

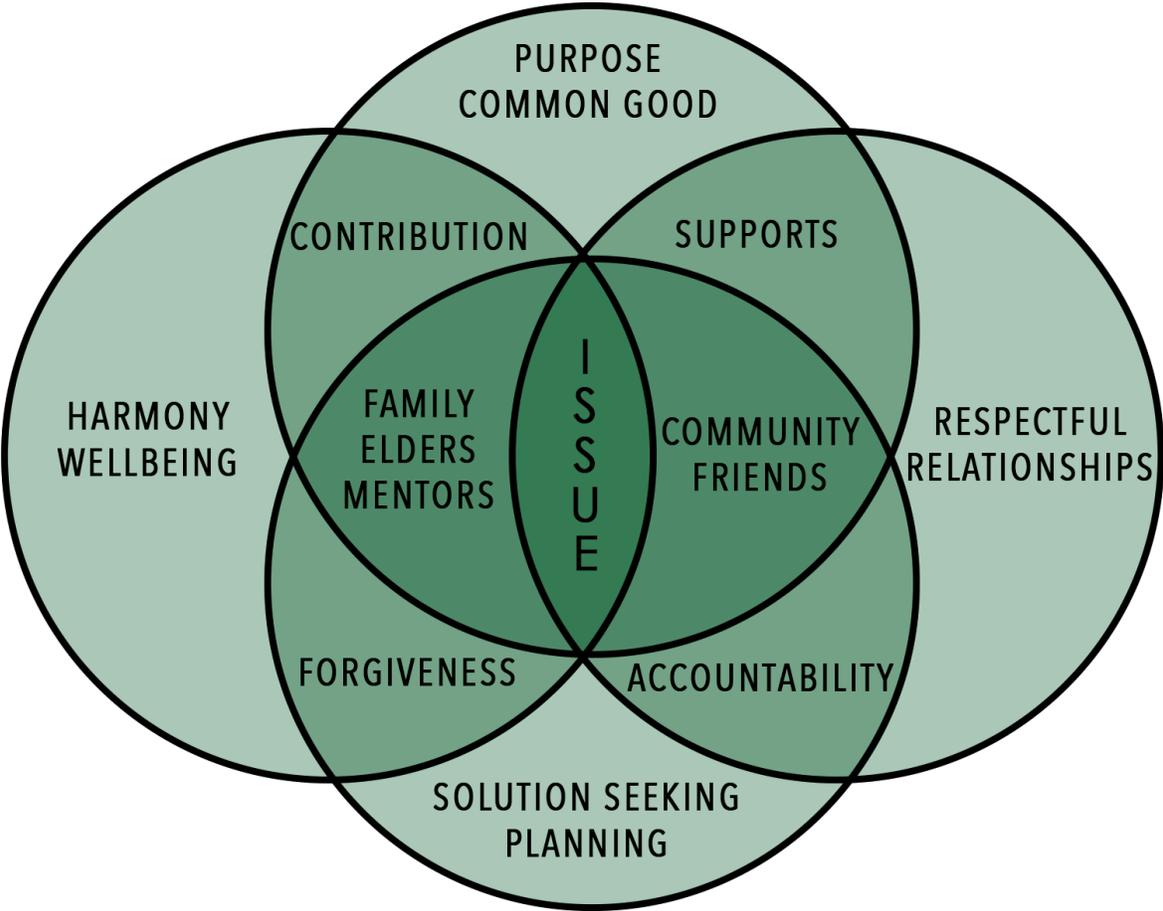
AAJIIQATIGIINGNIQ

A Wellness Framework

Overview

Aajiiqatigiingniq is an essential component of Inuit knowledge. Its purpose is to provide a consensus method of seeking solutions to issues facing the collective and offers a clearly defined cultural process to support personal well-being and healing (McGrath, 2005; Karetak & Tester, 2017). While it serves multiple purposes, Inuit Elders ultimately describe it as suvuliqsuqtuq, or the role of the collective in ensuring a person will have a good future (CSS, 2005). Traditionally, the purpose of the aajiiqatigiingniq system was to ensure that inuutsiangniq, or wellness, was continually supported by the community.

Aajiiqatigiingniq is considered a consensus approach used to restore harmony to the individual/group when there was a threat of disruption.



Elements

As a process used over thousands of years by Inuit groups across the Arctic, aajiiqatigiingniq is well-defined and is described to serve multiple purposes, and is applied at different levels depending on the application and severity of the issue to the group. This process has been described by Elders and community members in numerous research projects investigating the common understandings of aajiiqatigiingniq. The following are elements commonly identified by participants.

Purposes
Planning for seasonal hunts and camp relocations
Planning / support for an individual (goal setting / training plans / personal supports)
Resolution of conflict between individuals, families or groups
Confrontation and remediation of wrongdoing / inappropriate behaviour
Addressing mental health / wellness issues
Addressing individual / collective healing

Levels
One on one intervention
Within family / extended family
Involvement of hunting partners / kinship groups
Involvement of a council of Elders / advisors
Community-wide sanctions

Foundational beliefs for the process
Respectful and open communication
Planning, advice and support
Focus on the common good and meeting the needs
Restoring harmony and peace