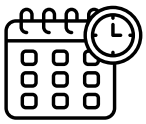
Family Healing - First Nations Practices

Develop confidence and skills to respond to the needs of First Nations community members who are experiencing distress and have experienced transgenerational trauma.

Family Healing - First Nations Practices (formerly Healing Informed Practices) helps practitioners build the confidence and skills to respond to the needs of First Nations community members experiencing distress and transgenerational trauma. The workshop will provide participants with a common language and strength-based framework for understanding and responding to community members' needs, and for facilitating cultural safety and wellbeing in our work.

Through the process of colonisation and past policies and procedures, First Nation people, as individuals and within their families and communities, have been profoundly hurt socially, emotionally and spiritually. This experiential workshop provides a safe space to explore healing families through methodologies which are embedded in cultural practices and protocols.

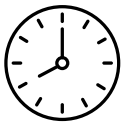
Key information



2-day workshop



In-person or online



14 CPD hours

Learn more

What will you learn?

This workshop explores a framework for understanding and responding to the impact of colonisation upon First Nation peoples and families and ways of working with expressions of trauma, grief and loss. You will explore:

- Dadirri, Deep Listening
- What is Culture? Cultural Safety
- A historical context of trauma
- Six stages of healing
- Understanding Trauma Stories on body, mind and relationships
- Indigenous Healing Practices Work for Trauma Recovery
- Lateral Violence: Our Behaviours Matter!

Who should attend

This workshop will be most useful for those in healing roles working with communities and families impacted by the effects of colonisation. It will be helpful for workers trying to create safe pathways for children, adolescents and adults needing to heal from past trauma, connect with family and community and make safe, healthy choices in life.

Workshop style

This is an experiential workshop, not just passive information sharing, so you can expect to be involved and learn together with other participants.

"Tell me and I will forget, show me and I may remember, involve me and I will understand" – Chinese Proverb