

2025 WORKSHOP SERIES

Through the Lens of Griefology

Presented by Rosemary Wanganen &
The Healing Centre for Griefology

*"Enhance your practice and service delivery with
Rosemary's workshops where you'll be intellectually
informed, gently challenged, but leave inspired!"*



A model for all humanity.



Niina Marni? (How are you?) and ngaityalya (thank you) for taking the time to read our brochure, which presents a series of workshops developed and delivered around Australia in 2025 by **Rosemary Wanganeen**, founder and Director of **The Healing Centre for Griefology**.

Griefology: A Decolonising Approach to Healing Aboriginal Disadvantage

Aboriginal disadvantage is a direct consequence of intergenerational suppressed unresolved grief, which has compounded and complicated contemporary unresolved grief across Aboriginal communities. Griefology is a grief-informed, decolonising methodology that offers a profound and meaningful understanding of the historical layers of grief that continue to impact Aboriginal lives today. By addressing the root causes of Aboriginal disadvantage, Griefology provides a pathway towards Aboriginal prosperity: healing, empowerment, and sustainable change.

Similarly, Griefology is a model for all humanity because it recognises that loss and grief are human experiences that do not discriminate. Griefology also recognises that prevention is better than a cure and that breaking the cycle of intergenerational disadvantage is the foundation for restoring prosperity for all humanity.



Aboriginal Griefology is a groundbreaking, evidence-based model that decolonises Aboriginal disadvantage to restore Aboriginal prosperity

The Seven Phases to Integrating Griefology is the foundation of a newfound therapy called Griefology as experienced, researched and published by Rosemary Wanganeen. Through the merging loss and grief, 'Griefology' offers a profound and meaningful understanding that Aboriginal disadvantage is a Western construct – one shaped by historical and intergenerational suppressed unresolved grief. This model reveals the underlying factors driving 'Aboriginal disadvantage' and how they serve as barriers to Aboriginal prosperity and well-being.

**Closing the gap to
Aboriginal disadvantage**

Through the Lens of Griefology 2025 Workshop Series

by Australia's Leading Griefologist, Rosemary Wanganeen

The Healing Centre for Griefology's 2025 Workshop Series will introduce Rosemary's **Seven Phases to Integrating Griefology** and her ground-breaking model through three powerful and unique workshops.

These are:



Bicultural Allyship through the Lens of Griefology:

Creating Culturally Safer Workplaces



Aboriginal Suicide Prevention through the Lens of Griefology:

A Culturally Responsive Approach to Aboriginal Mental Health



Aboriginal Pathways to Women's Self Advocacy through the Lens of Griefology:

Navigating Cultural Overload to Strengthen your Potential as an Aboriginal Woman

Griefology explains how intergenerational suppression of unresolved grief profoundly influences how Aboriginal people experience contemporary losses and unresolved grief, and teaches cultural and mainstream strategies to help move from Aboriginal disadvantage to Aboriginal prosperity. Griefology doesn't seek 'closure' but the 'integration' of the loss experience through the process of a supported grieving process.

Rosemary's work has influenced mental health policies, leadership training, and community well-being programs, positioning her as a thought-provoking leader in holistic grief education. Griefology has broad applications across multiple sectors and industries, particularly where loss, grief, trauma, and well-being intersect: Health & Well-being, Community & Social Services, Justice & Law Enforcement, Education & Training, Workplace & Corporate, Government & Policy, Arts & Media, Disaster & Crisis Response.



Rosemary Wanganeen



Australia's Leading Griefologist

Rosemary Wanganeen is Australia's leading and only **Griefologist**, pioneering the revolutionary field of **Griefology**®. She is the **founder and CEO of The Healing Centre for Griefology**, established in 1993 in response to her personal experiences as part of the Stolen Generation.

With over **30 years of experience** in health, welfare, and social justice for Aboriginal people, Rosemary has dedicated her career to transforming how individuals, communities, and organisations understand and integrate loss and grief. As a **keynote speaker, educator, trainer, program designer, and peer-reviewed author**, she has delivered **Griefology**® bi-culturally, recognising that loss and grief are universal human experiences. Her work extends across multiple sectors, demonstrating the far-reaching consequences of unaddressed grief in everyday life, including death and dying. She believes it's time to bring loss and grief into the 21st century.

A former **research officer for the Royal Commission into Aboriginal Deaths in Custody**, Rosemary sought deeper understanding of personal and collective loss through what she calls **intuitive research** from 1987 to 1992. This research led to the development of **The Seven Phases to Integrating Griefology**®, a groundbreaking model that redefines grief—not as something to be "closed" but as a natural, ongoing process to be integrated into life.

Her work provides an **evidence-based approach to transforming Aboriginal disadvantage into Aboriginal prosperity**, shifting the conversation toward healing, sustainability, and self-determination. Her contributions have led to her recognition in academia, and she is currently a **Master of Philosophy candidate at the University of Adelaide**.

A proud South Australian Aboriginal woman of the **Kurna, Wirungu, and Koogatha nations**, Rosemary's work is deeply rooted in her **lived experiences, cultural heritage, and academic research** -making her an **analytical storyteller**. She continues to champion grief **literacy as a transformative tool**, pioneering a new paradigm for healing and prosperity—particularly for Aboriginal communities.

"Aboriginal prosperity is defined by the path the individual creates."



Bicultural Allyship Through the Lens of Griefology Workshops

Creating Culturally Safer Workplaces

Bi-cultural allyship is the conscious commitment to understanding, respecting, and actively supporting the strengths, values, and perspectives of both Aboriginal and non-Aboriginal cultures in fostering meaningful collaboration and equity.

The Healing Centre'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. Truth-telling remains at the forefront of instilling deep and meaningful allyship and healing.

This program encourages Aboriginal and non-Aboriginal colleagues to attend Rosemary Wanganeen's Bi-Cultural Allyship-Through the Lens of Griefology. You will gain profound insights from her three decades of designing and delivering workshops and providing a unique EAP counselling model called Griefology.

She has supported Aboriginal clients in navigating the impacts of racially motivated comments and behaviours, cultural overload & fatigue and biases, empowering them to become their own advocates. A recurring sentiment from many Aboriginal clients is, "I just want to go to work and leave with my Aboriginal identity with pride intact."

This program is designed to go beyond cultural awareness, whereby both groups will become consciously aware of the need to create culturally safe work environments and reduce cultural overload and cultural fatigue amongst Aboriginal colleagues. Aboriginal colleagues will feel culturally safe and inclusive to foster mutual respect, rapport, mutual collaboration for retention, and long-term engagement. As a highly competent facilitator and therapist, Rosemary merges her communication skills with a shared empathy and understanding for all.



Bicultural Allyship Through the Lens of Griefology Workshops

Creating Culturally Safer Workplaces

Benefits of attending:

- To Understand Historical and Cultural Contexts
- To Build Cultural Competence
- To Acknowledge Privilege and Bias
- To Support Reconciliation Efforts
- To Advocate for Social Justice
- To Enhance Professional Impact
- To Create Personal Growth
- To Help Prevent Unconscious Harm
- To Create Lasting Change



Bookings are available through the event page links below, for more information or booking enquiries please contact admin@lossandgrief.com.au

"The session encouraged us to reflect on our own thinking and actions while offering pathways for personal growth through practices like reading, ancestor reconnection, creative expression, and bushcraft. We appreciated the emphasis on fostering confidence and independence and the call to create safe spaces for staff to examine their identities and attitudes."

- Testimonial from Nunayara CEO

LOCATION	<u>ADELAIDE CITY (SA)</u>	<u>MOUNT GAMBIER</u>	<u>BRISBANE</u>
DATE	<u>MARCH 27th</u>	<u>AUGUST 29th</u>	<u>MAY 30th</u>
PRICE	<u>\$837.46</u>	<u>\$1113.3</u>	<u>\$966.3</u>

CLICK YOUR CHOSEN SESSION TO BOOK

Participant numbers: 16-20 (please enquire for larger groups)

Duration: One day 8:30am - 5pm (all locations)

All prices are GST exclusive and per person.

Aboriginal Suicide Prevention *Through the Lens of* Griefology Workshops

A Culturally Responsive Approach to Aboriginal Mental Health

This workshop offers a profound exploration of the complexities surrounding Aboriginal death by suicide. Facilitated by esteemed Griefologist Rosemary Wanganeen, Aboriginal Suicide Prevention 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 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.

Join us 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.



Aboriginal Suicide Prevention Through the Lens of Griefology Workshops

A Culturally Responsive Approach to Aboriginal Mental Health

Attendees will gain understanding of 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

Please click your chosen session below to book or contact admin@lossandgrief.com.au

"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 Coffs Harbour

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>

CLICK YOUR CHOSEN SESSION TO BOOK

Participant numbers: 16-20 (please enquire for larger groups)

Duration: 1.5 days 8:30am-5pm + 8:30am - 1pm Interstate and Intrastate.

*Please note - this workshop is one-day only in Adelaide

All prices are GST exclusive and per person.



Aboriginal Pathways to Women's Self Advocacy Through the Lens of Griefology Workshops



Navigating Cultural Overload to Strengthen Your Potential As An Aboriginal Woman

Stepping into our potential as women - and as Aboriginal women - can feel just as daunting as the fear of failure. But we don't have to walk this journey alone. This workshop is a culturally safe and supportive space where Rosemary Wanganeen will gently guide you to trust your cultural intuitive intelligence, just as she did. By doing so, she forged a pathway toward her own prosperity, both personally and professionally.

Our cultural intuitive intelligence is deeply connected to our female instincts and ability to read and respond to the world around us. It helps us make decisions strategically and confidently whilst drawing on our lived experiences, emotions, and cultural wisdom. However, when we constantly navigate workplace expectations, advocate for cultural safety, and carry the emotional weight of educating others, plus family challenges and our communities, we can experience cultural overload and fatigue.

This workshop will explore with you how to recognise and manage cultural overload and fatigue, ensuring you have the tools and support to sustain your well-being while creating opportunities for growth. How to set boundaries with confidence will also be discussed, including:

- Recognising that its okay to say 'No' without guilt or fear
- Asking for allyship from colleagues so the cultural load is shared
- Encouraging non-Indigenous peers to take responsibility for cultural learning rather than it always falling to Aboriginal women
- How to be your own advocate

With warmth and wisdom, Rosemary will introduce her **Seven Phases to Integrating Griefology** as a roadmap for navigating personal and professional challenges. She will take you on a journey of discovery, showing how an Aboriginal perspective on loss and grief can offer insights into the barriers that may have blocked your path.

This journey will help you think critically, independently, and creatively, giving you the strategies and confidence to advocate for yourself and take action on your dreams, hopes and goals. Because prosperity remains an idea until you decide what it is for you, and step into it on your terms.

Aboriginal Pathways to Women's Self Advocacy Through the Lens of Griefology Workshops

Navigating Cultural Overload to Strengthen Your Potential As An Aboriginal Woman

This workshop will offer practical strategies to:

- Develop flexibility and stay focused on your goals
- Recognise the signs of cultural overload and fatigue
- Seek allyship and supportive networks in the workplace
- Set boundaries and say 'No' with confidence
- Transform barriers into opportunities
- Self-care of social and emotional well-being
- Think strategically, not emotionally
- Design a plan of action to negate cultural overload

Please click your chosen session below to book or contact admin@lossandgrief.com.au

"This is a powerful, relevant, quality workshop...I will continue to have 'Aha' moments about what Rosemary has taught us for years to come. I strongly recommend Rosemary's work to bring about deep change" - Aboriginal Participant

REGION	<u>ADELAIDE CITY (SA).</u>	<u>RIVERLAND (SA).</u>	<u>MELBOURNE</u>
DATE	<u>JULY 30th-31st</u>	<u>DECEMBER 4th-5th</u>	<u>OCTOBER 23rd-24th</u>
PRICE	<u>\$837.46</u>	<u>\$1113.3</u>	<u>\$966.3</u>

CLICK YOUR CHOSEN SESSION TO BOOK

Participant numbers: 16-20 (please enquire for larger groups)
Duration: One day 8:30am - 5pm in Adelaide, 1.5 days 8:30am-5pm + 8:30am - 1pm Interstate and Intrastate
All prices are GST exclusive and per person.



Schedule & Bookings

Through the Lens of Griefology Workshop Series 2025



Please click below to book. All prices are GST exclusive and per person. For more information contact admin@lossandgrief.com.au

DATE	WORKSHOP	LOCATION	PRICE
<u>March 27th</u>	<u>Bi-Cultural Allyship</u>	<u>Adelaide City, South Australia</u>	<u>\$837.46</u>
<u>April 15th-16th</u>	<u>Suicide Prevention</u>	<u>Port Augusta, South Australia</u>	<u>\$1447.2</u>
<u>May 30th</u>	<u>Bi-Cultural Allyship</u>	<u>Brisbane, Queensland</u>	<u>\$1279.46</u>
<u>June 26th-27th</u>	<u>Suicide Prevention</u>	<u>Perth, Western Australia</u>	<u>\$1899.19</u>
<u>July 30th -31st</u>	<u>Aboriginal Pathways to Women's Self- Advocacy.</u>	<u>Adelaide City, South Australia</u>	<u>\$1256.19</u>
<u>August 29th</u>	<u>Bi-Cultural Allyship</u>	<u>Mount Gambier, South Australia</u>	<u>\$965.16</u>
<u>October 23rd-24th</u>	<u>Aboriginal Pathways to Women's Self- Advocacy.</u>	<u>Melbourne, Victoria</u>	<u>\$1899.19</u>
<u>November 28th</u>	<u>Suicide Prevention</u>	<u>Adelaide City, South Australia</u>	<u>\$1279.46</u>
<u>December 4th-5th</u>	<u>Aboriginal Pathways to Women's Self- Advocacy.</u>	<u>Riverland, South Australia</u>	<u>\$1899.19</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 particularly 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, present and emerging.



HEALING CENTRE
FOR
griefologyTM



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