

# **Indigenous wisdom supporting trauma recovery in non-Indigenous families:**

**A new single session approach to cross-cultural healing**

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**Presented by  
Workin' with the Mob Practice-Research Team**

**Artwork by Robyne Latham**





## Acknowledgement of Country



# About The Bouverie Centre

Established 1956, Bouverie is.....



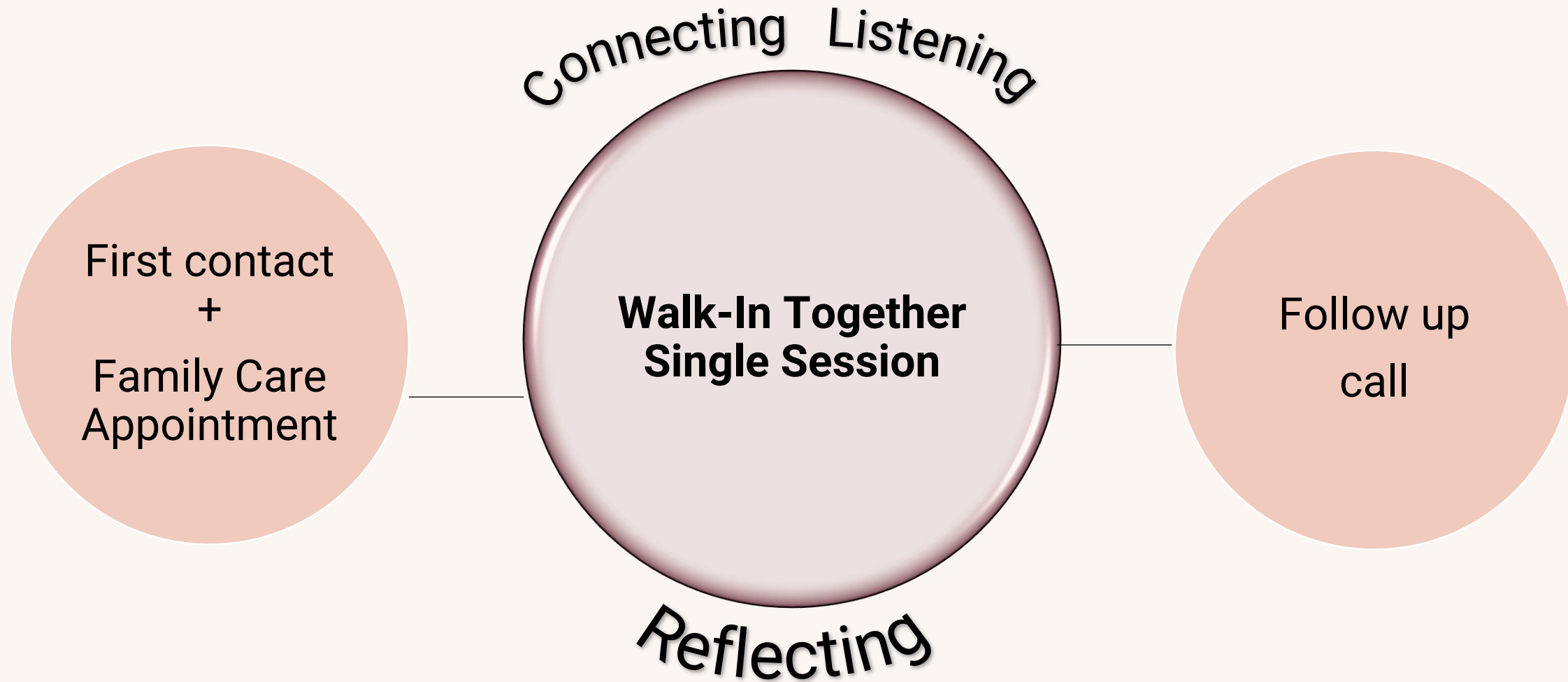






**Background ideas behind our clinic and work**

# How families reach our clinic







## **Voices of First Nations Therapists:** Speaking from the Heart and the power of truth-telling





Atkinson, J. (2002). *Trauma trails, recreating song lines: The transgenerational effects of trauma in Indigenous Australia*. Spinifex Press.





# Dadirri

Inner deep listening & quiet still awareness: watch video [here](#)



# Voices of Families



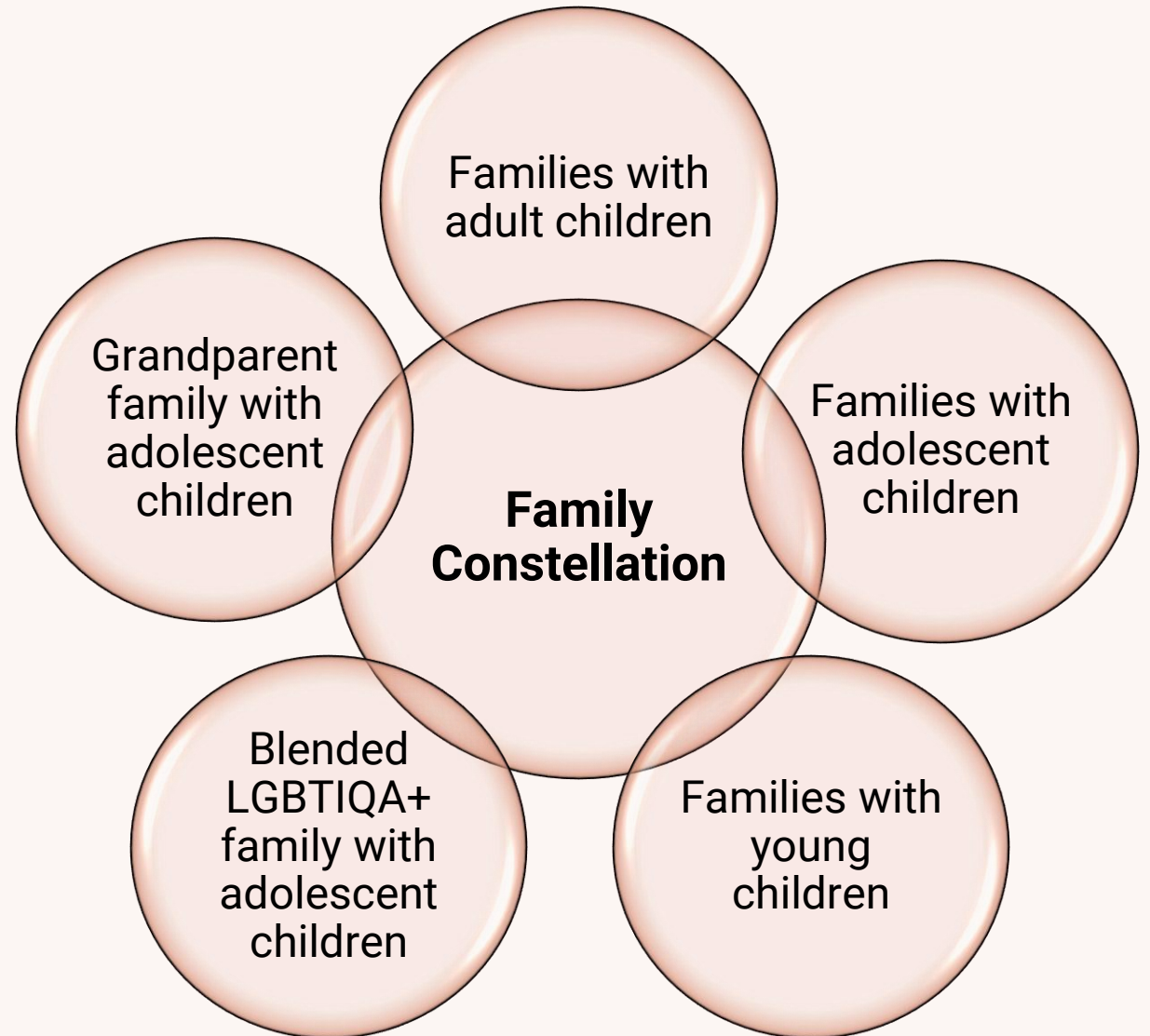
## Primary Family Contact

- Aged between 23 - 67 years
- Various cultures



## Primary Presentation

- Serious Mental Illness (child or adult)
- Historical Family Violence
- Child Sexual Abuse





# Voices of Families

*“What will stay with you from the presence and reflection of the First Nation/s Elder and/or Family Therapist?”*

## Themes that emerged from their reflections

### Relational Impact

Deep validation

Appreciation of First Nations' relational approach

### Culturally Informed Therapeutic Insight

Truth-telling of trauma

Gentle simplification of complexity

### Reconciliation

Shared humanity across cultural lines

Expertise through lived experience





# Voices of Families: Summary

How First Nations perspective on healing can supports family therapy practices

A trauma-informed, culturally grounded relational practice

Deep resonance even across cultural lines

Embedded in deep listening, shared humanity and truth-telling

Marked by relational rather than positional authority ... presence that is non-blaming, non-judgmental, and transformative



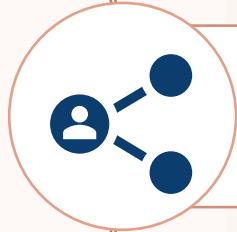


# Voice of the Non-First Nations Researcher

## Zoe's experiences of the work



Growth through initial self-doubt



Relationships > tasks



Shared ownership → lasting impact

# Voices of Non-First Nations Therapists

Reflections from the team working together cross culturally



## Bouverie Centre Therapists (left to right)

- Liz George
- Martin Pradel
- Kate Cordukes
- Greg U'Ren
- Kelly Tsorlinis
- Alison Elliott

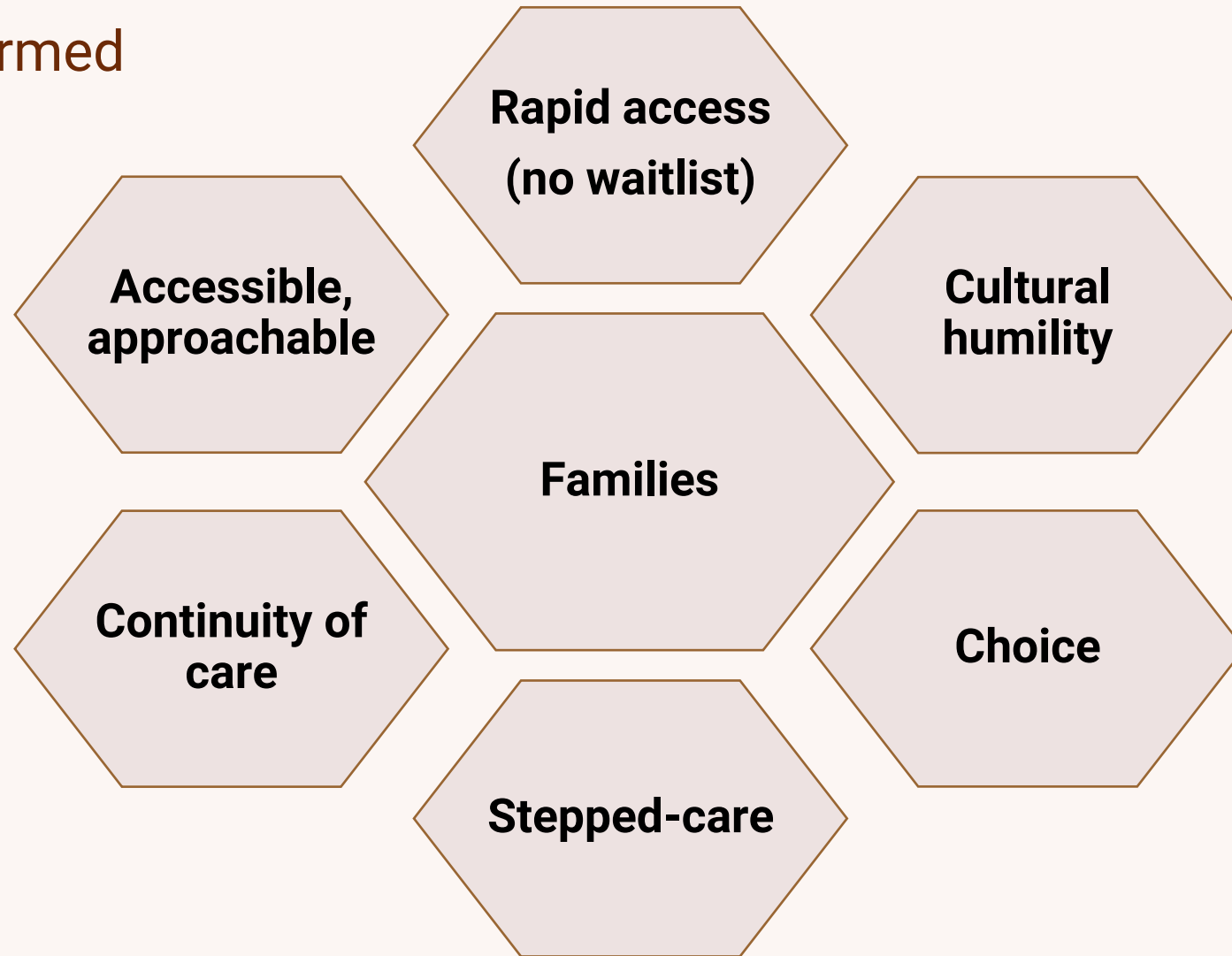
Link to full video [here](#)





# Practice Implications

Our guiding trauma-informed principles and values





# Takeaways for trauma-informed practice

- Single-session models can be trauma-informed and effective
- Creating relational safety
- Cultural humility - using ourselves as an ally/advocate
- Story-telling
- Trauma literacy to include cultural and intergenerational dimensions





## Questions / Reflections

Murrkangga of the Kartan peoples (Hallett Cove, SA)



# Thank you



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