



HEALING CENTRE
FOR
griefologyTM



GRIEFOLOGY TO AVERT MENTAL HEALTH CHALLENGES

AN IMMERSIVE 2 DAY WORKSHOP

**“Gain awareness of a different perspective of
the genesis of mental disorders.”**

***Participant of the SA Psychiatry Branch Training Committee
(2020).***



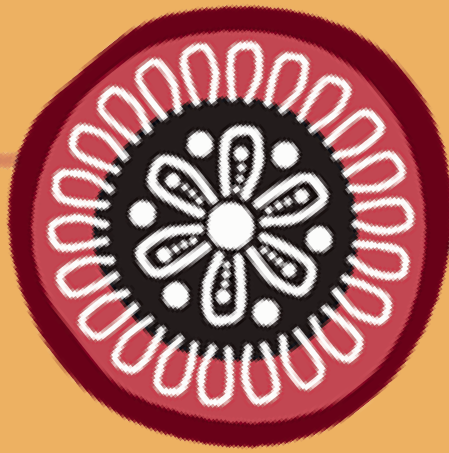


The Healing Centre for Griefology invites Aboriginal and non-Aboriginal colleagues to attend our transformative workshop, 'Through the Lens of Griefology - Averting Mental Health Challenges' by esteemed Griefologist Rosemary Wanganeen.

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.

The information, knowledge and skills gained will inspire greater confidence when working with individual Aboriginal clients and their communities. You will learn about intergenerational suppressed, unresolved grief and its relationship to mental health challenges using culturally aware approaches sensitive to the needs of Aboriginal clients, reducing fear, creating cultural safety and contributing to the support of Aboriginal prosperity.



BENEFITS OF ATTENDING

- To understand the impact of intergenerational, suppressed, unresolved loss and grief on mental health.
- Gaining confidence to become part of the solution and assist the journey to recovery.
- Gaining basic skills to help people move beyond the experiences of trauma towards a state of social, emotional and spiritual wellbeing.



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

Ancient to Contemporary 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?
- 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

Imparting Basic Clinical Techniques

- How and why we value the use of butcher paper.
- How to and why we apply the snake chart and other similar methods.
- How to and why incorporate the chronological age (client) and their multiple unhealed inner children into the session.
- The four cornerstones within the counselling process: what can I share of me, the client's past, their present & their future.



COURSE INFORMATION

Strategies to Building Bicultural Rapport with the Aboriginal Community

- Identifying grief fear using body language
- How to build cultural rapport
- How to maintain cultural rapport

Strategies for Reflective and Creative 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

'Rosemary was inspirational and is probably the first facilitator to have linked loss and grief to Australian history, then applied it to contemporary situations, and how the grief manifests into 'grief behaviours'. - Participant in AMHC workshop 2024.

*"Awareness of a different perspective of the genesis of mental disorders".
Participant of the SA Psychiatry Branch Training Committee (2020).*

'I feel honoured to be part of Rosemary's training. I have learnt a lot and have a lot to think about, along with more evidence to bring to my community and family. Hopefully I can help change stuck mindsets.' - Aboriginal participant in AMHC workshop 2024.



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 (SA)	\$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**.



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

