



AUSTRALIAN INSTITUTE FOR  
**Loss & Grief**

Shop 2  
107 Military Rd  
Semaphore, SA 5009

# 1 & 2 Day Bi-Cultural Awareness, Safety & Inclusion Workshops

Cultural rapport will establish cultural competence for service providers working in Aboriginal communities.

One and two-day workshops for Aboriginal and non-Aboriginal service providers.

*These workshops will transform the way you work.*

## 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*

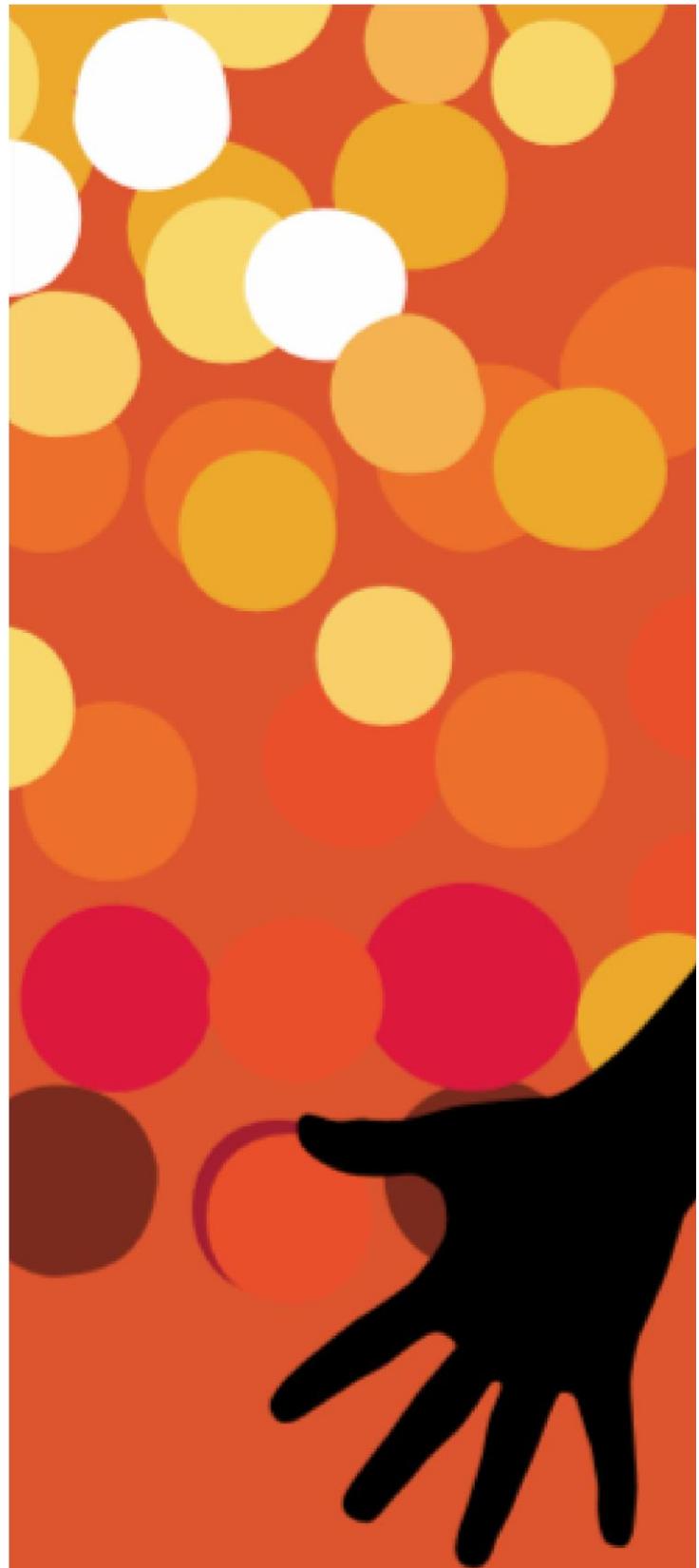
**REGISTER NOW  
TO SECURE YOUR PLACE**

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

**Be informed. Be challenged. Be inspired.**

Anti-discrimination and anti-racism legislation are important tools to address Aboriginal disadvantage. But without attitudinal change they are useless. Genuine attitudinal change requires a deep understanding and awareness of the factors driving this disadvantage.

Facilitator, Rosemary Wanganeen draws extensively on her own story, personal and professional, to show how an understanding of Aboriginal perspectives on loss and grief inform, explain and offer practical solutions to Aboriginal disadvantage. You will receive direct and clear advice on how you can use this understanding to ensure your practice is informed, aware and safe.

Using the ground-breaking model, ***Seven Phases to Integrating Loss and Grief***, Rosemary will:

- Explain the profound relationship between suppressed unresolved loss and grief in Aboriginal communities, and Aboriginal disadvantage
- Show how grieving processes in traditional Aboriginal culture prevented social, emotional and physical diseases and disorders
- Provide practical strategies for service providers to use this information to (1) ensure their practice is effective, (2) work respectfully and effectively with other service providers, and (3) help Aboriginal clients forge a path from disadvantage to prosperity.

Maybe you want to challenge and change your own perspectives? Maybe you want the knowledge and skills to challenge and change the perspectives of others?



## The Outcomes

- An awareness and understanding of the factors driving what is commonly referred to as 'Aboriginal disadvantage'
- An awareness and understanding of how Aboriginal perspectives on loss and grief influence how Aboriginal people engage with service providers
- Practical strategies to ensure your practice in Aboriginal communities is culturally safe and inclusive
- An awareness and understanding of how to work effectively with other service providers, Aboriginal and non-Aboriginal, in Aboriginal communities
- An awareness and understanding of Aboriginal perspectives on the rights, roles and responsibilities of service providers working with Aboriginal communities
- Practical strategies to help Aboriginal clients forge a path from Aboriginal disadvantage to Aboriginal prosperity.

## Outline of the One Day Program

- A Contemporary Reality – Rosemary's 'case study'
- Seven Phases to Integrating Loss and Grief – An introduction
- Traditional Cultures
- Warfare – outright, germ and psychological
- Contemporary Challenges
  - Beliefs, concepts, understandings, practices
  - Intergenerational racism
  - Intergenerational grief
- Loss and Grief Theory
  - What are losses?
  - What are grief emotions?
  - What are grief triggers?
  - What is gender grief?
  - Deconstructing racism
- Strategies
  - Engagement strategies for service professionals

## Outline of the Two Day Program

### Day 1 – History into Contemporary Issues

- A Contemporary Reality – Rosemary's 'case study'
- Seven Phases to Integrating Loss and Grief – An introduction
- Traditional Cultures
- Warfare – outright, germ, psychological



- Contemporary Challenges
  - Beliefs, concepts, understandings, practices
  - Intergenerational racism
  - Intergenerational grief
- Deconstructing racism

## Day 2 – 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

- Number of participants:
  - Adelaide Metropolitan area: minimum 10, maximum 20
  - South Australian regional city: minimum 10, maximum 20
  - Interstate: 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.  
Day 2: 8.45am for 9am start 5pm finish
- Venue – determined according to numbers
- **One Day Workshop Costs (Per Person)**

Metropolitan Adelaide (Min.10)	Intra-state (Min. 10)	Inter-state (Min. 16)
\$342 + GST	\$372 + GST	\$392 + GST

- **Two Day Workshop Costs**

Metropolitan Adelaide (Min.10)	Intra-state (Min. 10)	Inter-state (Min. 16)
\$423 + GST	\$440 +GST	\$495 +GST



**Rosemary Kudnarto Wanganeen** is a proud South Australian Aboriginal woman with ancestral links to Kaurna of the Adelaide Plains and Wirringu 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).

