

# Trauma Informed Care and Practice – An Indigenous Approach to Developing Worker Skills



A 3 day workshop which begins to unpack 'Symptom as History' providing tools to develop generational resilience in healing from trauma and systems transformation

**Developed by Emeritus Professor Judy Atkinson AO and Dr Caroline Atkinson PhD and facilitated by Antonia Burke and Jolene Growden-Walsh**

This workshop unpacks the topics that are most commonly requested by people working in the Human Services field and Indigenous families who are living with trauma behaviours. It is an experiential and interactive workshop. A safe space to talk about the issues, where sense can be made of the **Number 1 question:**

**'WHY IS THIS HAPPENING AND WHAT CAN I DO ABOUT IT?'**

**TOPICS INCLUDE** (but not limited to):

- improving responses to trauma behaviours
- working with Indigenous young people & communities
- trauma audits using genograms & loss history maps
- experiential and interactive activities
- Indigenous healing practices, what do they look like
- de-escalation strategies
- exploring behaviour as language
- story mapping, how history of place strengthens responses
- unpacking cultural safety, cultural sensitivity, cultural fitness, cultural security, cultural competency and what they all mean
- how trauma is stored in the brain and the body
- art, dance, drama, music, song, massage therapies
- strengthening integrative service responses in your community
- developing communities of care within communities of practice
- effective yarning circles & action planning
- self care practices and debriefing
- how to minimise and respond to vicarious trauma and burn-out
- physical, psychological, mental ill-health and substance use
- defining and understanding violence

To register please email:  
[antonia.burke@wealli.com.au](mailto:antonia.burke@wealli.com.au)  
Only 25 places available

**This Workshop is suitable for anyone working in the Human Service Sector**  
PACFA CPD Endorsed: Class A: 12 Points

**Cost:**

\$825 per person (includes GST)

**Dates:**

Wednesday 28th to Friday 30th  
April 2021

**Times:**

From 8:30am to 4.30pm

**Venue:**

Darwin Sailing Club  
8 Atkins Drive  
Fannie Bay, NT

**What is Provided :**

- Workshop Materials and Workbooks
- Morning Tea, Lunch, Afternoon Tea
- Two Facilitators
- Certificate of Attainment

**Culturally Informed  
Trauma Integrated  
Healing to Community  
and Organisations**



## Antonia Burke – Lead Facilitator



Antonia Burke is a Yanyuwa woman who grew up on the Tiwi Islands and Darwin in the NT.

We Al-Li Lead Facilitator of national workshops and programs since 2017.

Served on the Queensland Domestic and Family Violence Implementation Council Advisory group.

Experience in youth and adult suicide prevention, diversionary programs in Youth Justice, personal growth, awareness and empowerment programs.

Facilitated Federally funded National Health Promotion programs to increase child health checks.

Lead Facilitator of the National delivery of We Al-Li's Culturally Informed Trauma Integrated Healing Approach workshops with National Family Violence Prevention Legal Services.

Antonia provides Indigenous cultural healing and trauma response training to communities and organisations nationally, and advocates for the collective human rights of women and girls in prison, and their families, and contributes to addressing their individual needs. She also co-designs and lead facilitates Young Women's Healing and Empowerment Programs.

- Graduate Certificate in Indigenous Trauma Recovery Practice - University of Wollongong.
- Currently studying a Diploma of Counselling – Charles Darwin University.
- Associate Faculty Member of Gestalt Therapy Australia.
- Lecturer at Griffith University – Trauma Integrated Practice with Aboriginal & Torres Strait Islander Peoples.
- Certified running coach with Athletics Australia and coach of Deadly Runners, an initiative of the Indigenous Marathon Foundation.
- Stronger Smarter Leadership Program Alumni 2017 – Stronger Smarter Institute.

## Jolene Growden-Walsh – Support Facilitator



Jolene Walsh is a Dak Djarait Woolaning woman who grew up on country and cattle stations across the Northern Territory and is currently based on her horse property at Noonamah, just outside of Darwin.

Blending her ancient Aboriginal wisdom of customs, traditions, rituals, belief systems and cultural healing practices with her western theory base knowledge, Jolene has been facilitating for over 7 years in the areas of personal development, mindset, heartset, empowering leadership and spirituality. Jolene specialises in reconnecting and reengaging youth through Horse and Dog Therapy and horse-riding lessons which all contribute to the deep healing work that needs to be done to create a pathway to empowerment.

- We Al-Li Support Facilitator
- Program Facilitator working with children and youth in Don Dale Youth Detention Centre (Yarraman Territory)
- Wild Yarraman – Equine Assisted Healing & Awareness Program for women and girls
- Equine Assisted Mindfulness, Healing and Connection Practitioner
- YouthWorX NT Youth Development Coach
- Founder of Wild Woman Awakening Program
- NLP & Deep State Repatterning Practitioner
- EDISC Behavioural Profiler
- Level 2 Reiki and Shamanic Energy Healing.



Healing People - Sharing Culture - Regenerating Communities

# Trauma Informed Care and Practice An Indigenous Approach to Developing Worker Skills

## Workshop 28–30 April 2021

<b>Event Name:</b> Trauma Informed Care and Practice
<b>Dates:</b> 28–30 April 2021
<b>Times:</b> 8:30am – 4:30pm
<b>Venue:</b> Darwin Sailing Club, 8 Atkins Drive, Fannie Bay, NT
<b>Cost:</b> \$825 (includes GST)
<b>Includes:</b> <ul style="list-style-type: none"> <li>• Morning tea, lunch, afternoon tea</li> <li>• Participants Manual</li> </ul> <ul style="list-style-type: none"> <li>• Certificate of Attainment</li> <li>• All workshop resources</li> </ul>

### Payment Information:

Contact Antonia Burke on [antonia.burke@wealli.com.au](mailto:antonia.burke@wealli.com.au), or **0410 843 696** to discuss further.

Deposit payment into PCCU: **Account Name:** Antonia Burke **BSB 805-050 Account# 631 641 33**

**Reference:** Using your surname/organisation name as depositor.

Please issue a tax invoice to pay online with credit card.

Please process my payment:

**Name on card:** .....

**Card number:** ..... **Expiry Date:** ..... **CVC:** .....

### 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**

Please complete all sections below and return to: [antonia.burke@wealli.com.au](mailto:antonia.burke@wealli.com.au)

**Participant Full Name:** .....

**Preferred e-mail address:** .....

**Mobile number:** .....

**Special Dietary considerations?** Yes      No

**If yes, please detail:** .....

**Do you identify as:**      Aboriginal      Torres Strait Islander      Both

**Where do you currently reside? (e.g. Suburb, postcode):** .....

**Current employer/business name:** .....

**Current role:** .....