



AUSTRALIAN INSTITUTE FOR
Loss & Grief

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Aboriginal Loss & Grief: Averting Mental Health Challenges

Learn about inter-generational suppressed unresolved grief and how it compounds and complicates contemporary Aboriginal people's lives and its relationship to mental health challenges, particularly relevant to suicide prevention.

This workshop will introduce the Seven Phases to Integrating Loss & Grief as an 'holistic approach' for you to be a part of a solution in transforming **Aboriginal disadvantage** into **Aboriginal prosperity!** Similarly, the training lends itself to you and your organisation participating in deeper and meaningful ways to **Closing the Gap** to Aboriginal disadvantage!

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



3 DAY
WORKSHOP
Adelaide
30th Nov-2nd Dec
2020

REGISTER NOW
TO SECURE YOUR PLACE
www.lossandgrief.com.au

Understanding history and the depths of Aboriginal loss and grief trauma to engage with each other culturally and safely. 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.

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: 10 (minimum), 20 (maximum)
- 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 \$660.00 + GST per person
- We offer a **10% discount** to the participant whose organisation can provide venue, catering & minimum 16 participants
- Registration form: www.lossandgrief.com.au

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*





Rosemary Kudnarto Wanganeen is a proud South Australian Aboriginal woman with ancestral links to Kurna 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).



*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)*