and explores how a woman's mental health can be compromised by her attempts to live up to patriarchal expectations. In Linda Hutcheon's influential study *The Canadian Postmodern* Hutcheon explains that postmodern literature "makes non-natural all things that once went without saying in realist literature" (12-13). In *Ana Historic* the woman's hegemonic, accepted role as a heterosexual, visually-pleasing, demure wife and mother is made non-natural. The narrator/protagonist, Annie, realizes that within her role as a housewife she feels lonely, confined, and depressed. She begins to fixate on her history—on herstory—and discovers that self-conscious writing brings about her understanding of how she has become identified by her relationship to her husband. Annie's self-reflexive writing process sets in motion her healing and newly defined sense of self as she revisits her past and sees new possibilities for her future. Annie's positioning of herself, her mother, and her partially fictional character, Mrs. Richards, highlights the destructive mental states in which these women find themselves, but Annie creates an open narrative space where she can de-centre the traditional, normalized notion of 'woman' and create a future for herself that differs from her mother's fate.