



HEALING CENTRE
FOR
griefologyTM



THROUGH THE LENS OF GRIEFOLOGY: BICULTURAL ALLYSHIP

*AN IMMERSIVE 1.5 DAY
WORKSHOP FOR ABORIGINAL
AND NON-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 and non-Aboriginal colleagues to attend our transformative workshop, *‘Through the Lens of Griefology: Bicultural Allyship’* 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.

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.



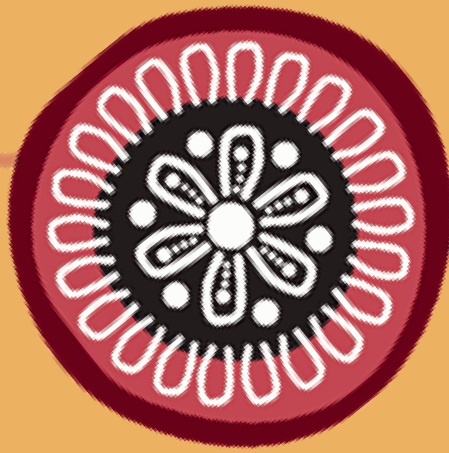
WORKSHOP OVERVIEW

This **one and a half-day** Bicultural Allyship workshop will examine the social and emotional benefits to incorporating bicultural allyship training into workplaces, for Aboriginal and non-Aboriginal staff alike. Bicultural 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.

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 fatigue amongst Aboriginal colleagues.

For Aboriginal colleagues, the workshop will assist in feeling culturally safe, thereby fostering mutual respect, rapport, mutual collaboration for retention, and long-term engagement. It will help to recognise and navigate personal cultural overload and fatigue, strengthening confidence to advocate for culturally safe practices and helping to sustain personal wellbeing and professional longevity.

For non-Aboriginal colleagues, it's a transformative workshop designed to strengthen cultural allyship, and promote safe and inclusive workspaces that support Aboriginal staff wellbeing and retention. As a highly competent facilitator and therapist, Rosemary merges her communication skills with a shared empathy and understanding for all.



BENEFITS OF ATTENDING

- Understanding historical and cultural contexts.
- Building cultural understanding.
- Being able to acknowledge privilege and unconscious biases.
- Supporting reconciliation efforts.
- Enhancing professional impact.
- Creating personal growth.
- Helping to prevent unconscious harm.
- Creating lasting change.
- Developing the ability to advocate for social change.



COURSE INFORMATION

This **1.5 day** workshop includes:

A Contemporary Reality

- Seven Phases to Integrating Griefology Framework.
- Rosemary is an evidence-based case study that highlights the importance of contemporary self-care strategies.
- What is a culturally unsafe workplace?
- What is cultural overload and fatigue?
- What is bicultural allyship?
- Self-reflections: *I have discovered...I have felt...I have remembered... I have learnt... I have decided...!*

History

- Invasion/Colonisation and its impact.
- Policies, practices, and procedures
- Deconstructing racism
- Self-reflections: *I have discovered...I have felt...I have remembered... I have learnt... I have decided...!*

Loss and Grief Theory (Working Booklet)

- Tangible and intangible losses
- Common grief emotions and triggers
- Reflective and creative grief activities
- Self-reflections: *I have discovered...I have felt...I have remembered... I have learnt... I have decided...!*



COURSE INFORMATION

Strategies to Build Bicultural Allyship (Working Booklet)

- Group work: Indicators of cultural overload and fatigue
- Immediate, short-term, and long-term effects
- Self-care strategies & self-reflection
- Self-reflections: *I have discovered...I have felt...I have remembered... I have learnt... I have decided...!*

****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



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.



HEALING CENTRE FOR **griefology**TM



(08) 8341 5557



2/107 Military Road Semaphore, South Australia 5019



admin@lossandgrief.com.au



www.lossandgrief.com.au



88 117 236 736

