

ISGP PRESENTS ITS 5TH ANNUAL NEXUS CONFERENCE

FRIDAY, MARCH 25, 2022 9AM - 3:30PM

LET'S CELEBRATE WELLBEING
WITH INTERDISCIPLINARY
RESEARCH, SKILL BUILDING,
AND EDUCATION.



LOCATION - ZOOM

LINK VIA QR CODE OR

[HTTPS://UBC.CA1.QUALTRICS.COM/
JFE/FORM/SV_29ULUYTZ8WKQVAW](https://ubc.ca1.qualtrics.com/jfe/form/sv_29ULUYTZ8WKQVAW)



THE UNIVERSITY
OF BRITISH COLUMBIA
Interdisciplinary Studies
Graduate Program and
Public Scholars Initiative



BE WELL - EXCEL

MORE INFO: [ISGP.UBC.CA/NEXUS/NEXUS-2022](https://isgp.ubc.ca/nexus/nexus-2022)
QUESTIONS? EMAIL: [NEXUS.ISGP@GMAIL.COM](mailto:nexus.isgp@gmail.com)

We acknowledge that UBC is situated on the traditional, ancestral, and unceded territories of the xʷməθkʷəy̓əm, Skwxwú7mesh, and Səl̓ílwətaɬ Nations.

Formatting and design by @adara.scott

SCHEDULE



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TIME ACTIVITY PRESENTER

8:30 - 9:00 am	Zoom link opens	
9:00 - 9:05 am	NEXUS-2022 opening	Leena Alkhammash & Phoebe Wong NEXUS 2022 co-chairs & PhD students in the UBC Interdisciplinary Studies Graduate Program (ISGP)
9:05 - 9:15 am	ISGP welcome	Dr. Steven Taubeneck UBC ISGP Program Chair
9:15 - 10:00 am	Decolonial interdisciplinarity, shared dignity and mutual flourishing: Exploring interdependent webs of knowledge, wellbeing and community	Dr. Rajdeep Gill Faculty and Chair, Interdisciplinary Expressive Arts Department, KPU, and Sessional Instructor, ISGP, UBC
10:00 - 10:15 AM COFFEE BREAK		
10:15 - 11:00 am	Putting interdisciplinarity on the menu for improving Canada's food system	Dr. Jennifer Black Professor in the UBC Faculty of Land and Food Systems
11:00 - 11:45 am	Integrated care: The BC Brain Wellness Program	Dr. Matthew Sacheli Research Program Manager for the BC Brain Wellness Program
11:45 AM - 12:30 PM LUNCH BREAK		
12:30 - 1:30 pm	Women-empowered self-defense	Jess Gordon UBC ISGP MA Student, Teacher, and Certified Women-Empowered Gracie Jiu-Jitsu Instructor
1:30 - 2:15 pm	True stories: Shapeshifting between mystery and metaphor	Dr. Nigel Haggan Independent scholar & UBC ISGP alumnus T'uy't'tanat-Cease Wyss Indigenous plant diva, artist and spiritual activist
2:15 - 2:30 PM COFFEE BREAK		
2:30 - 3:15	na'minipti'nit ᐃ'ӽ ᐃ'ӽ' ᐃ'ӽ: Discovering and honoring Inuit research methods	Kimberly ᒋ'ӽ' ᒋ'ӽ' Fairman Executive Director at the Institute For Circumpolar Health Research & PhD student at University of Victoria's School of Public Health and Social Policy
3:15 - 3:30 CLOSING		

ABSTRACTS



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9:15-10 AM

DECOLONIAL INTERDISCIPLINARITY, SHARED DIGNITY AND MUTUAL NOURISHING: EXPLORING INTERDEPENDENT WEBS OF KNOWLEDGE, WELLBEING AND COMMUNITY

BY DR. RAJDEEP GILL

Some of the contours of decolonial interdisciplinarity will be outlined. This will include explicating interdisciplinarity that not only challenges some of the unnecessary silos and territorialities of disciplines, but also actively counters the epistemic violence of monoculturalism, Eurocentricity, colonialism and other formations of cognitive-social exclusion and domination. In grounding interdisciplinarity within webs of value, public reasoning and community, this creative and participatory talk will explore how and why decolonial philosophy-practices of knowledge are intimately related to shared dignity and mutual flourishing. The presenter will also highlight how locating interdisciplinary research, teaching and education within the realities of different forms of interdependence makes nurturing individual and collective wellbeing an essential aspect of knowledge-making and sharing.

About the presenter:

Dr. Rajdeep S. Gill is an interdisciplinary scholar, educator and curator, committed to searching inquiry of self, life, and society. Rajdeep deeply values relationship-building and community-building, and contributing to cultures of dialogue, thinking, creativity and collaboration that affirm shared humanity and profound regard for the Earth. Rajdeep brings decades of experience and expertise with regard to equity, cognitive/epistemic justice, interdisciplinarity, transformative leadership, decolonization, diverse western and non-western contexts and knowledges, community development, etc. Rajdeep is a faculty member and Chair of the Interdisciplinary Expressive Arts department at Kwantlen Polytechnic University, and also teaches in the Interdisciplinary Studies Graduate Program at the University of British Columbia.

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10:15-11 AM PUTTING INTERDISCIPLINARY ON THE MENU FOR IMPROVING CANADA'S FOOD SYSTEM BY DR. JENNIFER BLACK

In this session, Jennifer Black will share insights from her journey as a registered dietitian and nutrition researcher to one who now embraces interdisciplinary and collaborative approaches for investigating complex food system challenges and health inequities. She will share emerging ideas from her research related to school food systems. This research argues that to improve current school food policies and programs, Canadian policy makers and researchers must actively centre the voices and needs of children and pursue comprehensive notions of wellbeing and justice at the heart of school food programming.

About the presenter:

Dr. Jennifer Black is a registered dietitian and an Associate Professor of Food, Nutrition and Health in the University of British Columbia Faculty of Land and Food Systems. She leads the Public Health and Urban Nutrition Research Group and has collaborated with the UBC Farm. Her research focuses on the social determinants of health and dietary choices. She is interested in how attitudes and behaviours related to eating, cooking, food selection, body image and body weight status are shaped by socio-cultural and neighbourhood-level factors. Her research fuses methods and theory from nutrition education, public health, sociology and geography.

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11-11:45 AM
**INTEGRATED CARE: THE BC BRAIN WELLNESS
PROGRAM**
BY DR. MATTHEW SACHELI

This talk discusses how the BC Brain Wellness Program is establishing clinically relevant lifestyle approaches to complement medical treatment in the clinics at the Djavad Mowafaghian Centre for Brain Health at UBC. This program will improve and sustain quality of life and function for people with chronic brain conditions, care partners, and health agers, while pursuing rigorous research into lifestyle interventions for brain health. In addition, Dr. Sacheli will address how the program can provide learning opportunities for medical professionals and the general public on brain wellness practices and enhanced educational experiences for UBC students from a wide range of fields.

About the presenter:

Dr. Matthew Sacheli is the Research Program Manager of the BC Brain Wellness Program. He has a background in clinical neuroscience, kinesiology and exercise physiology. His PhD work was completed at the Pacific Parkinson's Research Center (PPRC) and the Djavad Mowafaghian Centre for Brain Health, University of British Columbia, and investigated the therapeutic mechanisms of exercise in Parkinson's disease using PET and fMRI neuroimaging. He also has experience working in the non-profit sector managing the Parkinson's Disease portfolio and the Brain Health program at the Weston Brain Institute and the Weston Family Foundation in Toronto.

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12:30-1:30 PM

WOMEN-EMPOWERED SELF-DEFENSE

BY JESS GORDON

Jess will take you on a journey to learn more about self-defense. Jess believes that self-defense is not just about kicking and punching but also the inner belief that you are worthy of being safe and respected. In this presentation, Jess will introduce the meaning of self-defense, its benefits, and discuss the development of a social-emotional learning-based self-defense program for schools. Self-defense techniques will also be demonstrated.

About the presenter:

Jess Gordon is a Master of Arts student at the University of British Columbia in the Interdisciplinary Studies Graduate Program, a teacher, and a certified Women-Empowered Gracie Jiu-Jitsu instructor.

1:30-2:15 PM

TRUE STORIES: SHAPESHIFTING BETWEEN MYSTERY AND METAPHOR

BY DR. NIGEL HAGGAN AND T'UY'T'TANAT-CEASE WYSS

Salmon is represented as a shapeshifting figure in both Irish and Heitsulk culture. The presenters will discuss shapeshifting with salmon as a metaphor and compare and contrast Indigenous and European notions of wellbeing and ways of knowing. While not essential, participants may wish to bring something that matters, be it a rock, an animal, a plant, a picture, an instrument, a dance movement. This can be tied to a particular childhood experience that inspired your research and the tension between your feelings and the academic world, an encounter that traditional disciplinary boundaries and how you dealt with it, what you feel most strongly about but have difficulty expressing, and/or what voices or modes of expression would be most important to add to your research.

About the presenters:

Dr. Nigel Haggan is an independent scholar and alumnus of the University of British Columbia's Interdisciplinary Studies Graduate Program. T'uy't'tanat-Cease Wyss is an Indigenous plant diva, artist and spiritual activist.

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2:30-3:15 PM

NA'MINIPTI'NIT ᐳ'ᓘᓚᓘᓘᓘ: DISCOVERING AND HONORING INUIT RESEARCH METHODS

INTL RESEARCH METHODS

BY KIMBERLY JCSJCS FAIRMAN

Indigenous health research is an emerging discipline, and Inuit traditional ways of knowing are not fully articulated in health research practice, due to the impacts of colonization. Nattilingmiut Inuit travel, gather and harvest food, live and care for their families on the land. They pass on stories that serve to protect them, increase their ability to thrive and inspire them to improve on what they know. Their way of life contributes to their wellness. Their language and culture create sustainability. Through meaningful involvement of Inuit community members and scholars, we can better come to understand the relationships between health research methods and improved health and wellness for Inuit. Kimberly's approach frames the work using the values of the community and with whole family involvement. She works with Elders and community members to define Inuit research methods and demonstrate how they can contribute to Indigenous research excellence. During on the land activities, inclusion of the entire household is a given and helps to achieve a multi-generational approach to creating, sharing and storing knowledge of language, culture and way of life.

About the presenter:

About the presenter: Kimberly Ḹc̄d̄ Ḹb̄ Fairman is an Inuk from Taloyoak, Nunavut; the Executive Director at the Institute for Circumpolar Health Research; and a PhD student in the School of Public Health and Social Policy's Faculty of Graduate Studies at the University of Victoria. Kimberly Ḹc̄d̄ Ḹb̄ was trained in Nursing and obtained her Master's of Public Health Degree from the University of Alberta. By weaving partnerships into the research fabric; engaging with communities, clinicians, and policy-makers; and building northern capacity for health research, Kimberly Ḹc̄d̄ Ḹb̄ showcases the valuable contribution of northern communities, practitioners, and Indigenous knowledge holders to the modern research agenda. She is an active board member for Polar Knowledge Canada and serves on the board of the Canadian Society for Circumpolar Health.