



## Culturally Informed Trauma Integrated Healing Approach (CITIHA)

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

**Monday 14 - Tuesday 15 October 2019 at  
Bardon Hall, Bardon, Brisbane, QLD**

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):

- how to respond to trauma behaviours
- how constructing genograms can heal - loss history maps
- experiential and interactive activities - Indigenous healing practice activities
- how to map and respond to generational trauma - de-escalation strategies
- exploring behaviour as language - story mapping - working with Aboriginal communities
- 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
- strengthening integrative service responses in your community
- developing communities of care within communities of practice
- yarning circles
- self care practices and debriefing
- how to minimise and respond to vicarious trauma and burn-out
- physical, psychological, mental ill-health and substance misuse
- defining and understanding violence

Link to Booking site:

<https://www.trybooking.com/BFEER>

Only 30 places available

**This Workshop is suitable for  
anyone working in the Human  
Service Sector**

**Cost:**

\$750 per person (plus \$75 gst)

**Dates:**

Monday 14 - Tuesday 15 October, 2019  
From 9am to 4.30pm

**Venue:**

Bardon Hall, 247b Simpsons Road,  
Bardon, Brisbane, QLD, 4065

Onsite free parking (enter through Bowman Park) and disability access available

**What is Provided :**

- Workshop Materials and Workbooks
- Morning Tea, Lunch, Afternoon Tea
- Wayapa Wuurrk Mindfulness Practice Session
- Two Facilitators
- USB with electronic copy of handouts and activities
- Certificate of Attainment

*Culturally Informed Trauma  
Integrated Healing to Community  
and Organisations*

[www.wealli.com.au](http://www.wealli.com.au)

PO Box 21 Goolmangar NSW 2480 T: +61-2-66899452 M: 0409 866075 E: [enquiries@wealli.com.au](mailto:enquiries@wealli.com.au)

## Antonia Burke – Lead Facilitator



Antonia Burke is a Yanyuwa woman who grew up on the Tiwi Islands and Darwin in the Northern Territory and is currently based in Brisbane, Qld.

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 suicide prevention, diversionary programs in Youth Justice, personal growth and awareness 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*.

- Associate Faculty Member of Gestalt Therapy Australia.
- Accredited Wayapa Wuurrk Diploma Practitioner, an Indigenous Australian earth mindfulness practice.
- 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
- Currently studying a Graduate Certificate in Indigenous Trauma Recovery Practice at University of Wollongong
- Artist in Residence Newfarm State School.

## Naomi Berg – Support Facilitator



Naomi Berg is a Wellness Coach and Emotional Anatomy Consultant; she has a Bachelor's Degree in Exercise Science and has worked in the Health and Wellness Industry for over 18 years. Naomi is the founder of Purple Skirt, a Wellness platform working exclusively with women to release held traumas and negative emotions from the body.