



INDIAN + COUNTRY
ECHO



Journey to Health ECHO Program

“Getting More Comfortable
with Uncomfortable Topics”

Dr. Anu Taranath
Oct 2023



I'm a professor...

Univ of Washington professor of race, global literature, gender, identity & difference

International Education

Univ of WA Distinguished Teaching Award

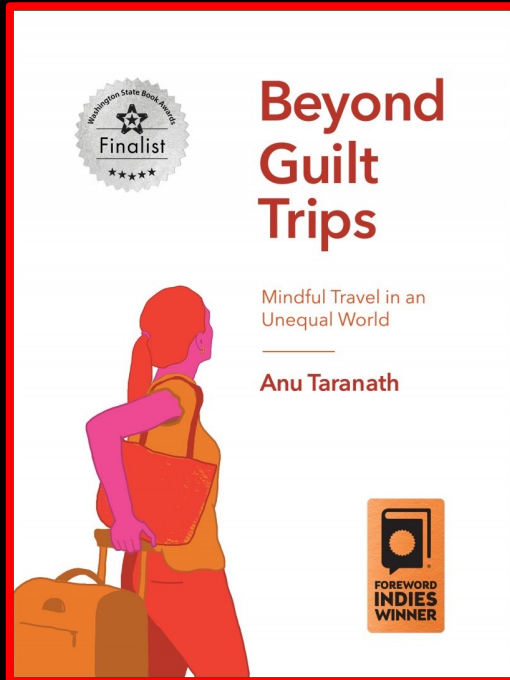
Seattle Weekly's "Best of Seattle" designation

Multiple US Fulbright Scholar Grants, including a spot as a Fulbright Specialist

Four-time Humanities Washington Speakers Bureau

I'm an author...

*Beyond Guilt Trips:
Mindful Travel in an Unequal World*



Oprah Magazine's "26 Best Travel Books Of All Times"
Newsweek "Future of Travel Award" Storyteller Winner
Fodor's Travels best "13 Books to Inspire Your Travels"
Washington State Book Award in Nonfiction Finalist
Foreward INDIES Book of the Year Bronze Prize
Wishing Shelf Awards in Nonfiction Shortlisted
Next Generation Indie Award in Social Justice Shortlisted

I'm a racial equity & DEI consultant...

Multi-sector experience:



city & county public agencies
design firms
global health
development field
higher ed

nonprofits
businesses
civic orgs
travel industry
clinical care

300+ organizational contexts

our
overall
plan



1. surface the feelings, reactions and responses around sensitive equity and inequity issues
2. create common foundations and cultivate more openness about sensitive topics
3. better understand our collective experiences as people and providers who serve American Indian, Native American and Alaskan Native patients



what won't we
be able to do today...

What fears do we often have when it comes to talking about identity, culture, race, diversity, equity?





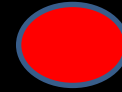
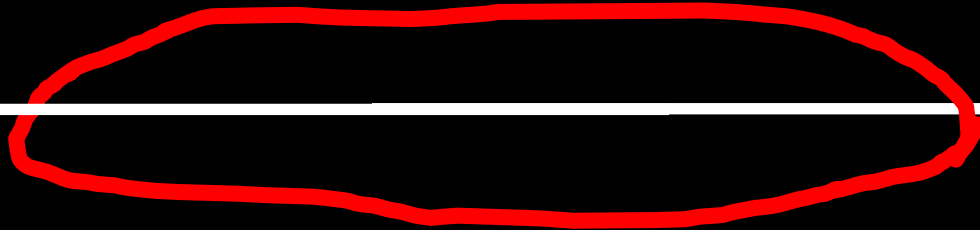
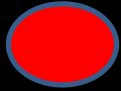
I'm a good person,
kind, considerate,
well-intentioned,
end of story.

I am short-circuiting!
I am scared that I'll be told I'm a
bad racist/sexist/ person so I'll
shut down, be quiet or disengage.

How have you felt/seen this dynamic play out in you?
In your particular work or in the profession as a whole?

SCHOOL
CONFUSION
DISMAY
EMBARRASS
CHEAT
GUILT
WRONG
OMISSION
WHOOPS
MISTAKE
ERROR
FALSE
EMBARRASSMENT
FAILURE
SHAME
EXAMS
OOPS
MY
SLIP
PROBLEM
BAD
CONFUSED
REGRET
CORRECT
APOLOGY
EMOTION
DARN
EXPRESSION
MAN
TROUBLE
TEST
APOLOGIZE
THOUGHTS
REMORSE
EMOTIONAL
SORRY
ACCIDENT
THINKING
FAIL
REGRETFUL
CHEATER

AND



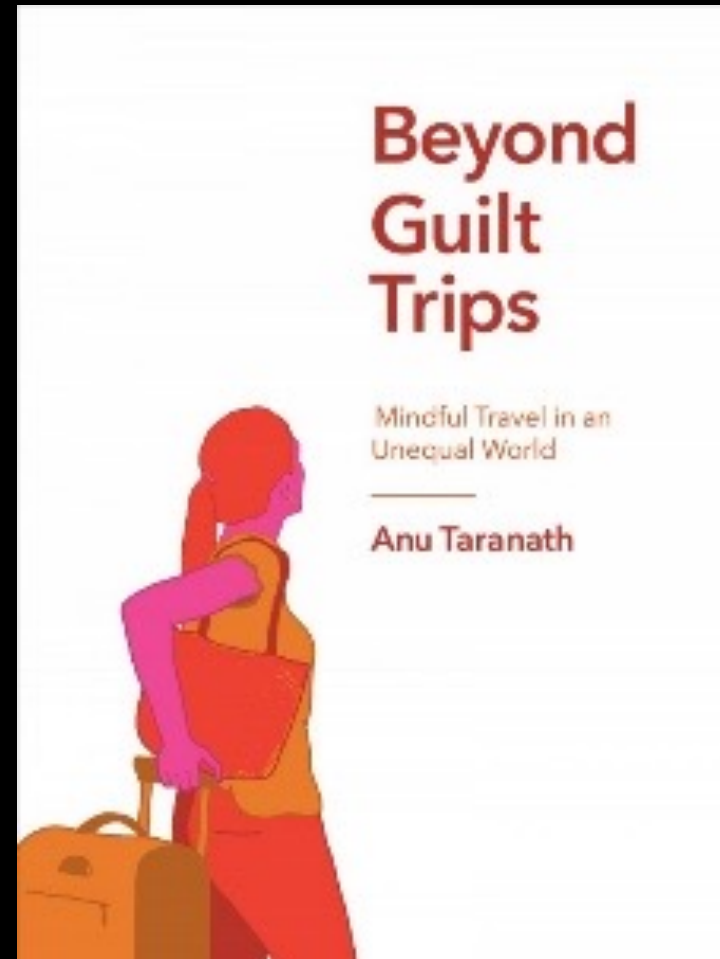
I am a kind person
with good intentions,
and therefore
beyond reproach.

I may indeed be kind and
well-intentioned, AND I
cannot know all the social
nuances. I cannot know
everyone's experience,
and I have some growing
and learning to do.

I am short-circuiting!
I am bad. Thinking
about inequality
makes me feel bad,
stressed, and guilty,
so I'll stop.

How might an "and" approach be useful for you in your work?

Beyond Guilt Trips: Mindful Travel in an Unequal World



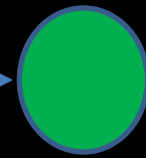
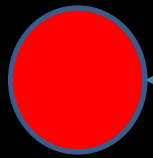
“Mindful travel in an unequal world isn’t about getting on a plane to go somewhere — it’s about paying attention, and noticing positionality in relation to each other.



Mindful travel is also about understanding that we are all living in a much longer history that has put us in different positions of advantage and disadvantage, and equipped us with very few tools to talk about it.”

how we
were taught

how we'd like to
be now



We serve American Indian, Native American and Alaskan Native patients within the context of

good intentions and structural inequity,

the ways that race, history, and racialized history all play out in our present.

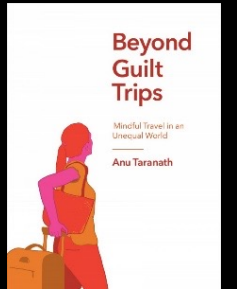
How often are these topics raised?

How does it come up?

Who feels comfortable to contribute and participate?



"If we ignore the inter-twined historical legacies of structural inequality, racism, slavery, colonialism, and patriarchy and imagine that we are individuals freed from the past, we simply replay a colonial gesture.



If by contrast, we share our experiences of how the connections between past and present affect our travels and how we are situated within systems of opportunity and adversity, we begin to reflect a decolonizing stance. You can decide what kind of traveler you want to be."



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