TRAUMA INFORMED CARE AND PRACTICE

AN INDIGENOUS APPROACH TO DEVELOPING WORKER SKILLS.

A 3 day workshop which begins to unpack 'Symptom as History' providing tools to develop generational resilience in healing from trauma and systems transformation

Developed by Emeritus Professor Judy Atkinson AO and Dr Caroline Atkinson PhD and facilitated by Beth Wrigley and Amanda Thornbury.

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?'

- Improving responses to trauma behaviours
- Working with Indigenous young people & communities
- Trauma audits using genograms & loss history maps
- Experiential and interactive activities
- Indigenous healing practices, what do they look like
- De-escalation strategies
- Exploring behaviour as language
- Story mapping, how history of place strengthens responses
- 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 therapies
- Strengthening integrative service responses in your community
- Developing communities of care within communities of practice
- Effective yarning circles & action planning
- Self care practices and debriefing
- How to minimise and respond to vicarious trauma and burn-out
- Physical, psychological, mental ill-health and substance use
- Defining and understanding violence

TO REGISTER PLEASE EMAIL:
DAVID.RYAN@WEALLI.COM.AU
ONLY 25 PLACES AVAILABLE

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

COST $990 per person

Please contact us for information regarding special mob discount and/or scholarships.

Monday 4th to Wednesday 6th August 2025

TIMES

From 9:00am to 4.30pm

VENUE CLICK HERE TO JOIN zoom

The zoom link will be emailed a week prior to the workshop.

WHAT IS PROVIDED

- PDF copy of the workbook
- Two Facilitators
- Zoom operator/Support Facilitator
- Certificate of Attainment

WHAT WE ASK OF YOU

- Have access to your own screen rather than a shared screen
- Screens always on during the training (this is non-negotiable)
- Avoid work commitments during these three days

Culturally Informed Trauma Integrated Healing to Community and Organisations

ABN: 18116698706 Trustee for We Al-li Trust trading as We Al-li **Mob:** +61 0499 993 413
E-mail: david.ryan@wealli.com.au **Web:** www.wealli.com.au

WORKSHOP FACILITATORS



Beth Wrigley

NSW FACILITATOR

Beth is a proud mother and grandmother dedicated to intergenerational healing. Beth is a Registered Nurse and has worked in the Health and Human Services sector for many years including the fields of: diversional therapy, service co-ordination and provision for People with Disabilities, Community Aged Care, Out of Home Care & mentoring adolescents with complex needs. Beth holds a Masters of Indigenous Studies (Trauma & Healing) and has taught for Gnibi College of Indigenous Australian Peoples at Southern Cross University (SCU) in the Masters Program.

Her own healing & ongoing learning with We Al-li has enabled Beth to bring circle work, cultural safety principles & trauma informed care knowledge & practice to her teaching in the Nursing & Midwifery Faculty at SCU for many years.
Beth is engaged in community development work. Proud of her heritage with the Dharug people of the Sydney area and also her Scottish heritage, Beth lives with her family on Gumbaynggirr Country.



Amanda Thornbury

VICTORIA FACILITATOR

Amanda Thornbury is a First Nations counsellor with extensive experience supporting individuals and communities on their healing journeys. Born and raised on Bunurong/Boon Wurrung country, Amanda's heritage connects her to Minang and Wotjobaluk country through her father's lineage, with English and Scottish ancestry on both her paternal and maternal lines. Amanda brings a culturally sensitive, trauma-informed approach to her work, integrating ancient knowledge and holistic healing practices to foster balance, connection, and wellbeing. She emphasises building safe, trusting therapeutic relationships grounded in respect, understanding, and cultural context. Amanda is deeply committed to supporting clients as they strengthen connections with self, family, and culture, recognising the vital role of culture as a foundation for healing and resilience. With years of experience working with local Aboriginal communities, the child welfare sector, and mainstream clinical settings, Amanda provides individual and group counselling services. Her empathetic, client-centred approach empowers individuals to reconnect with their inner strength, ancestral knowledge, and healing potential while navigating challenges in a supportive and non-judgmental environment. Amanda's professional journey reflects her dedication to continuous learning, cultural humility, and building pathways to wellbeing through collaboration and understanding.



Charlotte Wighton

ZOOM OPERATOR/SUPPORT FACILITATOR

Charlotte Murial Wighton, a proud Wiradjuri woman residing on Bundjalung country, is the Operations Officer at We Al-li. She ensures the seamless execution of workshops and facilitator initiatives, empowering Indigenous communities through her dedicated management. Charlotte's role goes beyond logistics, as she helps create spaces for cultural exchange and growth. In her spare time, Charlotte engages in fire keeping, works with Indigenous youth, and captures cultural and family moments through photography.

Healing People - Sharing Culture - Regenerating Communities

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Payment Information:

Contact David Ryan at david.ryan@wealli.com.au or **0499 993 413** to discuss further, or to request a tax invoice for payment.

Deposit payment into NAB: **Account Name:** We Al-li PTY LTD **BSB 082-707 Account#**19 496 1247
Reference: Using your surname/organisation name as depositor.

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**

Please complete all sections below and return to: david.ryan@wealli.com.au

Participant Full Name: .....

Preferred e-mail address: .....

Mobile number: .....

Do you identify as: Aboriginal Torres Strait Islander Both I prefer not to identify

Current employer/business name: .....

Current role: .....