



HEALING CENTRE
FOR
griefologyTM



THROUGH THE LENS OF GRIEFOLOGY: BE YOUR OWN ADVOCATE

*AN IMMERSIVE 1.5 DAY
WORKSHOP FOR ABORIGINAL
STAFF*

RETENTION, RETENTION, RETENTION





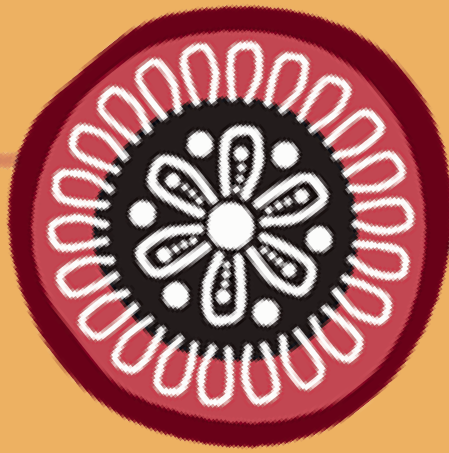
WHAT IS GRIEFOLOGY?

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

The Healing Centre for Griefology invites Aboriginal colleagues to attend our transformative workshop, *‘Through the Lens of Griefology: Be Your Own Advocate* by esteemed Griefologist Rosemary Wanganeen. The Healing Centre stands apart through Rosemary’s integration of lived experience into her practice, and how it’s shaped by her personal strategies to prevent cultural overload and fatigue.

Grounded in a grief (trauma)-informed model, the Seven Phases of Griefology, Rosemary’s approach and delivery are deeply rooted in our shared humanity. Truth-telling remains at the forefront of fostering deep, meaningful allyship, which is anchored in cultivating a culturally safe and compassionate space for reflection and transformation. Griefology is grounded in dignity, mutual respect, and personal responsibility.

For Aboriginal staff, the Seven Phases of Griefology helps to recognise and navigate personal cultural overload and fatigue, and strengthens confidence to advocate for culturally safe practices that ultimately sustain personal wellbeing and professional longevity.

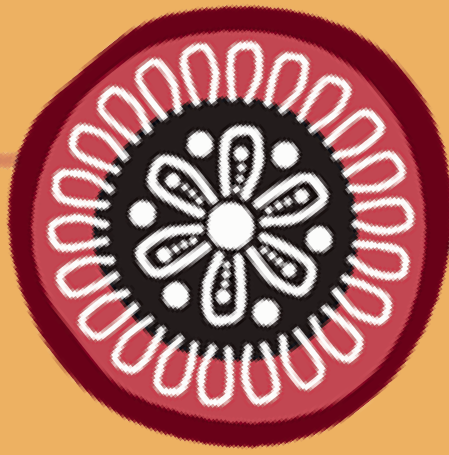


WORKSHOP OVERVIEW

This **one and a half-day** Be Your Own Advocate workshop will discuss past and present Aboriginal realities, using Rosemary's lived experience as an evidence-based case study. The workshop will examine loss and grief using the Seven Phases to Integrating Griefology framework, and how it has been presented in generations of Aboriginal people since invasion/colonisation.

Rosemary will demonstrate how to use your intuitive intelligence to think critically, creatively and innovatively, helping you to discover your own path to prosperity. Throughout the workshop there will be strategies for setting boundaries, implementing self-care, balancing personal cultural overload/fatigue and community/family pressures, and self-reflections.

Come to the workshop to be informed and challenged, and leave inspired to be your own advocate as an individual, for your family and for your community.



BENEFITS OF ATTENDING

- Understanding historical and cultural contexts.
- Building cultural understanding.
- Acknowledging privilege and unconscious biases.
- Supporting reconciliation efforts.
- Enhancing your professional impact.
- Creating personal growth.
- Preventing unconscious harm.
- Understanding intuitive intelligence and cultural overload.
- Acquiring a deeper and more meaningful understanding about how Aboriginal disadvantage is a Western man-made construct.
- Understanding what intergenerational factors are barriers to Aboriginal prosperity.
- Understanding how the intergenerational suppression of unresolved grief influences how Aboriginal people experience loss and grief.
- Strengthening your social and emotional wellbeing.
- Recognising that it's okay to say no without guilt or fear.
- How to **be your own advocate** with confidence.



COURSE INFORMATION

*This **1.5 day** workshop includes:*

A Contemporary Reality

- From Aboriginal Disadvantage to Aboriginal Prosperity
- An introduction to The Seven Phases to Integrating Griefology framework
- Balancing personal cultural overload and fatigue, and community/family pressures

Ancient to Contemporary History - Cause and Effect of Cultural Overload & Fatigue

- History of invasion/colonisation (from Europe to England to Australia)
- Understanding the psychological impact of Australia's harmful 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?
- What are the eight common grief emotions?
- What are reactive and responsive grief triggers?
- Whose voices are they: A look at Multiple Unhealed Inner Children and the Adult Self
- Contemporary grief addictions



COURSE INFORMATION

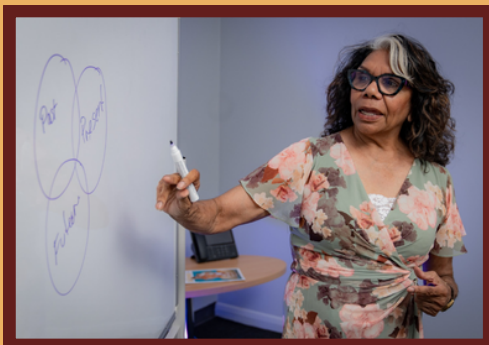
Practical Strategies to Preventing Cultural Overload & Fatigue

- Identifying grief fear: Observing verbal and body language
- What are the cultural barriers to saying 'no'?
- Learning to balance personal cultural overload and fatigue and community/family pressures
- Self-care strategies for working through grief
- The value of staying calm but assertive
- Setting boundaries
- Moving towards 'Aboriginal prosperity'
- Moving from survival, to thriving, to sovereignty

****Each section of the workshop contains a working booklet and an opportunity to reflect on what you've learned.***

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

[Rosemary's] guidance on countering cultural overload through humility, genuine curiosity, and respect aligned perfectly with the values we already strive to uphold in our day-to-day work."



***- Testimonial from Nunyara
Aboriginal Health Service***



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	\$999.05	N/A
Intrastate	\$1,374.05	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)	\$1,749.05	
Interstate (NSW)	\$1,749.05	
Interstate (ACT)	\$1,749.05	
Interstate (TAS)	\$1,749.05	
Interstate (QLD)	\$1,749.05	
Interstate (WA)	\$1,749.05	
Interstate (NT)	\$1,749.05	
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**.




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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