Wellness as Decolonization

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Decolonization involves understanding of the historic trauma and the tragic after-effects of colonization. In light of recent documents produced by the Royal Commission on Aboriginal Peoples and the Truth and Reconciliation Commission, Aboriginal peoples continue to claim their human rights to be who they are and to live where they have always lived, following their own ways, values, and traditions.

Dr. Eileen Antone, Emeritus, University of Toronto is a member of the Oneida of the Thames First Nation - Turtle Clan. She is the past Director of Aboriginal StudiesCentre for Aboriginal Initiatives at the University of Toronto. Dr. Antone served as a faculty member in the department of Adult Education, Community Development, and Counselling Psychology as well as the Transitional Year Programme. During her academic career, the subject of her research, professional writing, teaching, and field development has been Aboriginal knowledge and traditional ways of being.

Since retirement, Dr. Antone has moved back to her home community, and one of her commitments is to learn the Oneida language with the help of her husband and community language courses. She serves on the Oneida Long Term Care Home Committee and is on the Oneida United Church Board. She is also a member of the University of Toronto Indigenous Initiatives Council and the UT Elder’s Circle, as well as a member of St. Paul’s University College Indigenous Advisory Council.

She is the mother of three beautiful daughters and the grandmother of six wonderful grandchildren. Her ambition is to help her children and grandchildren learn the beautiful language of her ancestors.