



AUSTRALIAN INSTITUTE FOR  
**Loss & Grief**

**Introducing the Seven Phases to Integrating Loss and Grief ©**

*"There's nothing wrong with us, we're only grieving!"*

Loss and grief are significant missing links to the cause and effects of mental health challenges escalating into mental illnesses. Informed by the Seven Phases to Integrating Loss and Grief model, this workshop will equip you with intellectual knowledge, emotional understanding and practical skills. Aboriginal and non-Aboriginal service providers are encouraged to register. Our training can be delivered specifically for your organisation.

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

ALICE SPRINGS

11 - 13 March 2020

## The Training Aims

- Why it's critical to link together Aboriginal, Australian and European history to better understand inter-generational grief and the cause and effects upon modern Aboriginal loss and grief labelled *Aboriginal Disadvantage*;
- How to apply Aboriginal loss & grief theories using the Seven Phases model that will prove "we're only grieving";
- Impart humanistic and culturally appropriate strategies that are essential and sensitive to the needs of Aboriginal mental health challenges across Aboriginal communities.

## The Outcomes

This workshop will inspire greater confidence when applying a culturally appropriate loss and grief model. You will have acquired Aboriginal loss and grief language, a deeper and more meaningful understanding of how to break the cycle of inter-generational suppressed, unresolved grief, and its relationship to mental health challenges particularly to suicide prevention using culturally appropriate approaches that are sensitive to the needs of Aboriginal clients to reduce fear when accessing mental health services and create cultural safety to help restore inter-generational Aboriginal prosperity.



GRIEFOLOGY INSPIRES, MOTIVATES AND SUSTAINS GOOD HEALTH AND WELLBEING



**Rosemary Wanganeen** is a proud SA Aboriginal woman. She founded the Sacred Site Within Healing Centre (1993) then designed the Seven Phases to Integrating Loss & Grief ©. In its strength she founded the Australian Institute for Loss and Grief (2005). As a Griefologist, Rosemary brings over 30 years of personal and professional experiences to talk expertly on an extremely sensitive topic, and, critically needed new approaches to Aboriginal mental health challenges and suicide prevention. As a result of her industry experience Rosemary is accepted by the University of Adelaide as a Master of Philosophy (MPhil) candidate.

## **More Information**

For the full workshop brochure and registration form visit [www.lossandgrief.com.au](http://www.lossandgrief.com.au) or email [programs@lossandgrief.com.au](mailto:programs@lossandgrief.com.au)

**Testimonial:** "Like I said at the workshop, your teaching was so profound, yet it was like sitting around a campfire and yarning". (Participant - Adelaide Workshop Nov 2019)