## Abstract

A critical step for non-Indigenous researchers involved in Indigenist research is to explore and recognize their own personal role in the ongoing colonisation of Indigenous Peoples in Canada. This action research self-study is known as a Critical Family History, which is the process of exploring one’s own ancestral lineage and immigration to North America and considering in parallel the social and political events that occurred at the same time. This critical family history traces my Great Grandfather’s emigration from Norway in 1896 to the United States, and then to Canada and explores how his migration was made possible by the dispossession of Indigenous Lands wrought by endless broken promises and treaties.

## Statement of Audience Participation

This will be a very personal and introspective session; it will be unsettling for some. I would like to provide time at the end of my presentation for participants to individually consider their own responses to my journey and perhaps talk at their tables with those around them, journal, or just sit quietly. It may (or may not) be appropriate to share in a larger group, depending on the mix of people in the room.