



Future Dreaming by Shelley Torcetti

Perinatal awareness, recognition, assessment and support for Aboriginal and Torres Strait Islander parents who have experienced complex childhood trauma



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## Opportunities

PhD or Professional Doctoral scholarship (see website)

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## Investigators update

We are pleased to share the second *Healing the Past by Nurturing the Future* (HPNF) project newsletter which we will aim to produce three times a year.

In this newsletter we provide a brief update on the main things that have been happening in the last four months (July to October 2018).

## We are now live!

We now have a website where we will upload information about the project and documents that may be of interest, including detailed project plans. Please visit us and we welcome any suggestions about ways to improve the website or content that you would like to see added. See <https://www.latrobe.edu.au/jlc/research/healing-the-past>



Project investigators attending the second key stakeholder workshop in Alice Springs on September 11. Clockwise: Judy Atkinson, Carlie Atkinson, Jan Nicholson, Stephanie Brown, Yvonne Clark, Helen McLachlan, Deidre Gartland, Danielle Dyall, Cath Chamberlain, Helen Herman, Karen Glover, Naomi & CC Ralph, Graham Gee, Alison Elliot, Fiona Mensah.

## Recruitment and partnerships

### New project staff

**Kasumi Ejiri** is joining the HPNF project team as a Research Officer based at Congress in Alice Springs. Kasumi is a social worker with extensive experience working alongside Aboriginal people from the Central Desert region for the last 10 years. Kasumi lived in Papunya where she supported the community to start their own community owned and governed, not for profit Art Centre that continues to benefit the community today. Since completing her Masters in Social Work, Kasumi has been working at the Alice Springs Women's Shelter supporting women and children experiencing domestic violence. Kasumi's work centers on relationships of mutual respect and exchange of knowledge to cultivate cultural safety.



**Leanne Slade** is joining the HPNF project team as an Administrative Officer (part-time). Leanne has worked at the Royal Botanic Gardens Melbourne for nine years as Schools Administrator and Early Childhood Teacher in the Education Division and has a strong repertoire of administrative and customer service expertise. Leanne has delivered outdoor education programs (including indigenous programs) to students from kindergarten to secondary school and has a strong interest in Aboriginal culture. Leanne's educational background includes a Bachelor of Arts (Psychology) (Honours) degree from Deakin University and Graduate Diploma in Education (Early Childhood) from RMIT University. Leanne's honours thesis at Deakin University was centred around stress and women's multiple role demands. Leanne enjoys spending time in nature, art, reading and street photography.



**Georgie Igoe** is joining the team studying a Masters of Applied Science by Research with LaTrobe University, with an anticipated commencement of a thesis with the project in 2020. Georgie is a qualified Social Worker working with the Family Support Service at Congress and has been working and living in Alice Springs for the last two and a half years where she has had the privilege of developing a deeply collaborative, creative, social justice practice. Georgie is transitioning into full time study for 2019 to concentrate on her course work and to commit to digesting all of the powerful learnings from the desert. Georgie will be based between Alice Springs and the East Coast next year and is interested in collaborating further with investigators, and seeing where she can be most useful in a team full to the brim of inspiring people.



### New project partners

We are delighted to announce that we will be working in partnership with:

1. **Central Australian Aboriginal Congress** (Congress) in Alice Springs (Northern Territory)
2. **Nunkuwarrin Yunti of South Australia Inc**
3. **The Women's and Children's Health Network** (WCHN) in South Australia
4. **The Bouverie Centre**, La Trobe University in Victoria.

All these partners have extensive experience and expertise working with Aboriginal families experiencing complex childhood trauma, and we recognize and respect their leadership in this field. Representatives from each of these organisations will be participating in investigator meetings three times a year and making important contributions to the project. We look forward to learning together during this co-design project.



Central Australian  
Aboriginal Corporation



Nunkuwarrin Yunti  
of South Australia Inc.

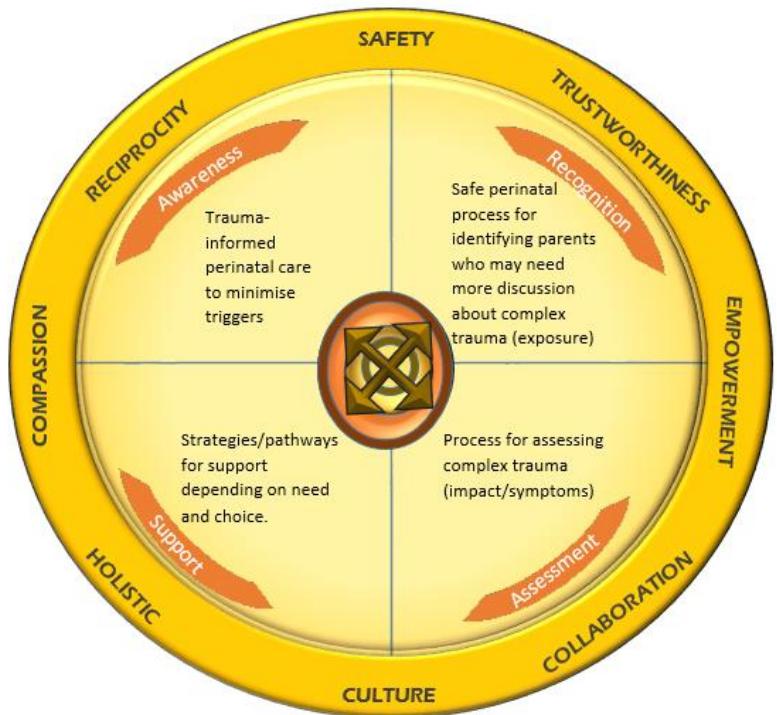


## Protocol and conceptual framework

We have developed a conceptual framework which includes:

- key aims of developing perinatal awareness, recognition, assessment and support strategies
- core values, which incorporate principles and reflective questions that will help to inform the co-design process.

An overarching protocol has been drafted and we hope to share and submit this for open access publication in the coming months.



Artwork by Danielle Dyall

## Cultural and Emotional Safety Protocol

Safety is our primary concern in this project. Dr Yvonne Clarke has drafted a cultural and emotional safety protocol to guide these critical aspects of the project. This has been submitted for publication and will be presented at the Healing our Spirit Worldwide conference in Sydney in November.

## Evidence reviews

We have submitted the **scoping review and evidence map** for publication. Key themes from the epidemiological studies and qualitative studies (of parents' experiences) were shared in the pilot discussion groups with the Deadly Nannas. They suggested that many of the issues reported by parents in other countries were similar to those of Aboriginal parents. We have also used the review to refine the searches for further full systematic reviews.

A protocol for a **systematic review of qualitative studies** of parents' experiences has been published and Naomi Ralph has been working with the team to screen 20,000 (!) articles related to trauma and parenting. We aim to complete the review by March 2019.

## Conferences

Prof Judy Atkinson presented a keynote, and Dr Cath Chamberlain presented the HPNF project at the **International Childhood Trauma Conference** in Melbourne in August.

Dr Cath Chamberlain presented the HPNF project at the **College of Aboriginal and Torres Strait Islander Nurses and Midwives conference** in Adelaide in September.

Dr Yvonne Clarke is presenting the safety protocol at the **Healing our Spirit worldwide conference** in Sydney in November.



Chief investigator Prof Judy Atkinson (left) with Valerie Aylesbury, investigator Carlie Atkinson, and Joy Makepeace from Nunkuwarrin Yunti at the second Key stakeholder workshop in Alice Springs.

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## Pilot discussion group with the ‘Deadly Nannas’ in Murray Bridge

Dr’s Yvonne Clark and Catherine Chamberlain held a pilot discussion group with the ‘Deadly Nanna’s’ in Murray Bridge in July. We sincerely thank these amazing women for sharing their wisdom in the discussion group. And thank Vicki Hartman, Pauline Walker and Georgie Trevorowr for sharing the findings and participating in the second key stakeholder workshop in Alice Springs. As well as providing rich insights, these discussions have really helped to refine the process for having discussion groups with parents next year.



## Scoping assessment tool areas of distress

The Assessment Working Group, led by Dr Graham Gee, have mapped all the key domains and ‘areas of distress’ included in existing childhood trauma assessment tools identified through the scoping review and consultation with experts. A modified Delphi process was used to enable in-depth discussion of the degree of relevance and perceived issues with each of these domains in workshop 2. We are now analysing this wealth of information generously provided by key stakeholders.

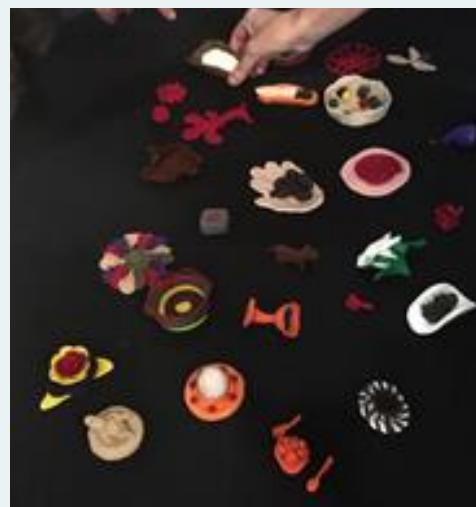
## Second key stakeholder workshop

Thankyou to everyone who participated in the second key stakeholder workshop to make the day so special. The purpose of this workshop was to discuss the key domains for an assessment tool; plan for discussion groups with parents next year; and share information about support strategies, and these aims were definitely achieved.

Dr Graham Gee did a fabulous job of facilitating the day. Heartfelt thanks to Amelia Kngwarraye Turner for providing a welcome to country as well as Angangkere support. Thankyou also Annabelle Moody for providing professional psychological support. We really valued the presentation from the NPY Womens Council authors of ‘Tjulpu and Walpa’, and the Deadly Nannas. Thankyou also to Tahnia Edwards and Angela Hampton from Congress for all your invaluable advice and assistance organising the day. In addition to lots of discussions which have generated masses of invaluable information for this co-design project, we were amazed by the talent in clay modelling within the group (see front page and above), and enjoyed finishing the day with an interactive performance by Drum Atweme, part of the Tangentyere Aboriginal Council Drum Atweme Program. As well as being lots of fun, these activities are an important element to help regulate ‘triggering’ of trauma responses, with creative activities helping to engage the frontal lobe and music or drumming to help regulate brain waves ☺.



*Amazing Drum Atweme performers*



### So our ‘self-care tip’ for this newsletter is...

Maybe try some creative and tactile like this clay (available in stationary shops) that can be baked...or get on your favourite dance music and get into the groove ☺.