

Approaches that overlap with Trauma-Informed Care:

Decolonization	A long-term process involving the bureaucratic, cultural, organizational, linguistic and psychological divesting of colonial power. (1)
Anti-Oppression	The lens through which one understands how “race, gender, sexual orientation and identity, ability, age, class, occupation and social service usage,” (AOR, p. 2) can result in systemic inequalities for particular groups. (2)
Anti-Racism	Anti-racism examines the power imbalances between racialized people and non-racialized/white people. It is the active process of identifying and eliminating racism by changing systems, organizational structures, policies and practices and attitudes, so that power is redistributed and shared equitably. (3)
Cultural Competence	Cultural competence is a set of congruent behaviors, attitudes, and policies that come together in a system, agency, or among professionals that enables effective work in cross-cultural situations. 'Culture' refers to integrated patterns of human behavior that include the language, thoughts, communications, actions, customs, beliefs, values, and institutions of racial, ethnic, religious, or social groups. 'Competence' implies having the capacity to function effectively as an individual and an organization within the context of the cultural beliefs, behaviors, and needs presented by consumers and their communities. (4)
Cultural Safety	Cultural safety is a concept that was developed by Māori nursing students. It is an outcome based on respectful engagement that recognizes and strives to address power imbalances inherent in the healthcare system. It results in an environment free of racism and discrimination, where people feel safe when receiving health care. (5)



Cultural Humility	Cultural humility is a process of self-reflection to understand personal and systemic biases and to develop and maintain respectful processes and relationships based on mutual trust. Cultural humility involves humbly acknowledging oneself as a learner when it comes to understanding another's experience (5).
Social Determinants of Health	The broad range of personal, social, economic and environmental factors that determine individual and population health. Factors include income, education, social location, childhood experiences, physical environments, etc. (6)
Intersectionality	The complex, cumulative way in which the effects of multiple forms of discrimination (such as racism, sexism, and classism) combine, overlap, or intersect especially in the experiences of marginalized individuals or groups (7)
Health Equity	Equity is the absence of avoidable, unfair, or remediable differences among groups of people, whether those groups are defined socially, economically, demographically or geographically or by other means of stratification. "Health equity" or "equity in health" implies that ideally everyone should have a fair opportunity to attain their full health potential and that no one should be disadvantaged from achieving this potential. (8)

Citations: 1. <https://www.ictinc.ca/blog/a-brief-definition-of-decolonization-and-indigenization> 2. <http://www.oacas.org/wp-content/uploads/2017/01/Framework.pdf> 3. <http://www.aclrc.com/antiracism-defined> 4. <https://npin.cdc.gov/pages/cultural-competence#what> 5. <https://www.fnha.ca/wellness/cultural-humility> 6. <https://www.canada.ca/en/public-health/services/health-promotion/population-health/what-determines-health.html> 7. <https://www.merriam-webster.com/dictionary/intersectionality> 8. https://www.who.int/topics/health_equity/en/

