



Dadirri

The Ancient Tradition of Mindfulness

Two day workshop for growing cross cultural communities-of-care and communities-of-practice in trauma informed services.

Monday 18 - Tuesday 19 November 2019 at Bardon Hall, Bardon, Brisbane, QLD

Aim of this workshop

The main aim of this 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 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.

Link to Booking site:

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

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 18 - Tuesday 19 November, 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

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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.