



Dadirri

The Ancient Tradition of Mindfulness

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

Tuesday 1st - Wednesday 2nd, December, 2020 at Invercauld House, 163 Invercauld Road Goonellabah, NSW

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, 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.

For tickets email:

david.ryan@wealli.com.au

Only 25 places available

This Workshop is suitable for anyone working in the Human Service Sector and caring professionals

Cost:

\$770 per person

\$660 Early bird (*Maximum of 10 available*)

Dates:

Tuesday 1st – Wednesday 2nd December, 2020
From: 9:30am to 5pm each day

Venue:

Invercauld House, 163 Invercauld Rd, Goonellabah NSW, free parking on-site.

Invercauld House is 5km or a 7min drive from the Lismore CBD, set on 2.1 hectares of trees scape gardens. For those travelling from afar or wanting to 'ground' for the duration of the workshop, **Invercauld House** has just undergone renovation and refurbishment, and has some brand-spanking new accommodation. They also have a restaurant on site.

Click here to contact [Invercauld House](#) directly for bookings and information.

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

www.wealli.com.au

Helen Collard – Lead Facilitator

B. Trauma & Healing (Law & Justice)



Helene Collard is a Culturally Informed Trauma Integrated Healing Facilitator, and a Reiki Teacher & Practitioner. Helene is a first generation Australian, and her ancestral roots are grounded in Mauritius, Madagascar, France and Ireland.

Helene is a Lead Facilitator for We Al-li, an Aboriginal trauma-informed organisation that contributes to research, and delivers training to individuals, organisations and communities. Helene has delivered We Al-li workshops in metropolitan, regional and remote areas of Australia, including in NSW, Qld, Vic, NT, WA & SA. Helene has also presented at conferences, forums and staff development days.

Helene has been practicing Reiki since 2007 and began sharing and teaching Reiki professionally in 2015. In 2016, Helene founded the Yemaya Centre for Reiki and Wellbeing, in Lismore, NSW, and continues to practice and teach Reiki there. Helene is an advocate for Reiki in health care settings and hopes to lead such a program in the future.

Outside of work, Helene has two children which keep her laughing and active, a loving partner, and a large extended family who mostly live in Melbourne, where Helene grew up. Not surprisingly then, Helene is a lifelong and vocal supporter of the Collingwood Football Club, and is a great lover of music and the arts, and is currently learning to play the guitar and sing.

Tanietta DeLauney – Support Facilitator



Tanietta is a Wiradjuri woman from Mudgee NSW, and mother of four beautiful adult children who have grown up on Bundjalung country. Tanietta is passionate about the praxis of healing and education. Tanietta graduated from Southern Cross University with a Bachelor of Indigenous Studies (Trauma & Healing) and a Master of Indigenous Studies. She holds a current certificate IV in Training and Assessment and developed and delivered Wiradjuri language programs in local primary schools around the Mudgee area.

Tanietta worked as a Native Title Liaison Officer for her Native Title group and developed many cultural heritage programs, and delivered these to the local community, and members of the local mine. Tanietta learned to speak her language and became reunited with her cultural ways and connected to her country as part of her own healing journey after leaving university.

Tanietta currently works with traumatised women and children at the local Aboriginal women's refuge and uses a trauma informed approach to all the work she does. Tanietta also works at Southern Cross University as a Study Support Officer and assists Aboriginal people through their degrees by offering emotional and academic support. Tanietta has published a journal article on edu-care in the Science in Society Journal and likes to speak at conferences about trauma informed care. Tanietta is passionate about edu-care, education as healing, and deep listening as a tool to connect with those she works with.