



## 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 30-yr's 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 supporting  
the Aboriginal  
community in the  
mental health sector?

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

This 3-Day training in  
ADELAIDE between 11<sup>th</sup>  
– 13<sup>th</sup> October 2022

**REGISTER NOW**

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## **What is Griefology?**

*Griefology™ is understanding the human relationship between (Aboriginal) ancestral major losses and their suppressed unresolved grief that has compounded and complicated their contemporary (Aboriginal) descendants' losses and suppressed unresolved grief guaranteeing human (Aboriginal) disadvantage inter-generationally! However, understanding this relationship, Griefology™ is a holistic approach (system) to re-establish grieving to healing processes that will restore human (Aboriginal) prosperity, which is the right of all human beings.*

Such training aims to compliment the skills that you bring, however over 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. Fedra Ail 2019 (Psychologist)*

Bringing into the fold of Griefology is 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.

## **About The Training**

Rosemary has a strong conviction in believing the Seven Phases to Integrating Loss and Grief® to equip participants 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. 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 of merging Griefology with your knowledge and skills, 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

## DAY 1 SESSION ONE - **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.

## **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 21<sup>st</sup> century for all Aboriginal peoples and other Australians.
- Ancient and contemporary 'racism' and how to decolonise it.

## 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.
- '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 Basic 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.

**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-impacting 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:** To be determined
- **Catering:** Full catering provided.
- **Cost:** Adelaide costings \$1,050.00 per person + GST.
- **Registration:** please visit our website: [www.lossandgrief.com.au](http://www.lossandgrief.com.au)
- Email registration from to: [programs@lossandgrief.com.au](mailto:programs@lossandgrief.com.au)
- **Further training:** this training will be delivered in other states around Australia.

### **ABOUT YOUR FACILITATOR**

Award winning and published author **Rosemary Kudnarto Wanganeen** is a proud South Australian Aboriginal woman with ancestral links to Kaurna 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! Restoring her intuitive intelligence through her personal grieving processes she set 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. Finalist SA Health Mental Health Excellence Awards (2016).



- 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).