

Training Brief



Title of Workshop:	Dadirri – Ancient Aboriginal Mindfulness Traditions
ABN:	18116698706
Mobile:	0499993413
Email:	david.ryan@wealli.com.au
We Al-li has Public Liability (\$10 million) and Professional Indemnity Insurance (\$5 million). Policy copies available on request	
The target group:	All organisational staff and community groups and members.
Workshop Aims and Objectives:	<p>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.</p> <p>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.</p>
Participant Learning Outcomes:	<p>On completion of this workshop participants should be able to:</p> <ol style="list-style-type: none"> 1. Utilize the practice of Dadirri as an Ancient Mindfulness tradition essential in all trauma recovery – community healing work. 2. Recognize the importance of cultural fitness in all community work. 3. Use the cultural tradition of mindfulness in self-care and care practice while undertaking trauma recovery work. 4. 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. 5. Demonstrate the skills and knowledge necessary to enable effective communication in trauma recovery work using symbols, art, and music in storytelling and story-mapping. 6. Define and support the development of communities of care. 7. Critically analyse concepts in establishing communities of practice, and be able to respond to trauma recovery – healing across generations. 8. Implement community development processes for building community-healing networks.
Audio/visual requirements.	Projector and Audio for 3.5mm headphone jack
Room set up.	Circle. If possible the venue should have easy, direct access to an outside area that will allow the facilitator to break up the in-room sessions with short outdoor activities.
Maximum attendees.	25