



Aboriginal Griefology Averting Mental Health Challenges

Come to be intellectually informed, gently challenged,
but leave inspired.

This training will introduce psychologists to a newfound model called the *Seven Phases to Integrating Loss & Grief*® solely designed by Griefologist, Rosemary Wanganeen. In effect, Rosemary will be presenting her 5-year intuitive research findings undertaken between 1987-1992 to conclude the Seven Phases could be a missing link to the prevention of mental health challenges from escalating into mental illnesses when losses and grief emotions are *integrated* into one's life and not to seek closure. She describes herself as the evidence-based 'case study' of the model proving it's a part of the solution to transforming **Aboriginal disadvantage** into **Aboriginal prosperity!** Her Seven Phases model is a peer reviewed published model. A proud Aboriginal Australian her model demanded it present itself as holistic, that's culturally appropriate and sensitive to the needs of an Aboriginal individual, a family, and their community (society). However, the model also demanded its ability to support people from all cultural backgrounds because it concluded that loss and grief is a human experience that can't discriminate. With over 28-yrs of industry experience and as a published author Rosemary was accepted into the Master of Philosophy by the University of Adelaide (current).

TESTIMONIAL

*"Awareness of a different perspective of the genesis of
mental disorders."*

Adelaide Participant - SA Psychiatry Branch Training Committee (2020)

Are you a
psychologist?

If so, this training is
specifically designed
with you in mind to
support the
Aboriginal
community.

This 3-Day ADELAIDE
training you have 2
options:

Option 1 - May 16th,
18th & 20th.

Option 2 – June 22nd,
23rd & 24th.

REGISTER NOW

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E: admin@lossandgrief.com.au
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ABN: 117 236 736

What is Griefology? *Griefology is the study of the human relationship between (Aboriginal) ancestral major losses and their suppressed unresolved grief that has compounded and complicated their contemporary descendants (Aboriginal) losses and suppressed, unresolved grief, guaranteeing (Aboriginal) disadvantage, inter-generationally! However, understanding this relationship, Griefology provides a foundation for grieving to healing processes that will restore prosperity which is the right of all human beings.*

Such training for the psychological community aims to compliment your psychological training however over the past many years, some psychologists have often shared intermittently with Rosemary, stories of a similar nature as describe to her by a psychologist attending this very training:

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 that healing can take place to help people reach their empowerment and sense of knowing again.

Feda Ail 2019 (Psychologist)

Bringing into the fold of psychology an understanding of ancient history, into modern history (meaning of intergeneration), the depths of Aboriginal loss and grief theory, basic clinical techniques to encourage you to feel and become more confident to engage with Aboriginal society for them to feel culturally safe for a return service. Our bi-cultural training principles seeks to compliment your psychological training and it won't matter what degree of Aboriginal cultural understanding and experiences you bring.

About The Training

Rosemary has a strong conviction in believing the Seven Phases to Integrating Loss and Grief® to equip psychologist with a variety of intellectual knowledge, emotional skills combined with basic practical techniques to support Aboriginal societies to avert the escalation of mental health challenges into mental illnesses in deeper and more meaningful ways, including suicide prevention. During this three-day training Rosemary is confident what she imparts to you will inspire greater confidence when working with Aboriginal societies. In so doing an Aboriginal individual leaves your clinical practice with their cultural identity intact because you'll have the skills to reduce their fears, create cultural safety between the both of you, for a return service. Acquiring such skills and maintaining them you'll become a part of the solution to supporting Aboriginal prosperity. Statistics are valuable but won't be 'front and centre' throughout the training. Griefology will apply the ancient form of storytelling to present the 'real lives' behind the statistics in the hope by merging Griefology with psychology we're 'working together' towards reducing these statistics in so doing and in time, we're closing the gap between Aboriginal disadvantage to restore Aboriginal prosperity.

OUTLINE OF THE TRAINING

Contemporary Aboriginal Reality

- Rosemary being a microcosm of 'living' in her prosperity, will present her lived experiences, evidenced-based, peer reviewed model as a case-study out of Aboriginal disadvantage into her Aboriginal prosperity.
- Statistics will not be front and centre but a lived experience behind these 'Aboriginal' statistics.

➤ DAY 1 SESSION ONE

Why Unearth Ancient History 'arriving' into Modern Australian History

- Post 'arrival' of Australian invasion/colonisation - 1788



- Pre-Australian invasion/colonisation: unravelling English & European history
- Finding Aristocles Plato in 388-BC...
- Origins and the implications of ancient and contemporary losses and suppressed unresolved grief.
- Why ancient traditional beliefs, concepts, understandings, and practices of Griefology is critical in the 21st century for all Aboriginal peoples and other Australians.
- Ancient and contemporary 'racism' and how to decolonise it.
- Finding ¹Sara Hudson to discuss: To what extent could Aboriginal disadvantage be a western construct to create and maintain an Aboriginal industry?

➤ DAY 2 SESSION TWO

Theory of Griefology

- The word 'trauma' has no meaning in Griefology.
- Losses - tangible and intangible.
- Attributes – affirmed and diminished.
- What is grief fear when it comes into being, when ones Seven Humanities is out of alignment caused by suppressed grief emotions, grief discounting, grief triggers, gender grief, grief addictions.
- Unhealed multiple inner children/adolescents and their 'journey' towards mental health challenges into mental illnesses.
- Unhealed multiple inner children/adolescents could lend itself to dissociative identity disorders and more.
- 'Hearing voices': who's are they really?
- Creative & reflective grief activities as a prevention to mental health challenges escalating including social, emotional, and physical diseases and disorders.
- What is intuitive intelligence when it comes into being when one has realigned their Seven Humanities in so doing becoming conscious of sustaining their own health, social and emotional wellbeing.
- Self-care to sustain your personal & professional health, social and emotional wellbeing.

➤ DAY 3 SESSION THREE

Imparting Clinical Techniques

- Only in the context of this training for psychologist Rosemary is pleased to announce she is willing to impart some basic practical clinical techniques.
 - Conceptually, drawing in the sand - how and why value the use of butcher paper.
 - How to and why apply the 'snake' chart.
 - How to and why incorporate the chronological age (client) and their multiple unhealed inner children into the session.
 - 4 cornerstones within her counselling process: what can I share of me, the clients past, their present & their future.

Strategies To Building Bicultural Rapport with the Aboriginal Community

"Humanitarian approaches to building and maintaining bi-cultural rapport will strengthen your professional relationship with Aboriginal individuals. Respect the individual and the community will follow!"

- Identifying grief fear using body language
- How to build cultural rapport
- How to maintain cultural rapport
- "OK, now you've done the training..." Promoting yourself as culturally safe.



¹ Hudson, S (2016) Mapping the Indigenous Programs and Funding Maze Research Report. The Centre for Independent Study. National Library of Australia Cataloguing-in-Publication

Training resources: It's interactive and participants will receive handouts: Session 1-copy of day 1 power-point; Session 2-loss and grief theory booklet, Session 3-imparting basic clinical techniques and strategies booklet, DVD list, references for further learning.

TRAINING COSTS AND INFORMATION

- **Participants:** 16 (minimum), 20 (maximum).
- **Times:** Day 1: 8.30 am Meet, greet & registrations: 9.00 am start and 5.00 pm finish.
Days 2 & 3: 8.45 am for 9.00 am start and 5.00 pm finish.
- **Venue:** Tauondi Aboriginal Community College - 1 Lipson St, Port Adelaide SA 5015.
- **Catering:** Full catering provided.
- **Cost:** Adelaide costings \$1,050.00 per person + GST.
- **Registration:** to register see form below and email to: programs@lossandgrief.com.au
- For further information email: programs@lossandgrief.com.au
- **Further training:** this training will be delivered in other states around Australia soon.

ABOUT YOUR FACILITATOR

Award winning and published author of the Seven Phases[®] model and more, **Rosemary Kudnarto Wanganeen** is a proud South Australian Aboriginal woman with ancestral links to Kurna of the Adelaide Plains and Wirangu from the West Coast of SA. Griefology has evolved from her personal lived experiences of 'mission life', inhumane policies and practices, alcohol fuelled childhood and adult family violence and every form of violations during her time in Stolen Generation. Similarly, as a research officer in the Royal Commission into Aboriginal Deaths in Custody she often recalls when she asked herself: *where are Aboriginal families going to talk about the death of their loved one? And how many of the 99 deaths were removed from their families?* She realized there was nowhere for them to seek counselling that was culturally appropriate and safe, so it meant they had to suppress their grief emotions, exposing harmful grief behaviours towards themselves and others! Restoring her intuitive intelligence through her personal grieving journey, she founded the Healing Centre for Griefology (2021) which was preceded by the Sacred Site Within Healing Centre (1993) and Australian Institute for Loss and Grief (2005). As a Griefologist Rosemary has reframed the deficit western construct of Aboriginal disadvantage under the umbrella of Griefology as the missing link to achieving Aboriginal prosperity. Rosemary is undertaking a master's degree in philosophy at Adelaide University due to what they call industry experience. Rosemary is proud to continue accepting invitations from the SA Psychiatry Branch Training Committee to present her Seven Phases[®] model back in 2016, 2018, 2020 and pending in July 2022. The above testimony from a participant is what continues to also inspire her. Her accolades include but not limited to:



- Finalist SA Health Mental Health Excellence Awards (2016).
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- 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).

REGISTRATION FORM

Grieve, Heal, Be Inspired!



Aboriginal Griefology Averting Mental Health Challenges

I wish to attend:

- MAY 2022** - Monday 16th, Wednesday 18th & Friday 20th
- JUNE 2022** - Wednesday 22nd & Thursday 23rd, Friday 24th

PARTICIPANT DETAILS

Full Name: Click or tap here to enter text.
Address: Click or tap here to enter text.
Telephone: Click or tap here to enter text.
Email: Click or tap here to enter text.

FOR INVOICING PURPOSES

Contact Persons: Click or tap here to enter text.
Name: Click or tap here to enter text.
Address: Click or tap here to enter text.
Phone: Click or tap here to enter text.
Email for Invoicing: Click or tap here to enter text.

ELECTRONIC FUNDS TRANSFER

Account Name: Healing Centre for Griefology P/L
Westpac Bank: BSB: 035 031 Account No: 179 082
Payment: when making payment, insert your INVOICE NUMBER or your SURNAME e.g.: Wanganeen.



Your efforts are greatly appreciated!

TERMS & CONDITIONS

1. On receipt of your registration form we will email you to confirm your registration.
2. Within 14-days, fees are payable on receipt of invoice and are non-refundable.
3. Training registration can be transferred to another person within **your** organization.
4. If training is cancelled by the Australian Institute for Loss and Grief, a full refund of registration **costs only** will be refunded.
5. By signing below, I agree with the terms and conditions.
6. On completion of this form email to programs@lossandgrief.com.au

Sign: _____ Date: _____