

Dadirri

Ancient Aboriginal Mindfulness Traditions



Two day workshop for growing Cross Cultural Communities of Care and Communities of Practice in Trauma Integrated Services

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 ticket registration:

[**Click Here**](#)

Only 25 places available



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

12 Class A CPD points through PACFA

Cost:

\$792 per person (includes GST)

**Early Birds \$660, limited to 10 places
(includes GST)**

Dates:

Mon 31st Oct – Tues 1st Nov 2022

Times:

9:00am – 4:30pm, both days

Venue:

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

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***

Tracy Hardy



Tracy Hardy is a Gamilaroi descendant and an Accredited Practising Dietitian/Nutritionist, based on Gubbi Gubbi/Kabi Kabi Country, Queensland's Sunshine Coast.

Tracy continually works to deepen her knowledge and understanding of Indigenous Healing Practices. She is an accredited Wayapa® Wuurrk Practitioner and has completed the Dulwich Centre's intensive training in Narrative Therapy for Aboriginal Workers, Griffith University's "Trauma Integrated Practice with Aboriginal and Torres Strait Islander Peoples" and We Al-Li's "Recreating Song lines from Trauma Trails: The Ceremony of Indigenous Facilitation Practice".

Tracy views health and wellbeing through a strengths-based, holistic and cultural lens, focussing on sustainable and healing connections, conversations and actions.

Danielle Cameron



Danielle Cameron is a Yuibera woman from the Yuwi nation in Mackay, with family connections in Meanjin, Wadjuk Noongar country and is now living on the Bundjalung nation with her family. Danielle has spent a lot of her upbringing in various locations around Australia connecting to her Elders and community to ensure her work consistently implements strategies to help support Social and Emotional Wellbeing and Trauma Informed practices for individuals, families, and communities.

Danielle has over 20 years' experience in working within community, health and education settings with numerous roles including Social and Emotional Wellbeing Co-Ordinator, Case Worker, Child Counsellor, Primary School Teacher, Research Associate, Senior Workforce Development for the

Mental Health Commission and Director of her own company. In the last 9 years she has worked in remote, rural, and urban settings across Australia.

Danielle has a BA in Human Services, GDipEd (Primary), GCertCT and is currently completing her GDIHP before starting her journey on her PhD. Danielle has a lived experience of SEWB with her family and ensures this guides her practice. She believes in facilitating an atmosphere of safety that invites conversations for change, strengths based, deep reflection, and creativity.

While having a drive and passion for utilising mixed contemporary delivery methods intrinsically entwined in First Nation practices to enhancing SEWB, community engagement and trauma awareness to have better outcomes for vulnerable populations.



Healing People - Sharing Culture - Regenerating Communities

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

Workshop 31 Oct–1 Nov 2022

Event Name:	Trauma Informed Care and Practice An Indigenous Approach to Developing Worker Skills		
Dates:	31st Oct–1st Nov 2022		
Times:	9:00am – 4:30pm		
Venue:	Invercauld House, 163 Invercauld Rd, Goonellabah NSW, free parking on-site		
Cost:	\$792 (includes GST) early bird tickets \$660		
Includes:	<ul style="list-style-type: none">• Morning tea, lunch, afternoon tea• Certificate of Attainment• Participants Manual• All workshop resources		

Register here for tickets: [Click Here](#)

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