

# Trauma Informed Approaches to ABORIGINAL WELLBEING

## 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



### Trainer Profile

**Antonia Burke** is a Tiwi - Yanyuwa woman from the Northern Territory, growing up in remote communities. She has a strong commitment to and connection with cultural protocols when travelling to

diverse Aboriginal communities across Australia. She has extensive experience working at all levels, from the Premier's Advisory Committee, and at community level engagement.

Antonia provided educational programs on youth suicide prevention in South East Queensland, as well as providing advice on healing work with diversionary programs in Youth Justice. She also worked with Nova Peris OAM

delivering National Health Promotion programs, at the community level. Her interest in the use of Indigenous Cultural Practices, which is at the foundation of all her work, has influenced her community activities, as well as the delivery of speaking engagements in schools around Valuing Culture..

Antonia has a clear focus on working to empower leaders to feel the full potential of their leadership capacity and to maintain the strength of this potential in the long term. She desires to help facilitate the capacity of leaders to be able to hold the trauma stories for the other(s), so they can chart their own healing - recovery processes, in other words building their own internal resilience.

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

We can customise this course for in-house training. Talk to us about your training needs today.  
[askus@mhcc.org.au](mailto:askus@mhcc.org.au) or 02 9555 8388 Ext 112

\$409 (MHCC Members)  
\$498 (non-members)

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

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Please forward your completed registration form to [training@mhcc.org.au](mailto:training@mhcc.org.au)

### 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     |                            |                            |                                |
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|                         | State                      | Postcode                   |                                |
| Email                   |                            |                            |                                |
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**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](mailto:training@mhcc.org.au)

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

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| C/C number<br>Cardholder Name<br>Signature<br>Expiry mm/yy<br>Date / /  |   |

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| State       | Postcode |

Org is currently an MHCC member? Y  N

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| Total Amount \$ |  |
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| PROMO CODE (if applicable) |  |
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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