

Dadirri: Ancient Aboriginal Mindfulness Traditions

Two-day public workshop for growing Cross Cultural Communities of Care and Communities of Practice in Trauma Integrated Services



Eternal Earth Connections
Seeding wellness through belonging and connection

Aim of this workshop

The main aim of this public workshop is to locate the ancient Aboriginal tradition of mindfulness within the work of trauma recovery in Australia and elsewhere.

Objectives of the workshop

The workshop objectives are to establish principles of practice, using mindfulness in self-care, family care and community care and in the development of communities of care, and communities of practice in all trauma recovery work.

On completion of this workshop participants should be able to:

- ✔ Utilize the practice of Dadirri as an Ancient Mindfulness tradition essential in all trauma recovery – community healing work.
- ✔ Recognize the importance of cultural fitness in all community work.
- ✔ Use the cultural tradition of mindfulness in self-care and care practice while undertaking trauma recovery work.
- ✔ Identify issues of self-awareness and demonstrate the skills of journaling or story mapping as a conscious and cognitive record of the self-awareness, self-reflective process.
- ✔ Demonstrate the skills and knowledge necessary to enable effective communication in trauma recovery work using symbols, art, and music in storytelling and story-mapping.
- ✔ Define and support the development of communities of care.
- ✔ Critically analyze concepts in establishing communities of practice, and be able to respond to trauma recovery – healing across generations.
- ✔ Implement community development processes for building community-healing networks.



Culturally Informed Trauma Integrated Healing to Community and Organisations



This workshop is suitable for anyone working in the Human Service Sector.

12 Class A CPD points through PACFA

Cost: \$950 + GST + .99 booking fee

Dates: 24th & 25th August

Times: 9:00am – 4:30pm, both days

Venue:

Wunggurrwil Dhurrung Community Centre,
19 Communal Road, Wyndham Vale, VIC,
3029

Max: 25 participants

What is Provided

- ✔ Workshop materials and workbooks
- ✔ Morning tea, lunch, afternoon tea
- ✔ Smoking ceremony and Acknowledgement of Country
- ✔ Two facilitators
- ✔ Certificate of Attainment

Cancellation Policy

- More than 30 days prior to first day of the workshop – 100% refund
- Between 14-30 days prior to first day of the workshop – 50% refund
- Less than 14 days prior to the first day of the workshop - Nil

REGISTER NOW

PAY IT FORWARD



Aboriginal & Torres Strait Islander people who are wishing to attend, please contact Rowena directly.

Get in touch



rowena@eternalearthconnections.com.au



0457 313 522



eternalearthconnections.com.au



Eternal Earth Connections
Seeding wellness through belonging and connection

Meet Your Workshop Facilitators



Rowena Price

Rowena Price is descendant from Scottish, Irish, German, English, Yorta Yorta and Palawa heritage. She grew up on Wemba Wemba land (Swan Hill) and moved herself and her son to Naarm (Melbourne) 13 years ago to break unhealthy cycles and attend university.

During that time Rowena has completed a Bachelor of Arts in Indigenous Studies & Certificate IV in Training and Assessment at Victoria University, Wayapa practitioner Diploma Course with Wayapa Wuurrk and most recently a Graduate Certificate in Family Therapy at Latrobe University.

Rowena works on many community development and research projects, across the western suburbs of Melbourne within her working role as Aboriginal Engagement Officer at Victoria University.

Rowena is also the Owner and Manager of Eternal Earth Connections which was created to achieve the vision of offering community development and therapeutic programs, whilst running parallel with restoration of Country programs that work towards healing country and people.

- ✓ Bachelor of Arts in Indigenous Studies
- ✓ Certificate IV in Training and Assessment at Victoria University
- ✓ Wayapa Practitioner Diploma Course with Wayapa Wuurrk
- ✓ Graduate Certificate in Family Therapy at Latrobe University



Ash Dargan

Ash is a Larrakia artist, storyteller, adventurer and educator from Darwin in the Top End. He is one of Australia's most recorded cultural instrumentalists and has achieved worldwide acclaim for his unique style of storytelling and live musical performance since the 90's. Ash was a cultural ambassador for the Northern Territory throughout the 2000's and has toured the world. Ash gained his Masters of Indigenous Studies under Dr. Judy Atkinson following her work in Trauma Informed approaches to community recovery as the Australian Federal Government moved to set up and fund the Aboriginal and Torres Strait Islander Healing Foundation. Since that time he has held State and Territory senior leadership positions across the Education, Justice and Community Service sectors. He was one of the founding members of the Larrakia Healing Group that produced one of Australia's leading resources on 'place based' Transgenerational Trauma and how to heal from its compounding effects within a historical framework.

- ✓ Master of Indigenous Studies (Wellbeing), Southern Cross University
- ✓ Aboriginal Engagement Specialist, Relationships Australia Victoria
- ✓ Lecturer, Indigenous Trauma Recovery Practice University of Wollongong
- ✓ NT Coordinator: Action Research for iBobbly mobile app, Black Dog Institute and Mind Matters, Principals Australia Research Foundation Ltd

REGISTER NOW

PAY IT FORWARD




Aboriginal & Torres Strait Islander people who are wishing to attend, please contact Rowena directly.



Get in touch

 rowena@eternalearthconnections.com.au

 0457 313 522

 eternalearthconnections.com.au