



# HealingFoundation

Strong Spirit • Strong Culture • Strong People

# Healing as a Framework for Strengthening Children, Families and Communities

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Healing Foundation



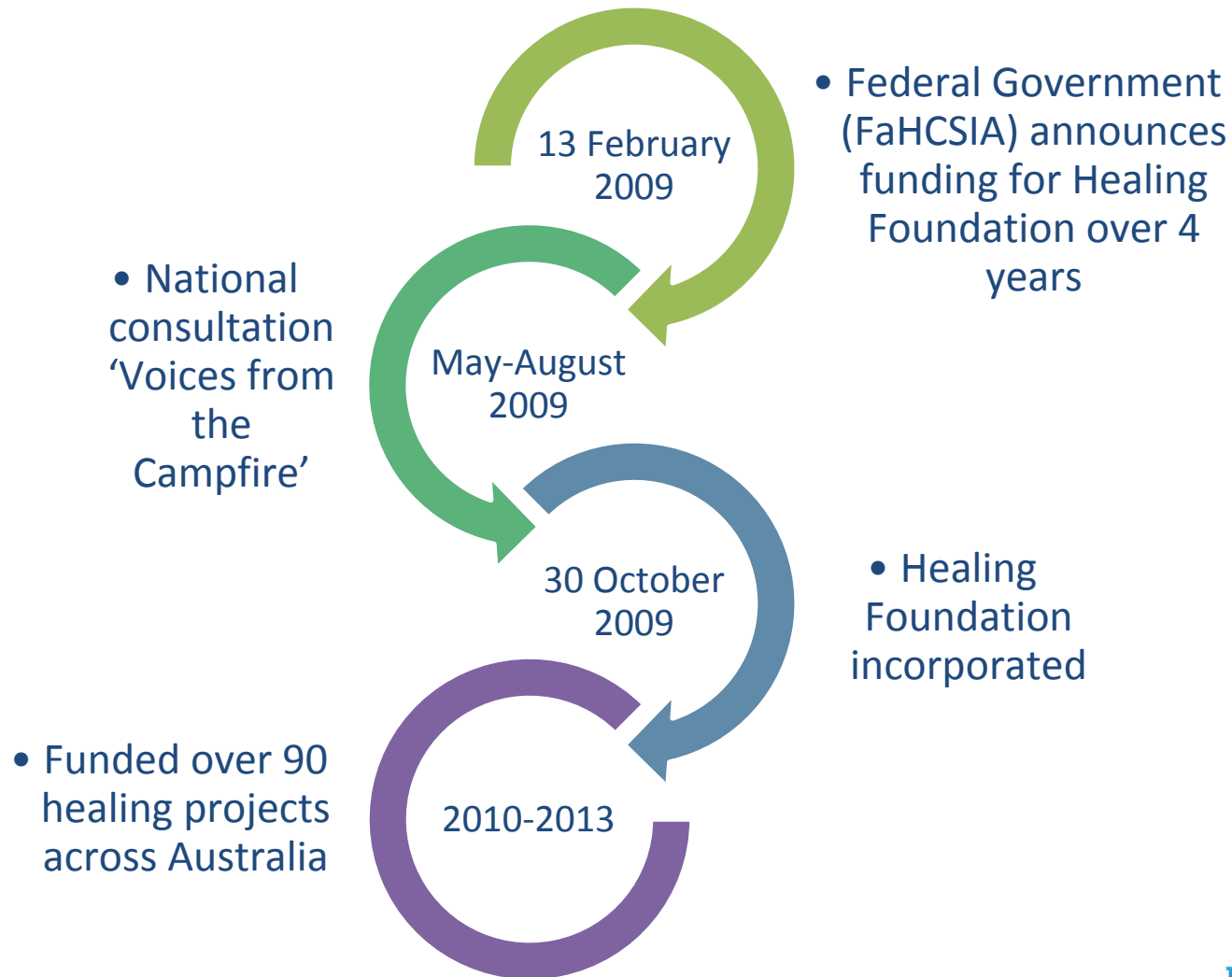
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# WHO WE ARE

The Aboriginal and Torres Strait Islander Healing Foundation is an independent Indigenous organisation with a focus on healing our community



# WHERE WE CAME FROM



# OUR PURPOSE

Support Aboriginal and Torres Strait Islander people:



- To heal from the wounds of past government policies and practices
- To connect to our culture and spirit



# WHAT WE DO



- Develop and capture the story of healing
- Support the development of culturally strong, locally developed and run programs for Indigenous people and communities
- Build capacity and leadership within communities to respond to trauma
- Fund community based training and education projects
- Research best practice in culturally strong healing programs
- Undertake evaluation of our projects



# WHAT IS HEALING?

*Healing* is a new and emerging approach to addressing Indigenous disadvantage and restoring holistic wellbeing. It restores harmony and balance to individuals, families and communities.

Healing programs:

- Address trauma and hurt associated with colonisation and
- Incorporate traditional and contemporary practices
- Utilise preventative and restorative approaches as well as therapeutic interventions
- Address issues at individual, family and community levels
- Empower, provide hope and generate change
- At their core, grounded in spirituality and culture
- Are a journey, a process rather than a product



# HEALING ACTIVITIES

- Bush trips and trips to country for cultural reconnection
- Yarning circles, healing camps, healing gatherings
- ceremony, ritual, traditional healers, deep listening and meditation, bush medicine, bush flower essences,
- Dance, song, art, crafts, bush tucker, sharing cultural stories and knowledge – reconnecting with values
- Peer support, education, mentoring and life skills group programs
- Counselling and therapeutic support for individuals and groups including workshops
- Community education about role of trauma, grief and loss in problems facing our people
- Community governance and leadership
- Development of healing programs, centres and resources





# ELEMENTS OF QUALITY HEALING PROGRAMS

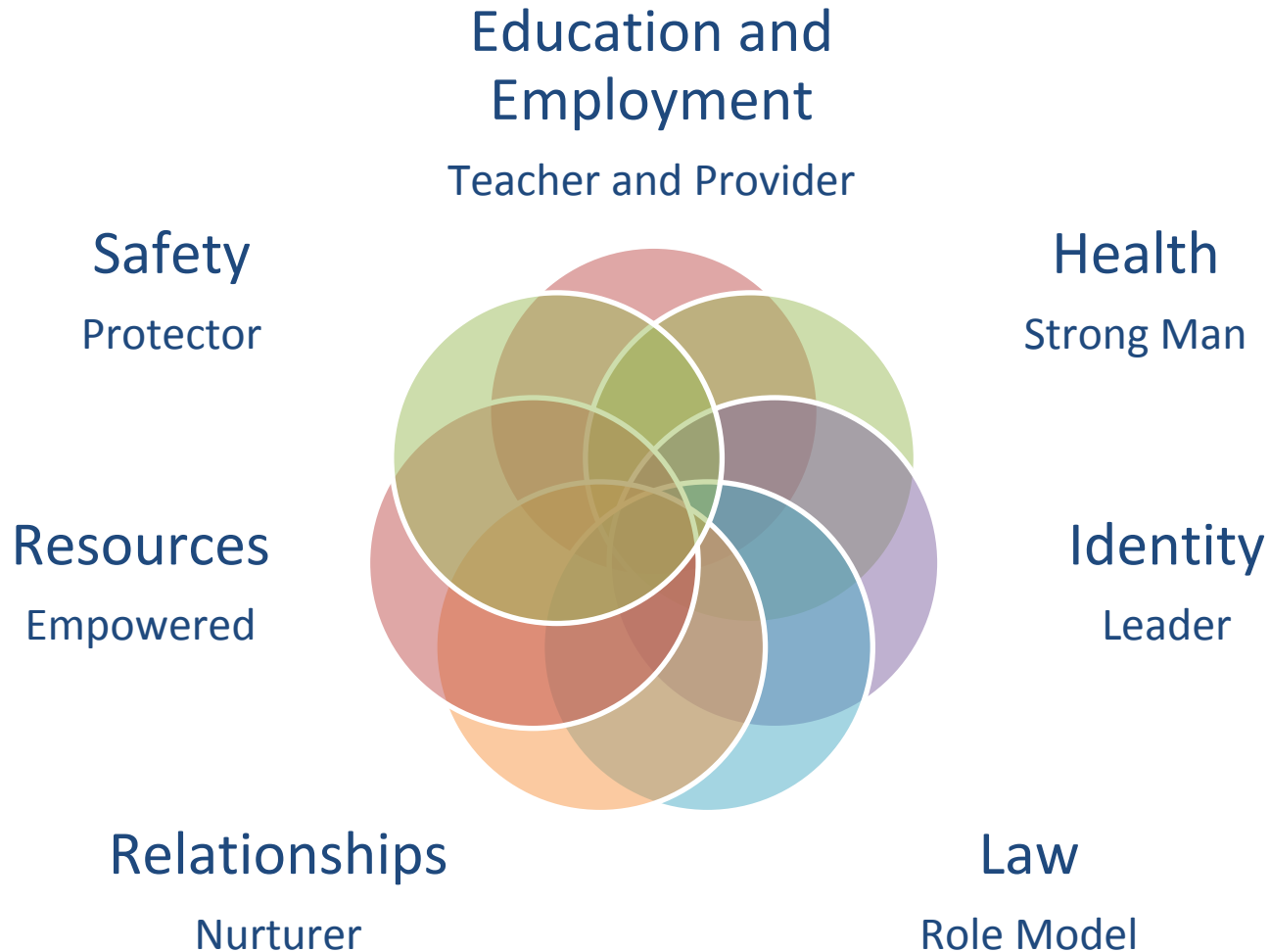


# HEALING FOR OUR MEN

- Partnership with NT Government Office of Children and Families
- Men to lead and develop their own healing responses and limit intergenerational trauma
- Three pilot communities – Maningrida, Wurrumiyanga and Ngukurr



# RECLAIMING OUR ROLE



# HEALING FOR OUR CHILDREN, YOUNG PEOPLE AND FAMILIES



- Three pilot projects funded 2012-2014 – Brisbane, Darwin and Kununurra
- Young people aged 10-19 years and their families
- Aim to assist young people to heal their distress and stop the continuing transmission of trauma through future generations



# KEY FEATURES OF INTERGENERATIONAL TRAUMA PROGRAMS



- Safety and trauma
- Building strong youth
- Family and community
- Elders
- Trusted workers
- Collaboration and integration
- Learning and evaluation



# CHALLENGES IN IMPLEMENTING HEALING PROGRAMS

- Attracting and retaining staff, high staff turnover, right mix of skills and knowledge
- Balancing cultural knowledge and wisdom with therapeutic skills and practices
- Responding to pull to work with most vulnerable and at-risk, need skilled staff with strong supervision and support structures in place
- Conducting data collection and evaluation without impeding on sacred business
- Long term nature of healing, competing demands of funding bodies and community expectations, sustainability
- Illness of key Elders and community leaders
- Inherent challenges of working in regional and remote contexts



# IMPLEMENTATION SUPPORT

- New way of the Healing Foundation going about its business of supporting innovative healing practice
- Programs team provide support and assistance to enable funded projects to:
  - design and document their service models
  - recruit staff
  - integrate new initiative with existing services
  - engage key stakeholders
  - meet reporting requirements
- Targeted training based on community needs



# Cultural Adaptation

- Implementation science is often about scaling up or fidelity of a model
- Work in Indigenous Healing is an emerging practice. It requires nuanced cultural knowledge and responsiveness to local contexts of colonisation and cultural knowledge systems
- Fidelity of a model is not therefore the same within a western system





# Cultural Adaptation

- The process of co-design becomes significant in building the place of healing and being able to draw on wisdom that comes from a deep place of knowing
- Process for Aboriginal people is as important as product and actions – important to keep the balance on this and help build success whilst not preferencing a dominate cultural knowledge base

