



A father, mother and child wearing possum skin cloaks sitting by a myrrong daisy, the father holds the stem and looks to the daisy as it holds history and knowledge of the ancestors, this gives him strength. The mother holds a newborn and rests against the stem, it supports her. Mother and father are on different sides of the stem representing their different paths and roles in caring and nurturing for children. The daisy in flower but also has a new bud and speaks of future generations and continuity. The stones below represent a strong foundation of many generations and the stitching on the cloaks represent the relational connectedness of the Aboriginal people and worldview. The mother's hair blows in the wind, represent change.

Cultures Child, Ink on paper, 2018 © Shawana Andrews



Working safely within the research context of intergenerational trauma in Indigenous communities in Australia: Healing the Past by Nurturing the Future (HPNF)

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HPNF Project aims and principles

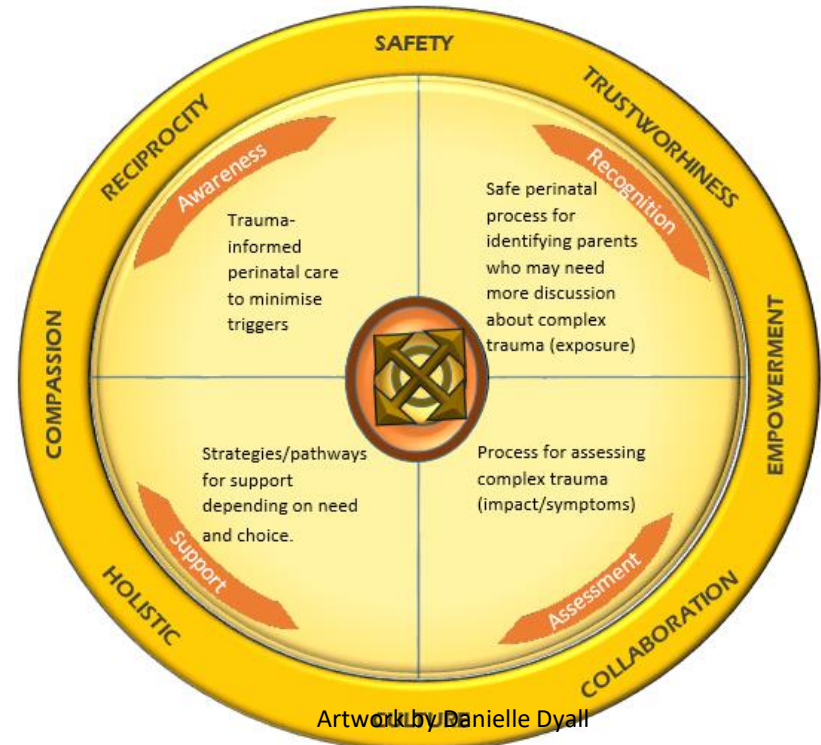


The aims of this study are to co-design acceptable, safe and feasible perinatal strategies for Aboriginal and Torres Strait Islander parents experiencing complex trauma, including:

1. Recognition and assessment.
2. Awareness and support

Values and principles

1. Safety*
2. Trustworthiness*
3. Empowerment*
4. Collaboration*
5. Culture
6. Holistic
7. Compassion
8. Reciprocity

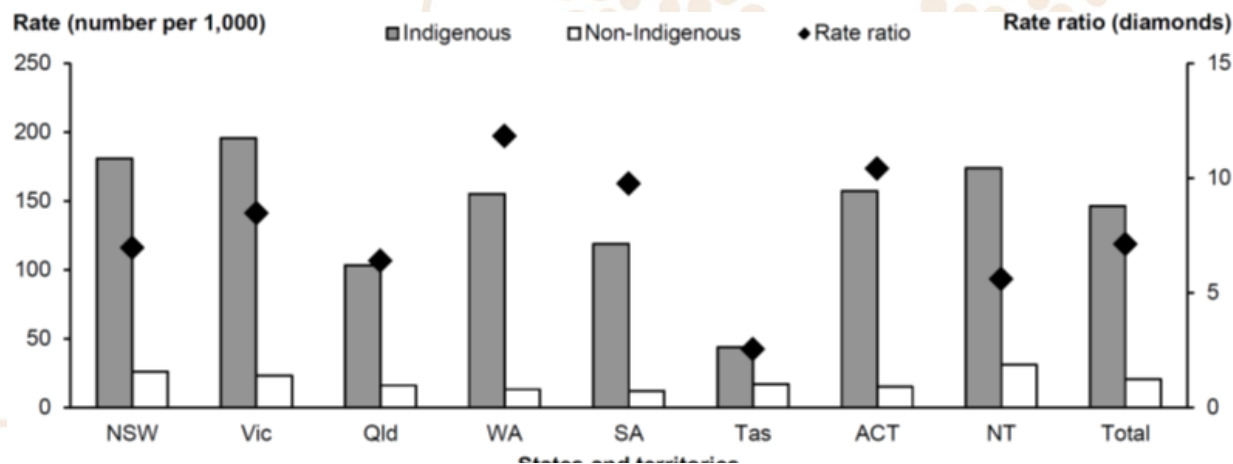


Artwork by Danielle Dyal

Chamberlain C, Gee G, Brown SJ, Atkinson J, Herrman H, Gartland D, Glover K, Clark Y, Campbell S, Mensah F, Atkinson C, Brennan S, McLachlan H, Hirvonen T, Dyal D, Ralph N, Hokke S, Nicholson JM. Healing the past by nurturing the future - co-designing perinatal strategies for Aboriginal and Torres Strait Islander parents experiencing complex trauma: framework and protocol for a community-based participatory action research study. *BMJ Open*. Accepted 10/5/2019.

Type and trauma prevalence among Aboriginal and Torres Strait Islander people

- 'Type 1' = acute exposure to a single event, with supportive adults to help child make sense of experience
- '**Type 2**' or '**complex trauma**' = cumulative exposure to multiple traumatic experiences that often involves interpersonal violation and occurs within the child's care giving system.¹
- Current prevalence unclear as no clear criteria²
- Aboriginal children seven times more likely to be assessed as exposed to 'substantiated' child abuse³
- Aboriginal people experience as high as 10 -12 different traumatic events in a life time^{4,5}
- Elevated rates of PTSD in Aboriginal communities: 58%⁴, 40%⁵



Children receiving child protection services by Indigenous status, states and territories⁴

1. Kezelman C, Stavropoulos P. Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery. Sydney: Adults Surviving Child Abuse; 2012. 2. Cloitre M, Garvert DW, Weiss B, Carlson EB, Bryant RA. Distinguishing PTSD, Complex PTSD, and Borderline Personality Disorder: A latent class analysis. Eur J Psychotraumatol. 2014; 56. 3. Scott D. The prevalence of child abuse and neglect. Australian Institute of Family Studies; 2013. 4. Atkinson, C. (2008). The violence continuum: Aboriginal Australian male violence and generational post-traumatic stress. Unpublished Doctor of Philosophy thesis. Charles Darwin University, Australia. 5. Gee, G. (2016). Resilience and Recovery from Trauma among Aboriginal Help Seeking Clients in an Urban Aboriginal Community Controlled Health Organisation. Unpublished Doctor of Philosophy thesis. University of Melbourne Australia.



Aspects of the safety framework



- Consultation at HPNF workshop 1 (March 2018)
- Feedback at HPNF workshop 2 (Sept 2018)
- Continued investigator and partner feedback

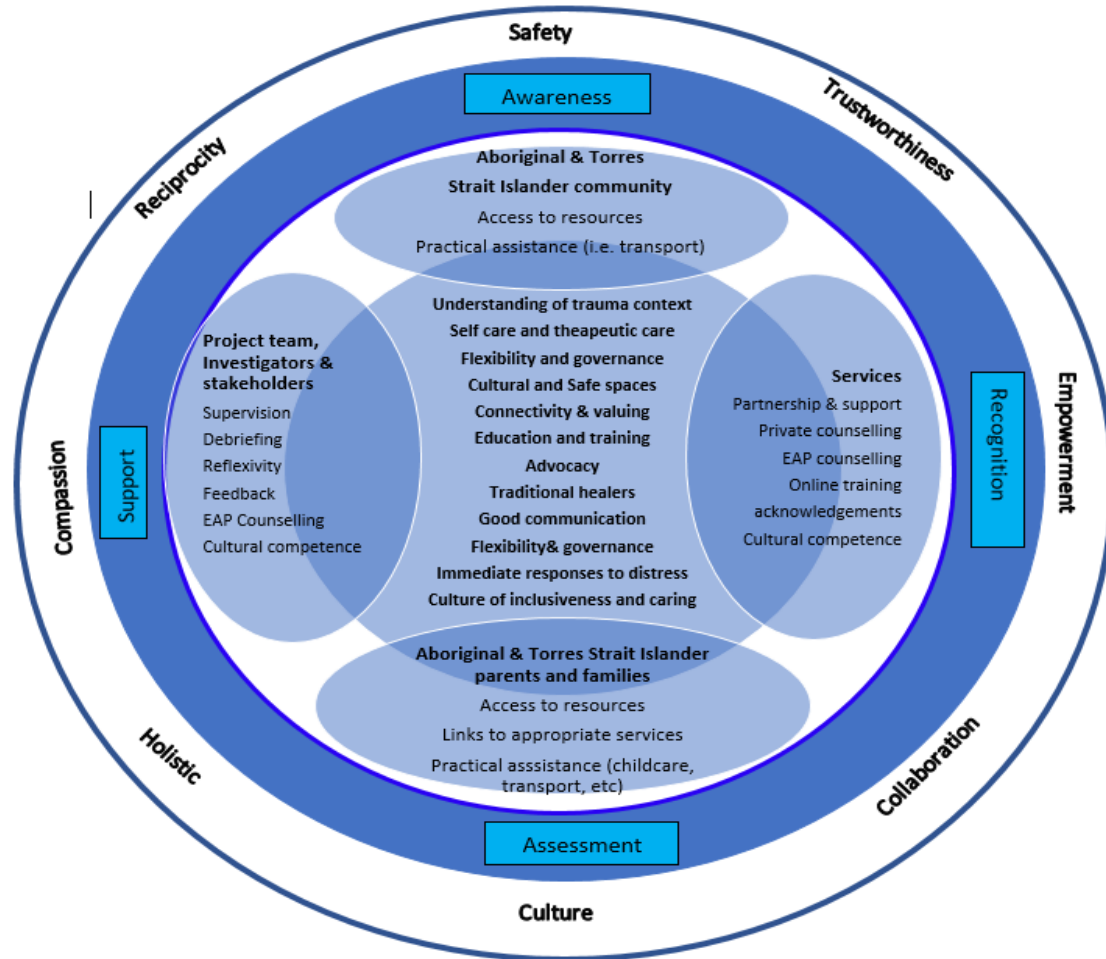
General themes

- Understanding context of complex trauma
- Trauma informed care
- Two-way learning and training
- Appropriate communication
- Reciprocity and being valued
- Connectivity and relatedness
- Flexibility and governance
- Cultural support- ensuring Aboriginal safe spaces
- Participating and recognising community expertise
- Support and practical resources (parents & elders)
- Supervision, debriefing and reflexivity
- Immediate response to trauma
- Therapeutic care and referral
- Self-care





HPNF Safety protocol



Clark, Y., Gee, G., Ralph, N., Atkinson, C., Brown, S., Glover, K., McLachlan, H., Gartland, D., Hirvonen, T., Atkinson, J., Andrews, S., Chamberlain, C for the Healing the Past by Nurturing the Future Investigators Group. and Co-Design Group. (in press). The Healing the past by nurturing the future: Cultural and emotional safety framework. *Journal of Indigenous wellbeing. Te mauri-pimatisiwin* (accepted 7.5.19)



Practicalities for developing and actioning a safety protocol

- Publication protocols (inclusive) including by-line inclusion for workshop attendees
- Diversity of people involved in the project
- Care inviting group members – can they work in this way?
- Challenges of different workloads, different expectations, Aboriginal and non-Aboriginal team members adjusting to changes in roles AND responsibilities...and more
- Understanding responses to trauma and cultural needs
- Pro-active cultural and emotional safety protocol to help manage all these challenges



Thank You

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<https://www.latrobe.edu.au/jlc/research/healing-the-past>