



HEALING CENTRE
FOR
griefologyTM



ABORIGINAL SUICIDE PREVENTION

*AN IMMERSIVE 2 DAY
WORKSHOP FOR ABORIGINAL
AND NON-ABORIGINAL STAFF*

RETENTION, RETENTION, RETENTION





“I just want to go to work and leave with my Aboriginal identity and pride intact”

The Healing Centre for Griefology invites Aboriginal and non-Aboriginal colleagues to attend our transformative **2-day** workshop, ‘Through the Lens of Griefology: Averting Mental Health Challenges’ by esteemed Griefologist Rosemary Wanganeen. The Healing Centre stands apart through Rosemary’s integration of lived experience as validated practice, shaped by her personal strategies to prevent cultural overload and fatigue and embedded within the Griefology model. Grounded in a grief (trauma)-informed model, the Seven Phases to Integrating Griefology, this training will equip participants with a variety of knowledge, skills and practical strategies to support people at risk and make a meaningful difference towards mental health challenges.

This groundbreaking workshop explores the role of intergenerational, suppressed, unresolved grief in Aboriginal communities and its impact on suicide rates. 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 surged, highlighting the inadequacy of Western suicide prevention frameworks. Without culturally appropriate approaches, service providers struggle to meet the unique needs of Aboriginal communities. As a society, we must confront a difficult truth: current psychological and psychiatric models fail to address the complexities of Aboriginal suicidal distress that leave families in a cycle of suppressed, unresolved grief, disorientation, and isolation. This workshop is designed for Aboriginal and non-Aboriginal practitioners working in the suicide prevention sector.



BENEFITS OF ATTENDING

- Understanding how 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.
- Gaining vital insights that can enhance the understanding and effectiveness of health professionals and academic researchers.
- To understand Aboriginal disadvantage, intergenerational grief, and racism.
- To enable you to offer culturally sensitive Griefology strategies and activities to support healing and prevent suicide in communities.
- Learning how to integrate culturally relevant practices and understanding the profound impacts of loss.
- Learning how to empower individuals and communities to navigate complex emotions and create pathways to suicide prevention.
- Understanding the 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



COURSE INFORMATION

This 2 day workshop includes:

Contemporary Issues

- 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 and their voices
- What is racism, and how it can be deconstructed

Ancient to Contemporary History

- Invasions/colonisations: Australian, English, European
- Finding Plato
- Psychological impact of policies, practices and procedures
- A Western construct of Aboriginal disadvantage

Loss and Grief Theory

- What are tangible and intangible losses?
- What are eight common grief emotions?
- What are reactive and responsive grief triggers?
- Multiple Unhealed Inner Children v Adult-Self
- Whose voices are they?
- Contemporary grief addictions

Suicide Prevention Grief Activities

- Identifying grief fear, observing body language
- Talking Grief Through
- Physically Working Through Grief
- Talking Grief Through
- Reading Books, Documentaries
- Ancestral reconnection
- Reflections on self-care

WORKSHOP FEES



All Workshop costs are per person for and GST exclusive. All Travel costs are per hour and GST exclusive. Please note that the minimum amount of participants that will be billed is **16** and the maximum amount of participants in one program is **20**. Due to sensitivity of the workshop's content, we wish to not exceed 20 participants. For more than 20 participants, please contact us to negotiate.

Please contact admin@lossandgrief.com.au for all booking enquiries.

Location	Workshop Costs (per person, exc. GST)	Travel Costs (per hour, exc. GST)
Adelaide Metro	\$1,332.05	N/A
Intrastate	\$1,832.05	For training delivered outside metropolitan Adelaide, travel time is charged at \$150 per hour . Organisations are responsible for all reasonable travel-related expenses, including return airfares, accommodation, ground transportation, meals, and associated incidentals.
Interstate (VIC)	\$2,332.05	
Interstate (NSW)	\$2,332.05	
Interstate (ACT)	\$2,332.05	
Interstate (TAS)	\$2,332.05	
Interstate (QLD)	\$2,332.05	
Interstate (WA)	\$2,332.05	
Interstate (NT)	\$2,332.05	
Interstate (Regional)	<i>contact admin@lossandgrief.com.au for further details.</i>	

Cancellation Policy

Cancellations made within two weeks of the scheduled engagement will incur a fee of **50% of the total quoted cost**.

Cancellations made within one week of the scheduled engagement will incur a fee of **100% of the total quoted cost**.



TESTIMONIALS FROM PAST ATTENDEES

"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."

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

Participant – (SA Psychiatry Branch Training Committee 2020).

- Testimonials from past attendees






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, present and emerging.



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