

## Do you support Indigenous people and communities impacted by trauma?

While the impact of trauma is still under recognised in provision of mental health services, Aboriginal people have been using a trauma informed approach in response to the healing needs of Indigenous families and communities for nearly twenty years.

This training is designed, developed and delivered by Aboriginal people for workers in the mental health or community service sectors who support Aboriginal people impacted by trauma. This includes generational trauma, family violence, sexual assault, alcohol or drug problems and mental distress.

Created by the We Al-li program, this workshop is a celebration of life - a process of healing sharing and regeneration - which is equally relevant to Indigenous and non-Indigenous workers.

### Key Learnings

- Assess your true awareness of trauma and its impact on Indigenous Australian peoples
- Understand generational, collective-social, cultural and developmental trauma within Indigenous families and communities
- Understand cultural competency and cultural safety and how these related to trauma recovery
- Examine rights and responsibilities; who has rights and who is responsible for what
- Promote self-governance and self-care for individuals, families and communities
- Explore how to sensitively integrate western and Indigenous cultural practices into service delivery, including art making and deep listening activities
- Understanding that recovery is possible for everyone regardless of how vulnerable they may appear



### Judy Atkinson

Professor Judy Atkinson identifies as a Jiman/Bundjalung (Aboriginal Australian) woman who also has Anglo-Celtic, and German heritage.

Judy holds a PhD from QUT, with a primary academic and research focus in the area of violence and relational trauma, and healing for Indigenous, and indeed all peoples. She developed the We Al-li program which was used as a foundation stone for the Masters in Indigenous Studies (wellbeing); the undergraduate degree Trauma and Healing, and the Diploma of Community Recovery.

Judy's book, *Trauma Trails - Recreating Songlines: The transgenerational effects of Trauma in Indigenous Australia*, provides context to the life stories of people who have moved/been moved from their country in a process that has created trauma trails, and the changes that can occur in the lives of people make connections with each other and share their stories of healing.

Judy retired at the end of 2010, so she can focus on writing and working with communities in Australia, Timor Leste, and Papua New Guinea educational - healing work, what she calls educaring.

*"The best part of the training was the experiences of the presenters and their depth of knowledge and approachability"* **Course participant**

**Inhouse training is available on request.  
Talk to us about your training needs today.**

**\$ 785.00 (MHCC members)**

**\$ 890.00 (non-members)**

**Course details may be subject to change.**

**Visit [www.mhcc.org.au](http://www.mhcc.org.au) for date and location information.**

Please write clearly in CAPITAL LETTERS.  
Please forward your completed registration form to [training@mhcc.org.au](mailto:training@mhcc.org.au) or fax to 02 9810 8145

### WORKSHOP DETAILS

**Please register me for the following course:**

Workshop / Course Title	Trauma-Informed Approaches to Aboriginal Wellbeing
Location	
Workshop Date(s)	

### CONTACT DETAILS

Full Name			
	M <input type="checkbox"/>	F <input type="checkbox"/>	Other <input type="checkbox"/>
Job Title/ Position			
Organisation / Employer			
Address			
	State	Postcode	
Email			
Tel (M)		Tel (W)	

**Do you require any support or assistance during training, eg; disabled access, audio loop. If so, please specify.**

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### MHCC TERMS & CONDITIONS

#### Refunds

Please choose workshops carefully. Once registrations are processed refunds can only be made when:

- A workshop is cancelled, or the date is changed by MHCC
- A written request is received 14 days prior to the workshop
- A medical certificate is provided in the event of illness or misadventure

All refunds will incur a \$35 administration fee except where a workshop has been cancelled by MHCC.

Full or partial non-attendance of registered participants will incur the full registration fee.

#### Transfer / Substitution

You can transfer to another workshop/date (of the same value) on one occasion, pending availability, by notifying MHCC in writing seven days prior to workshop commencing.

**Email:** training@mhcc.org.au      **Fax:** 02 9810-8145

Participant substitutions must be advised in writing five days prior to the workshop.

#### Workshop Cancellations

We make every attempt to ensure that workshops run. However, MHCC reserves the right to alter any arrangements, including cancellations if required. We will notify you of any cancellations and changes as soon as possible, usually this will be seven days prior to the workshop date.

MHCC is not responsible for travel-related costs that may be incurred as a result of cancellations.

In the event MHCC cancels a workshop, you can choose whether to transfer, on one occasion, to another workshop of the same value (pending availability) or receive a refund.

#### CONSENT

By completing and returning this form you are consenting to the collection of this information for the provision of training as well as accepting the MHCC terms and conditions outlined above. Please refer to the MHCC confidentiality and privacy policy at [www.mhcc.org.au](http://www.mhcc.org.au)

Signature	Date	/	/

#### How did you hear about this MHCC training?

<input type="checkbox"/> MHCC Website	<input type="checkbox"/> Email	<input type="checkbox"/> Attended other training
<input type="checkbox"/> MHCC Event	<input type="checkbox"/> Word of mouth	<input type="checkbox"/> I would like to receive more information about MHCC

### PAYMENT INFORMATION

ABN: 59 279 168 647

#### Payment Type

Visa <input type="checkbox"/> MC <input type="checkbox"/> Cheque <input type="checkbox"/> Invoice (Organisations only) <input type="checkbox"/>	Name of Org Org Address State                      Postcode
C/C number Expiry mm/yy	
Cardholder Name Signature	Org email for Invoice
Date / /	Org is currently an MHCC member?    Y <input type="checkbox"/> N <input type="checkbox"/>

Total Amount \$	
PROMO CODE (if applicable)	

For more information visit [www.mhcc.org.au/learning-and-development](http://www.mhcc.org.au/learning-and-development) or phone 02 9555 8388 ext 106