



Rosemary Wanganeen's

***Aboriginal Loss,
Grief and
Mental Health***

Sydney: 17th – 19th August

Canberra: 6th – 8th September

Hobart: 25th – 27th October

Perth: 11th – 13th October

Adelaide: 29th - 31st August

Melbourne: 8th – 10th August

Darwin: 27th – 29th September

Brisbane: 20th – 22nd September

3 Day Program

Rosemary's unique model the *Seven Phases to Integrating Loss & Grief to Achieve Intuitive Intelligence*© offers an alternative to 'higher' education in the form of a 'deeper' education. As a non-academic her academic credentials have been outstanding (p4).

Service providers will learn from an expert living case study how to maintain good mental health through the development of the innate human 'intuitive intelligence' in the context of *Loss & Grief*.

Unravelling the labyrinth of her research, methodologies and theories Rosemary's *Seven Phases* will also present practical grief strategies to avert mental illnesses throughout Aboriginal Communities.



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PLATO'S GRIEF THEORY

In 388BC, Plato claimed that grief is ‘not only illogical but a weakness’ and ‘...the well-educated individual has no place for grief’ (p.56).

Walters, G 1997, *Why do Christians find it hard to grieve*, Paternoster Press, UK.

‘Contemporary Australians have a right, a role and a responsibility to dismantle Plato’s concepts, understandings and practices pertaining to grief being ‘weakness’ and the well-educated having ‘no place for grief’. Similarly, health professionals have a right, a role and a responsibility to research and develop loss and grief as a preventative model. As the old adage states ‘Prevention is better than cure!’. Rosemary Wanganeen

WHAT IS THE WORKSHOP ABOUT?

The workshop will be a journey of discovery so expect to be informed, challenged, and leave inspired!

Griefologist, Rosemary Wanganeen now understands her life has been a microcosm of the macrocosm Aboriginal Australian experience. Without consciously understanding the purpose of her grieving process at the time, those many years ago, Rosemary’s intergenerational suppressed unresolved grief compounded and complicated her contemporary suppressed unresolved grief as a result of ancestral and contemporary tangible and in-tangible losses! Over a 5-year period, Rosemary committed her ‘lived experiences’ to grieving, which led her to fully understand there was life after 1788 through to the ‘Stolen Generation’. This understanding was not to forget the past but to grieve towards forgiveness.

As a direct result of Rosemary’s lived experience of grieving, she became her own ‘case study’. Rosemary purposefully chose a non-academic path, and it was through her deep insights and exploration of the human condition that enabled her to design the **Seven Phases to Integrating Loss & Grief to Reclaim Intuitive Intelligence®** has become the foundation for *The Australian Institute of Loss & Grief* various programs. The human cost for Aboriginal Australians cannot be quantified by the written word. Statistics, news articles, historical policies, practices and procedures have often described Aboriginal Australians negatively from 1788 up to the 1970’s. Rosemary’s workshop will offer deep lived insights perhaps not heard by service providers before.

What if the effect of Plato’s ancient statement is a hidden cause and effect of contemporary mental illnesses? Rosemary hypothesizes that there is a correlation between Plato’s inter-generational suppressed unresolved grief that has now compounded and complicated contemporary suppressed unresolved grief and is responsible for mental illnesses. Similarly, Rosemary hypothesizes through her next generation Loss and Grief model **‘Seven Phases to Integrating Loss and Grief to Reclaim Intuitive Intelligence®’** that unresolved grief is responsible for much of contemporary Aboriginal peoples social and emotional diseases and disorders. Without shame or blame, Rosemary will expose Plato’s theory as having been dangerous and damaging to the wellbeing of humanity, particularly in the western civilization which then permeated other cultures!

The aims of this workshop include:

- 1) Rosemary will demonstrate how mental illness and in particular **suicide**, is **deeply embedded** in the loss and grief model.
- 2) Rosemary’s theory will compare how traditional Aboriginal culture developed and maintained **grieving processes** which managed social, emotional, physical diseases and disorders from permeating traditional culture for millennium.
- 3) The Seven Phases discovered the Seven Humanities and disclosed how western health systems **‘dissect’** the living human being, weakening innate human intuitive intelligence, leaving the individual exposed to many mental illness diseases and disorders.
- 4) Rosemary will show how Plato’s inter-generational concepts, understandings and practices viewing grief as a ‘weakness’ has developed into intergenerational grief fear. Loss & Grief can **transform** grief fear into innate Intuitive Intelligence.
- 5) A 5-year research and development process of the Seven Phases will show how to **integrate** ancestral and contemporary major losses and suppressed unresolved grief, rather than seek ‘closure’!
- 6) Navigating the Seven Phases will ‘unpack’ loss and grief in a deeper and more meaningful way to show how it can **avert** the many forms of mental illnesses/diseases and disorders.
- 7) The program will also impart basic but **valuable strategies** to inspire the service provider to greater confidence and self-esteem when working within their local Aboriginal community.

Rosemary's Seven Phases to Integrating Loss & Grief to Reclaim Intuitive Intelligence® educates from a universal humanitarian perspective, allowing for cross cultural application.

WHO COULD ATTEND

The workshop is designed for anyone who has an interest in acquiring a deeper and more meaningful understanding on how intergenerational suppressed, unresolved grief of ancestral and contemporary losses can forge a pathway into mild, medium and severe mental illnesses while acquiring some basic skills when working with the individual.

Service providers who could benefit from the education include: mental health workers; mental health professionals; psychologists; psychiatrists; academics in health and researchers; health policy makers; politicians with a health portfolio.

COURSE OUTLINE

PHASE 1,2, 3, 4, 5	PHASE 6	PHASE 7
Day 1 – Histories unresolved grief causing contemporary challenges	Day 2 – Loss & Grief Theory	Day 3 – Grief Strategies
<ul style="list-style-type: none"> A contemporary reality – Rosemary's non-academic 'case study' Traditional beliefs, concepts, understandings and practices that maintained the balance of their Seven Humanities so as to preserve their Intuitive Intelligence, inter-generationally. Origins of Intergenerational Grief Fear - Outright Warfare & Germ Warfare: Invasions, Colonization - Australian; English & European history. Psychological Warfare Using Policies, Practices & Procedures Where did intergenerational racism come from Hearing Voices: Is it a mental illness or the voices of the Ancestors communicating? 	<ul style="list-style-type: none"> What are losses: tangible and intangible? What are grief emotions? What is grief discounting? What are grief triggers? What is gender grief? Grieving inner children versus an inner child! How to differentiate between and communicate with the adult self (of the individual) and their unhealed inner children. What are Affirmed & Diminished Attributes and their relationship to Grief Fear and Intuitive Intelligence? Hearing Voices: how to differentiate the mental illness voices of inner children with the voices of the Ancestors? 	<ul style="list-style-type: none"> What is and how to disempower intergenerational racism Strategies to inspire confidence in service providers What is Intuitive Intelligence and how to maintain its integrity? Using creative grief activities to design a tailor-made self-care plan Creating work/life balance How to use the training as a 'marketing tool' to inform and develop rapport with your local Aboriginal community Why accept and respect the voices of the Ancestors communicating!

INFORMATION AND NEEDS OF THE PROGRAM

- The Program a minimum number of participants as outlined in the Cost graph below. This allows for personal group instruction and debriefing. However, there is a maximum number of 20 participants.
- BYO lunch - to keep costs down full catering is not available – morning & afternoon tea provided.
- To secure your place **REGISTRATION FORM (p7)** must be forwarded as soon as possible.

DELIVERY WILL SUPPORT PARTICIPANTS

Individual Handouts, Individual loss and grief booklet, Individual Strategies booklet, Group discussions, DVD's

TIME: Day one: 8:30am for registration, 9am start – 5pm finish. Day two & three: 8:45am for 9am start – 5pm finish

VENUE: Venues will be determined according to the number of registrations.

COSTS

THREE DAY	Metro Adelaide (GST Incl.)	Intra-state SA (GST Incl.)	Inter-state (Capital Cities only) (GST Incl.)
PER PERSON	\$550.00	\$583.00	\$660.00
MINIMUM NUMBER	10	15	15

YOUR FACILITATOR'S BACKGROUND

Rosemary is a proud Aboriginal South Australian and her traditional heritage is the Kurna people of the Adelaide Plains, Koogatha and Wirranguru both of the west coast of South Australia, similarly she is proud of her English heritage. Rosemary is the founding CEO of the **Sacred Site Within Healing Centre** which she founded in 1993. Going from strength to strength Rosemary registered the **Australian Institute for Loss and Grief** in 2005.

For Rosemary to specialize in loss and grief, she experienced the following three significant life experiences:

1. In 1986 she became the national research officer in the Sydney office of the **Committee to Defend Black Rights** which campaigned vigorously for 4 years to call for the **Royal Commission into Aboriginal Deaths in Custody**.
2. In 1987 Rosemary was in a women's shelter whereby she became aware of her own personal losses and unresolved grief. This included the sudden death of Rosemary's mother in 1964, and becoming a Stolen Generation child whereby she endured all forms of abuse.
3. In 1988 Rosemary worked for the **Royal Commission into Aboriginal Deaths in Custody**.

As a result of integrating these 3 significant life experiences Rosemary's non-academic theories, methodologies and practices has great potential to un-complicate 'Aboriginal disadvantage'. Within 22 years Rosemary has become independently self-employed, a holistic entrepreneur, clinical loss and grief counsellor, educator and assessor, presenter and author of her unique and innovative model called the '*Seven Phases to Integrating Loss and Grief to Reclaim Intuitive Intelligence*' ©. The philosophy of the Seven Phases is to grieve, heal and become inspired to reclaim one's Intuitive Intelligence to turn Aboriginal disadvantage into Aboriginal prosperity!

Some of Rosemary's proudest moments has come from receiving accolades such as:

- The Gladys Elphick Centenary Medal
- Business Woman of the Year Nomination
- South Australian of the Year Winner - Community
- Australian Ethnic Award Nomination
- State Finalist and Zonta Club of Adelaide – Women of Achievement Award (SA).

CREDENTIALS

Your facilitator is well-credentialed to deliver her program as the Loss & Grief model is published in several reputable journals, attracting national and international interest. At a local level, the South Australian Psychiatry Branch Training Committee have invited Rosemary to present to their Stage 3 trainees in their 4th/ 5th year of training (July 18· 2016). Notably, Rosemary's credentials are based upon her non-academic research and methodologies and the theories that evolved from it. Rosemary developed her model the 'Seven Phases' which have also been presented in the following area's with a common theme of psychology/psychiatry (but not limited to):

- The Royal Australasian College of Surgeons, Sydney - 2013
- Social Emotional Wellbeing National Conference, Panel Member/Keynote Address - 2012
- Adjunct Research Fellow, School of Psychology, University of SA - 2004
- The Royal Adelaide Hospital, Psychiatric Unit, C3 - 2004
- Mental Health Re-Education Network Inc. SA - 2004
- Italy - Lecco; Milan; Venice; Rome as special guest of psychologist and psychoanalyst Dr. Mario Pigazzini - 2001
- Keynote: International Trans Cultural Mental Health, Sydney - 2001
- The Mental Health Conference Inc. of Aust. & N.Z. - 2000
- Australian Family Therapy Association - 2000
- Australian Psychological Society, Adelaide University - 1999
- International Council of Psychologists: 56th Annual Convention, Victoria - 1998

Australian Institute for Loss and Grief worked in collaboration with the following:

- Mental Health Coalition of South Australia - 2016
- University of South Australia – School of Psychology: The Experience and Expression of Anger by Male Indigenous People in Prison - 2004 -2007
- University of South Australia, School of Psychology: Family & Youth Services –Drug and Alcohol Program Evaluation - 2004
- University of South Australia, School of Psychology: The Needs of Young Indigenous People in Secure Care in South Australia Final Report - 2003

Retrospectively Rosemary noted that academic models ‘seemed’ to have complicated the many lives of contemporary Aboriginal people. It was Rosemary’s ancestrally-based, non-academic model, which uncomplicated her life. It inspired her to reach her potential while sustaining her own health and well-being. Rosemary recalls: *there actually wasn’t anything ‘wrong’ with me, I was only grieving!*

Similarly, Rosemary’s work in the following two organisations contributed to her passion, devotion and credentials for loss and grief: **The Committee to Defend Black Rights** which campaigned vigorously to call for the Royal Commission into Aboriginal Deaths in Custody and then 2.5 years with the **Royal Commission into Aboriginal Deaths in Custody**. Rosemary is proud to acknowledge her role in both organisations was as a non-academic research officer.

Rosemary’s model soon found that loss and grief is a human experience that doesn’t discriminate, hence why the model doesn’t shame or blame. Although targeted to support the health and wellbeing of Aboriginal Australians loss and grief, the principles can be applied broadly within any culture, particularly Indigenous cultures with similar history to Australia.

PUBLICATIONS / ARTICLES

1. Wanganeen, R 2011, ‘Seven phases to integrating loss and grief,’ *Grief matters: The Australian Journal of Grief and Bereavement*, vol.14, no.3, pp. 78-88.
2. Wanganeen, R 2009, ‘Dealing with Loss, Grief and Trauma: Seven Phases to Healing’ in *Working with Specific Groups – Models, Programs & Services. Improving the Capacity of Workers in Indigenous Communities; Indigenous Mental Health Textbook*, eds Australian Council for Educational Research Limited, Chapter 19.
3. Wanganeen, R 2008, ‘A Loss and Grief Model in Practice’, in *Anger and Indigenous Men*, Day, A, Nakata, M & Howells K, Annandale, Federation Press, p. 73.
4. Wanganeen, R 2008, ‘The Significance of Context: Stories from South Australia’, in *Anger and Indigenous Men*, Day, A, Davey, L, Wanganeen, R, Howells, K, Desantolo, J, Nakarta,M.
5. Wanganee, R 2008, ‘Beneath the Surface of Anger: Understanding he Context of Indigenous Men’s Anger’, in *Anger and Indigenous Men*, Nakarta,M, Day,A, Howells, K, Wanganeen,R, McCausland,R, DeSantolo,J, Nakarta, V, Havini, T.
6. Day, A, Davey, L, Wanganeen, R, Casey, S, Howells, K & Nakata M 20..., ‘Symptoms of trauma, perceptions of discrimination and anger: A comparison between Australian Indigenous and non-Indigenous prisoners,’ *Journal of Interpersonal Violence*, vol. 23, no. 4, pp.
7. Day, A, Howells, K, Nakata, M, Davey, L, Wanganeen, R & DeSantolo J 2006, ‘The development of culturally appropriate anger management programs for Indigenous people in Australian prison settings,’ *International Journal of Offender Therapy and Comparative Criminology*, vol. 50, no. 5, pp. 520-539.
8. Davey, L, Day, A, Wanganeen, R, Howells, K, DeSantolo, J & Nakata M 2006, ‘Effective anger intervention for Indigenous prisoners: research and development in a South Australian study,’ *Aboriginal and Islander Health Worker Journal*, vol. 30, no. 4-6.
9. Day, A, Nakata, M, Howells, K & Wanganeen R 20..., *Indigenous men and anger: understanding and responding to violence*, Aboriginal Studies Press.
10. School of Psychology and the Unaipon School University of South Australia 2005, *Report on the proceedings of a workshop on developing curriculum guidelines*, Psychology & Indigenous Australians: Effective Teaching & Practice, pp. 27-49.
11. Senate inquiry into suicide in Australia - www.aph.go.au/senate:
Pathway into Article (Each * are the steps to click on):
 - *First heading is Parliament of Australia: Dept of the Senate.
 - *Current inquiries
 - *Community Affairs References Committee
 - *Suicide in Australian
 - *Submissions received
 - *No 143 - Australian Institute for Loss & Grief P/L’s submission number.

TESTIMONIES

Rosemary's course has provided me with an understanding of loss and grief amongst Aboriginal cultures and how these processes have developed from the Aboriginal shared experience of trauma. As a result, I now feel confident in becoming part of the solution, assisting Aboriginal people in their journey of recovery. In this journey they can move beyond their experiences of trauma, towards a state of optimal social, emotional and spiritual wellbeing. This state is often one we describe in modern Western society as 'good mental health.' I have found that Rosemary's course has exceeded my expectations through her ability to demonstrate how her Loss and Grief model can be applied to all mental health clients, regardless of their race and culture. Identifying people's trauma in their life stories and assisting them in their recovery towards optimal social and emotional wellbeing is a universal process.

Annabel Roach
Mental Health Registered Nurse.

Ann is a 28yr old lady who has a 3 yr old son. Ann has 'Generalised Anxiety Disorder' and suffers quite badly with it. Ann has however had many sessions with a psychologist and she and I do 'graded exposure' therapy together, which is working towards Ann being independent out in the community. At this stage Ann cannot go out to shops alone, down to the park with her son, basically finds it difficult being out in public when alone. In saying all that, Ann has actually made amazing progress in her recovery and is now attending Tafe one day per week and recently gained her learners permit! Brilliant!

In our conversations Ann has told me about the difficulties she experienced as a child growing up with a mother who was unwell. She has not really spoken too much to her psychologist about some of these things and I believe that you would really be able to help Ann, by exploring some of the inner child stuff.

Just a quick message to say that I caught up with Anne today and she is nothing short of 'amazing'!! She is doing incredibly well and attributes her well-being to the work you have been doing together. She can't praise you enough. Thank you so much for helping Anne and bringing her through with tools that she can use now and into the future.

Michelle Meagher
Mental Health Support Worker



*In this journey they can move beyond their experiences of trauma, towards a state of optimal social, emotional and spiritual wellbeing. **Annabel Roach - Mental Health Registered Nurse.***

3-DAY REGISTRATION FORM



Loss, Grief and Mental Health

Capital City:

Date:

First Name

Family Name (*required)

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Organisational Information (*required)

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Address

--

Mobile/Work No. (*required)

--

Email address (*required)

--

Next of Kin Telephone No. (*required)

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PLEASE NOTE: Once registered, fees are payable and are non-refundable although, places are transferable to another person in your agency.

If workshops are cancelled by the Australian Institute for Loss and Grief P/L full refunds of **REGISTRATION FEES ONLY** will be refunded.

☐ **I UNDERSTAND AND AGREE TO THESE TERMS AND CONDITIONS!**

Sign.....

(Participant or Representative Signature *required)

Date:.....

Venue to be determined based on registration #

☐ Price per person \$660.00 (GST Incl.)

☐ Price per person \$550.00 (GST Incl.)

Please Select:

☐ **Electronic Funds Transfer:**

Account Name: Australian Institute for Loss and Grief P/L Westpac Bank:

BSB-035 031 - A/C: 179 082

Reference: Insert your **INVOICE NUMBER OR SURNAME**/3Day for example: Wanganeen/3Day

☐ **Make Cheque out to:**

Post CHQ and Registration Form to:

Australian Institute for Loss and Grief P/L

C/- 10 Cowie St, ETHELTON 5015

Forward Registration Form:

☐ Fax: 08 8242 2690

☐ Email: rosemary@lossandgrief.com.au

☐ Post: c/- 10 Cowie St, Ethelton 5015

(Tax Invoice will be forwarded on return of Registration Form that has payment & invoicing details attached).

For invoicing, please forward details:

Name:

Company Name:

Address:

Attention:

*Email (required):