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**REGISTER  
NOW**

### Workshop Leader

**Rosemary Wanganeen**

Griefologist

Healing Centre for Griefology

## **1 & 2 Day Aboriginal Bi-Cultural Awareness & Safety for Inclusion**

### **ABOUT ROSEMARY**



Rosemary developed the Seven Phases to Integrating Loss and Grief, which she soon realized was a missing link to dismantling Aboriginal disadvantage. Her intuitive research supported her out of what she calls the 'rabbit hole' of Aboriginal disadvantage into Aboriginal prosperity. Rosemary founded the Sacred Site Within Healing Centre in 1993 similarly the Australian Institute for Loss and Grief (2005) and most recently the Healing Centre for Griefology™ (2021). As a published author and her industry experience, she was accepted into the Master of Philosophy at University of Adelaide in 2018. As a Griefologist, Rosemary's aspirations are to embed her newfound discipline called Griefology across multiple sectors that impact the lives of Aboriginal people. It is an evidence-based model to de-colonise and prevent intergenerational Aboriginal disadvantage.

### **WHAT IS GRIEFOLOGY?**

*Griefology is the study of the relationship between ancestral losses and suppressed unresolved grief and its impact upon contemporary losses and unresolved grief causing Aboriginal disadvantage, from a humanitarian perspective, including death & dying.*

### **BENEFITS OF ATTENDING**

An awareness and understanding of what drives Aboriginal disadvantage to dismantle it, working towards 'Aboriginal' prosperity:

- The links between history and contemporary loss and unresolved grief.
- What is and how does intergenerational factors drive 'Aboriginal disadvantage'.
- How intergenerational suppressed unresolved grief has compounded and complicated contemporary Aboriginal losses and unresolved grief for Aboriginal individuals, families, and communities.
- How racism is a barrier for Aboriginal individuals accessing mainstream services but how to dismantle it.
- Post awareness, practical strategies to ensure your practice is culturally safe and inclusive (non-Aboriginal Providers).

If you're providing a service to an Aboriginal community or individual at any level, the learnings from today's workshop as non-Aboriginal service providers will assist you to **minimise the distress** of Aboriginal communities or individuals having to be 're-traumatised' as they re-tell their history as it relates to their contemporary lives. Such teachings will enable each party to move into the business or the issues at hand', therefore the quality of the service won't be compromised.

Similarly, Aboriginal service providers will leave with a heightened sense of inspiration as they're being **up-skilled intellectually and emotionally to respond to** not just their history but any racially motivated comments or behaviours, cultural biases, old beliefs and misconceptions, confusion and misunderstandings about Aboriginal history as they relate to Aboriginal disadvantage.

### **WHO COULD ATTEND?**

This workshop will support, but not limited to, the following service providers who want a deeper and more meaningful understanding as to why many Aboriginal people can't, don't or won't access mainstream services: health professionals, counsellors, medical providers, psychologist, psychiatrist, support workers, liaison officers, social workers, educators, correctional services, academic researchers, tertiary students. Similarly, across multiple sectors:

- Addictions
- Justice system: Youth/Adult imprisonment but can be implemented as rehabilitation programs
- All forms of childhood violations
- Domestic/family violence
- Mental illness; self-harm/completed suicides

## OUTLINE OF THE PROGRAM

- The *Seven Phases to Integrating Loss and Grief*© is a loss and grief trauma informed model that will describe how to dismantle Aboriginal disadvantage.
- A Contemporary Reality – Rosemary as a ‘case study’
- **HISTORY**
  - Contemporary Issues on Aboriginal Disadvantage
  - History-Invasion/Colonization: Australian, English, European, Finding Plato.
  - Decolonising 1788
  - Psychological Impact from Policies, Practices and Procedures
  - Deconstructing Racism
- **LOSS AND GRIEF THEORY**
  - What are tangible and intangible losses?
  - What are 8 common grief emotions?
  - Meaning of Intergenerational
  - What are reactive and responsive grief triggers?
  - Contemporary grief addictions
  - Reflective and creative grief activities for communities and self-care.
- **BETTER PRACTICE STRATEGIES TO BUILD & MAINTAIN BICULTURAL RAPPORT**
  - Engagement Strategies to engage for service professionals
  - Identifying grief fear observing body language
  - How to build and maintain cultural rapport
  - Promoting oneself as culturally safe to create a culturally safe workplace.

## PROGRAM COSTS AND INFORMATION

- Number of participants: minimum 16, maximum 20
- Venue and catering determined by organisation requesting the train.
- Venue and catering determined by Healing Centre for Griefology if training is delivered.
- Times: 8.30 am meet, greet & registration for a 9 am start. 5 pm finish.

Where	Duration	Cost
2 Day Port August (Venue to be determined)	15 <sup>th</sup> & 16 <sup>th</sup> February	\$708.00
2 Day Berri (Venue to be determined)	22 <sup>nd</sup> & 23 <sup>rd</sup> February	\$708.00
1 Day Adelaide	28 <sup>th</sup> February	\$510.00

- Training resources to further support the training 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.

## Testimonials:

*The training was ground shifting for me. Literally. I feel like it changed me – and my outlook substantially. I think about the training all the time – I talk about what I learnt all the time. It was incredibly powerful. I am very grateful to you for helping me to better understand ... I just feel our society is so far from where I want it to be ... but I feel we are shifting ... it is a slow journey ... but I am hopeful.* Emma Fletcher – Co-CEO Democracy Co

*Awareness of a different perspective of the genesis of mental disorders.*  
Presentation: Trainee participant - SA Psychiatrist Branch Committee 2020