

ABORIGINAL SUICIDE PREVENTION THROUGH THE LENS OF GRIEFOLOGY



A CULTURALLY RESPONSIVE APPROACH TO ABORIGINAL MENTAL HEALTH

This workshop offers a profound exploration of the complexities surrounding Aboriginal death by suicide. Facilitated by **Rosemary Wanganeen** esteemed Griefologist, founder and director of **The Healing Centre for Griefology**, 'Aboriginal Suicide Prevention Through the Lens of Griefology' explores the role of intergenerational, suppressed, unresolved grief in Aboriginal communities and its impact on suicide rates. Through the **Seven Phases to Integrating Griefology® framework**, Rosemary uncovers the social determinants driving Aboriginal disadvantage and suicide, offering a culturally informed pathway toward prevention.

Since the Royal Commission into Aboriginal Deaths in Custody, suicide rates in Aboriginal communities have tragically increased, underscoring the need to complement Western suicide prevention frameworks with culturally grounded approaches. A common theme found in Rosemary's work is; *"I don't want to die; I just want to stop the pain."* Without culturally appropriate approaches, service providers have struggled to meet the unique needs of Aboriginal people. As a society, we must confront a difficult truth: existing models often struggle to fully address the complexities of Aboriginal disadvantage, highlighting the need for more inclusive and culturally responsive approaches to suicide prevention. The Healing Centre for Griefology's point of difference lies in Rosemary's integration of her personal lived experiences into every aspect of the training. Grounded in a grief (trauma)- informed model, the Seven Phases to Integrating Griefology, her approach and delivery are deeply rooted in our shared humanity. Rosemary's model creates a safe space built on compassion and transformation and free from pity, paternalism, condescending beliefs, shame, blame, or demonising. Join Rosemary for a unique experience surrounding Aboriginal suicide prevention; you'll be intellectually informed and gently challenged but leave inspired, which will make meaningful differences in Aboriginal communities.

BENEFITS OF ATTENDING

This workshop will explore how:

- Griefology offers vital and cultural insights that can enhance the understanding and effectiveness of Griefology as a grief-informed framework for suicide prevention
- Griefology is a culturally grounded framework for Aboriginal suicide prevention, rooted in the wisdom of Indigenous knowledge systems
- The loss of culture, the inter-generational suppression of unresolved grief, and the ongoing challenges of contemporary social and systemic issues are key factors contributing to deaths by suicide
- By integrating culturally relevant practices and understanding the profound impacts of loss, Griefology empowers individuals and communities to navigate complex emotions and create pathways to suicide prevention
- Cultural biases and barriers to explain why many Aboriginal people can't, don't or won't access mainstream services that could lead to death by suicide
- To implement practical strategies to ensure your practice is culturally safe and inclusive

HEALING CENTRE
FOR
griefologyTM

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COURSE OUTLINE

A Contemporary Reality

- Rosemary as an evidence-based case study.
- A Western construct of social determinants and their relationship to inter-generational suppressed unresolved grief
- Seven Phases to Integrating Griefology (Loss and Grief)
- Whose voice is it? Ancestors' reconnection
- Multiple unhealed inner children's and their voices

Ancient to Modern History

- History – Invasions/colonisations: Australian, English, European, Finding Plato
- Psychological impact of policies, practices and procedures
- What is racism, and how do we deconstruct it?
- A Western construct of Aboriginal disadvantage

Loss and Grief Theory

- What are tangible and intangible losses?
- Eight Common Grief Emotions
- Meaning of intergenerational
- Reactive and responsive grief triggers
- Contemporary grief addictions.

Suicide Prevention Grief Activities

- Reflective and Creative Grief Activities
- Physically work grief through
- Writing and talking grief through
- Ancestors' reconnection
- Case Study - a Young Aboriginal man's story
- Reflections on self-care



"This has been one of the best learning days I have experienced. I enjoyed Rosemary's style of teaching, role modelling respect, intelligence, quiet wisdom and thank her for sharing her learnings story and way of thinking."

"As I am a Suicide Prevention Trainer, it was her deep spiritual INSIGHTS that were gold!"

"I learnt so much that will benefit me at work and in my psychology studies, particularly the 'new take' on the grief stages, which is much more practical."

- Testimonials from past attendees

BOOKINGS AND WORKSHOP SCHEDULE

*Please note, this workshop will be delivered over 1.5 days regionally and interstate, and one-day in Adelaide. Booking is available through the event page links below or visit www.lossandgrief.com.au. Please note - places are limited and costs are per person (catering and training materials included), all prices are GST exclusive, and venues are TBA. For more information and booking enquiries outside of the scheduled times, please contact admin@lossandgrief.com.au

CLICK YOUR CHOSEN WORKSHOP BELOW TO BOOK

LOCATION	<u>ADELAIDE CITY</u>	<u>PORT AUGUSTA</u>	<u>PERTH</u>
DATE	<u>NOVEMBER 28TH</u>	<u>APRIL 15TH-16TH</u>	<u>JUNE 26TH-27TH</u>
PRICE	<u>\$966.30</u>	<u>\$1,669.95</u>	<u>\$2,214.45</u>

ACKNOWLEDGEMENT OF COUNTRY

The Healing Centre for Griefology and founder, Rosemary Wanganeen, acknowledge that the Kurna people are the Traditional Owners of Country of the land on which we are privileged to live, work, and play, and pay respects to Elders of the Kurna nation, past, present and future. Rosemary acknowledges her gratitude for the sharing of modern Australia, and at the same time, expresses her deep sadness for the cost of this sharing for Aboriginal and Torres Strait Islander people. We all have a right, a role, and responsibility to support the Reconciliation process and forge a path to a place of equity, justice, and partnership for all Australians. The Healing Centre for Griefology further acknowledges all Traditional Owners of Country throughout Australia and Torres Strait Islands and pays respect to their continuing connection to the land, waters and community we are privileged to visit. We pay our respects to the people, the cultures and the Elders past and present and emerging.