



AUSTRALIAN INSTITUTE FOR  
**Loss & Grief**

Shop 2  
107 Military Rd  
Semaphore, SA 5009

# 3Day Aboriginal Loss & Grief Averting Mental Health Challenges Workshop

(Alice Spring 11-13 March 2020)

Learn about inter-generational suppressed unresolved grief and its relationship to mental health challenges, particularly relevant to suicide prevention.

Participants will be gently challenged, insights will be formed, strategies will be learned to leave inspired, so lives will be enhanced.

## TESTIMONIAL

*"I think the strength in your model lies on just how organic and intuitive it is. Your approach to helping people through loss and grief touches the core of people experiences. I have always felt a bit lost in my practice regarding how to help people with loss and grief, but I now feel confident with this approach."*

*Feda Ali*

*Adelaide November 2019*

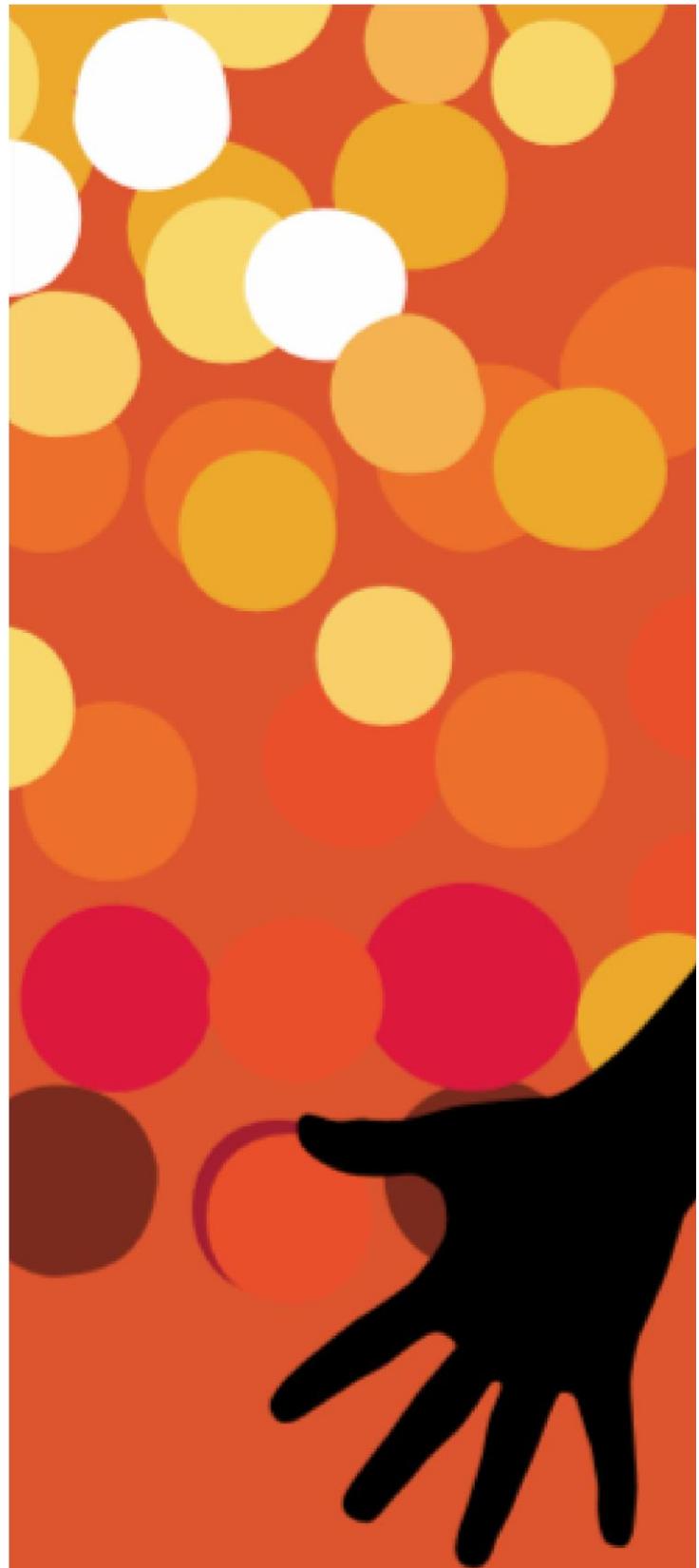
**REGISTER NOW  
TO SECURE YOUR PLACE**

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*The Australian Institute for Loss and Grief is proud to bring it's Aboriginal Loss, Grief Averting Mental Health Challenges workshop to you.*

Our bi-cultural training caters for people at all levels of cultural understanding. It is interactive and varied to maximize learning experience and outcomes.

### **The Training**

Informed by the Seven Phases to Integrating Loss and Grief, this training will equip participants with a variety of knowledge, skills and practical strategies to support people at risk and avert the escalation into mental illness and make a meaningful difference towards mental health challenges.

This three-day program is aimed at training individuals from all walks of life, as well as organisational groups.

The information, knowledge and skills you gain will inspire greater confidence when working with individual Aboriginal clients and their communities. You will learn about inter-generational suppressed, unresolved grief and its relationship to mental health challenges using culturally appropriate approaches sensitive to the needs of Aboriginal clients to reduce fear, create cultural safety and contribute to supporting Aboriginal prosperity.

#### **TESTIMONIAL**

*"Please continue and teach as many people as possible! Your loss and grief theory is remarkable. Your teaching style and storytelling is captivating, and your honesty is admirable! Thank you, I learned a lot."*

*Barbara Meichelboeck  
Adelaide 2019*



## **The Outcomes**

- Understand the impact of inter-generational suppressed, unresolved loss and grief on mental health
- Confidence to become part of the solution and assist the journey of recovery
- Gain skills to help move people beyond the experiences of trauma towards a state of social, emotional and spiritual well being
- Understand how the loss and grief model can be applied for suicide prevention.

## **Outline of The Program**

### **Aboriginal 'Prosperity'**

- An evidenced-based case-study towards prosperity

### **Ancient History**

- Creating and maintaining traditional beliefs, concepts, understandings and practices
- Loss of traditional beliefs, concepts, understandings and practices
- Finding Plato...
- Origins of (inter-generational) ancestral grief fear
- Contemporary 'racism' and how to decolonise it
- Finding Sara...

### **Loss and Grief Theory**

- Losses - tangible and intangible
- Attributes – affirmed and diminished
- Grief fears – grief emotions, discounting, triggers and gender grief, grief addictions
- Unhealed inner children/adolescents and their 'journey' towards mental health challenges
- 'Hearing voices': who's are they really?
- Intuitive intelligence – the ability to think, listen, connect and influence holistically
- Creative & reflective grief activities to prevent mental health challenges including social, emotional and physical diseases and disorders.



## Strategies to building bicultural rapport

*“Humanitarian approaches to building bi-cultural rapport will strengthen Aboriginal & non-Aboriginal relationships. Respect the individual and the community will follow!”*

- Identifying grief fear using body language
- How to build cultural rapport
- How to maintain cultural rapport
- Promoting myself as culturally safe.

## Training resources

Every workshop participant receives a handout booklet; copy of history power-point; individual loss and grief theory booklet, individual culturally safe workplaces strategies booklet, references for further learning.

## Program costs and information

- Participants: minimum 16, maximum 20
- To reduce costs BYO lunch – beverages/morning and afternoon tea provided
- Times: Day 1: 8.30am registrations: 9am start 5pm finish.  
Days 2 & 3: 8.45am for 9am start 5pm finish
- Venue – determined according to numbers
- Cost \$850.00 + GST per person
- We offer a **10% discount** per person to organisations who can provide venue, catering & 16 participants
- Registration form: [www.lossandgrief.com.au](http://www.lossandgrief.com.au)



**Rosemary Kudnarto Wanganeen** is a proud South Australian Aboriginal woman with ancestral links to Kurna of the Adelaide Plains and Wiringu from the West Coast. She is founder of the Australian Institute for Loss and Grief and as a Griefologist has reframed the deficit western construct of ‘Aboriginal disadvantage’ under the umbrella of loss and grief as the missing link to Aboriginal prosperity. Rosemary is undertaking a master’s degree in philosophy at Adelaide University. Her many accolades include:

- Finalist SA Health Mental Health Excellence Awards (2016).
- SA Psychiatry Board Presentation to Psychiatric trainees and committee (2016 & 2018).
- Finalist SA Health Mental Health Excellence Awards (2016).
- Winner - Outstanding Health Project/Program. Aboriginal Health Council (SA) NAIDOC Health Awards (2016).
- Winner - South Australian of the Year (2009) – Community Award
- Recipient of (Aboriginal Elder) Gladys Elphick Award (2011)
- Zonta Club of Adelaide – Women of Achievement Award South Australia (2000).

