



Australian Institute for Loss & Grief Pty Ltd

Formally: The Sacred Site Within Healing Centre

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The Australian Institute for Loss & Grief P/L promotes healing for the purpose of inspiring the individual to achieve peace and harmony, with holistic approaches. It's a pathway leading to their purpose in life which ultimately leads to their community's wellbeing!

Using Loss and Grief to Address Social Challenges in Aboriginal Communities

Course Information Kit

The Australian Institute for Loss & Grief Pty Ltd and its Director and founder - Rosemary Wanganeen is honoured to invite you to participate in its inaugural 2010 Course 'Using Loss and Grief to Address Social Challenges in Aboriginal Communities'. The **5 days Accredited Course**, is based on the successful '**Seven Phases© to Reconciling Loss and Grief©**' model, which has been developed by Rosemary Wanganeen and successfully used in personal counselling and training for more than 16 years.

In partnership with **Relationships Australia (SA)** we have aligned our 'Loss and Grief' program to two nationally recognised competencies from **Certificate IV in Community Development (CHC40808)**

- Assess and provide services for clients with complex needs (CHCCS419A)
- Work within specific communities (CHCCD413D)

The Seven Phases© addresses the needs of staff (**health professionals, counselors, support workers, liaison officers, service providers, social workers etc.**) of Organizations and Agencies working with or has a desire to work with Aboriginal individuals and communities. It also suits the training needs of individuals envisioning working in such positions. The Seven Phases© is particularly recommended in the following fields:

- Physical health, mental health, depression, suicide,
- Addictions - drugs & alcohol abuse, gambling, sexual assault
- Crime and Violence prevention, Correctional and Rehabilitation Services
- Child protection, support services to Families, Youth, Men or Women
- Services providers to Aboriginal Communities and Individuals – including education, training, employment, community development, community & social services, counseling etc.

Rosemary Wanganeen is a proud Aboriginal Australian from South Australia of Kaurna, Wirrangu, Koogatha and English heritage. She has accumulated a huge body of work personally and professionally in Aboriginal issues, which evolved over a 32 year period in administration, management, research, counselling, training and education positions in the public sector - Defence, Education, Social Justice, Dept. of Premier and Cabinet, as well as in the private sector. Devoting 22 years to loss and grief her innovative 'next generation' loss and grief model transpires throughout the '**Seven Phases© to Reconciling Loss and Grief©**', which she successfully uses in professional counselling and training. The Model has been presented and received accolades at more than 30 Bi-Cultural Awareness Programs and 40 Seminars and Presentations in South Australia, as well as nationally and internationally. These have included:

• **University of South Australia: Schools of Psychology Australian Psychological Society – Adelaide University** ♦ **Flinders University & International Institute of Palliative & Supportive Studies.** ♦ **Australian New Zealand Association of Psychiatry, Psychology & Law** ♦ **The Royal Australian & New Zealand College of Psychiatrists Congress** ♦ **SA Government - Departments of Education, Correctional Services, Children & Families Services etc.** ♦ **Family and Youth Services – Magill & Cavan Youth Detentions Centre (SA)** ♦ **SA Health Commission - Aboriginal Services Division** ♦ **Drug and Alcohol Services Council Adelaide** ♦ **Queen Elizabeth Hospital (SA),** ♦ **The Mental Health Conference of Aust. & N.Z** ♦ **University of Western Sydney Conference,** ♦ **International Council of Psychologists Annual Convention (Vic.)** ♦ **Department for Justice – (Vic.)** ♦ **Tasmanian Aboriginal Healing Program** ♦ **National Women's Health Conference – Canberra** ♦ **Australian Association of Social Workers Conference,** ♦ **Psychosynthesis International Conference: (Mumbai- India)** ♦ **Guest of Dr Mario Pigazzini - Clinical Psychologist, Psychoanalyst, Lecco Psychiatric Unit, Lecco Hospital Italy – 'tour' covered Lecco; Milan; Venice and Rome.**

Since 2004, Rosemary has been involved in research Projects with the University of South Australia – School of Psychology. Recently, she won the 2009 South Australian of the Year – Community Award.

Course Information

The course uses a variety of learning tools and activities, including storytelling, small and large group discussions, and VHS/DVDs, guest speakers (case studies), pre-readings & individual study & Learner's receive an extensive workbook

It will present innovative concepts, knowledge and practices pertaining to the **Seven Phases Loss and Grief Model**©. In broad terms the Seven Phases© advocates that reconciling loss and grief is the missing link that can address major social and health challenges that seems to have permeated contemporary Aboriginal society: the Seven Phases© reveals how suppressed unresolved 'grief fear' insidiously ostracizes Aboriginal and non-Aboriginal society from each other. From the Aboriginal experience and perspective the Seven Phases© will comprise the following broad topics:

- 1. Conceptualise** the links between ancestral inter-generational suppressed unresolved grief as it continues to be 'passed' across and down the generations into contemporary society, covertly and overtly.
- 2. Loss and Grief theory:**
 - What is loss and grief? ● Inner children versus inner child ● Innate and emotional legacies
 - Western health models approaches to 'dissecting' the human being ● Seven characteristics of a human being linked to major social/health challenges ● Recognized and Unrecognized Losses ● Grief fears versus Innate Human Instincts ● Hitting 'rock bottom' could ready an individual to address their loss and grief or the individual could succeed in suicide ● Grief behaviours or criminal behaviours ● Hearing voices – Ancestors/Instinctual or the 'devil/evil' ● Gender grief
- 3. Triggers & Discounting theory:**
 - What is 'triggers and discounting' ● Major grief reactions versus nervous breakdowns
 - Triggers spirals deeper into major social and health challenges ● Causes of grief behaviours escalating.
- 4. Bi-cultural competencies:**
 - The Seven Phases© model will assist learners in developing their skills to be what we call bi-culturally competent when supporting Aboriginal individuals, families and community. ● Bi-cultural competence is much more than having an awareness of cultural differences. ● Learners will experience a program that uses meaningful bi-cultural structures as current practices are drawn from a wide range of resources. ● Learners will be able to apply loss and grief from a humanitarian perspective; strategies, methods and practical tools to safely engage an individual/family to access mainstream services. ● Learners with strong bi-cultural competencies will be well placed to deliver effective bi-cultural services. ● Similarly, Learners with strong bi-cultural competencies will be well placed to *respond* calmly but assertively to inappropriate myths, mis-conceptions, stereo-typical views and attitudes rather than react or over-react: particularly any degree of racially motivated behaviours.
- 5. Synchronize workplace strategies:**

With confidence, explore how the individual worker, their program and division and whole organisation can competently synchronize strategies that will create and maintain safe workplaces, consistently ● Self Resilience

Investment: (GST inclusive):

- ◆ **Normal Price - \$850.00** ◆ **Early Bird - \$773.00** (registration & full payment 4 weeks before the course starts) ◆ Added Value: 2 x ½ days Reflective days post training (Times & dates to be discussed by Learners) ◆ Inter/intra-state travel will incur increase in investment ◆ Organization discount for group bookings available at 5% ◆ Venue will be advised ◆ Morning & afternoon tea included
 - ◆ So don't miss out on this exciting opportunity; enrol now as places are limited to 8 minimum 12 maximum.
- ~Any further queries or questions please call ☎ or email ✉ Rosemary~

When and where?

There are **4 Courses** available during 2010.

- Course #1:** Feb 26-28/Mar 26-28
- Course #2:** Apr 30-May1&2/ May 28-30
- Course #3:** August 06-08/Sept.03-05
- Course #4:** Oct 29-31/Nov 26-28

There are **5 proposed Formats** for the courses, as following:

- A - 2 Weekends - 2 ½ + 2 ½ days** – Fri (6 pm – 9 pm), Sat & Sun (9 am – 5 pm), 4 weeks apart
- B - End of Working Weeks** – 2 days Thu & Fri + 3 days – Thu, Fri & Sat (9 am – 5 pm), 4 weeks apart
- C - Weekly - one-day** workshops on a Thursday, 5 days over 5 weeks – 9 am -5pm
- D - Intensive over 2 weeks:** - 3 days – Wed, Thu & Fri (Week 1) + 2 days-Mon & Tue (Week 2)
- E - Intensive One Working Week:** 5 consecutive week days – Monday to Friday, 9 am – 5 pm

Expressions of Interest

In order to best organise the Courses, we would appreciate **your expressions of interest** for the **Course #** and the **Format** that would best suit your needs. Please **rank the above options**, from your point of view, **by writing in the respective boxes numbers from 1 to 4 (Course #) and 1 to 5 (Formats) – 1 being for the most suitable and 4/5 for the less suitable**.

Please Fax back this form to 82404537, with your name and organisations details.

Name:
Organisation: State:
Ph: Email:

For expressions of interest from Interstate, special arrangements could be negotiated, within or outside the above time frames. Please provide us with the above details even if you only wish to be kept up to date with our Courses and Bi Cultural workshops. Thank you.