

Yarn'n Up 6

E-Newsletter

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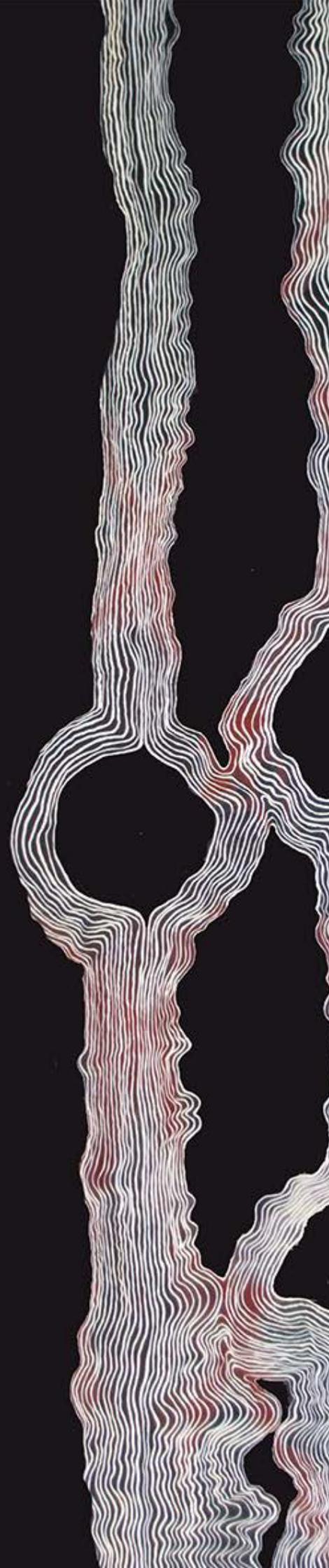
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What is Family Therapy?

A fabulous working definition.

Family Therapy is a broad term that refers to the modality of therapy where there is a primary focus on relationships, context and patterns rather than a focus on the individual. Within this modality there are a plethora of models or frameworks, but all share this focus on relationships, both to make sense of the issues that people present with, and as a locus for therapeutic intervention. Broadly speaking this is referred to as systemic thinking and practice.



Training in Shepparton

The Second Cohort of Students for Shepparton 2014

There's light at the end of the tunnel.

The mob at Shepp are now well into their final month of training in the Graduate Certificate in Family. Those enrolled in the Course are Cilla Atkinson, Gavin Barker, Rayna Egan, Shanara Fulton, Sharon Jones, Tina Maloni, Esmail Manahan, Trudie Newman, Chris Tanti, Hayley Turpin and Deb Walsh.

On the 3rd of September the training was held by Alison Elliott and Robyne Latham. The focus of the day was working with families using a variety of art materials, from PlayDoh to feathers, paper to raffia. The feedback from the group was fabulous. Several people commented they would adapt the activities to work within their current work practice.







The Shepparton Students celebrate after completing their Community Performance. It was a roaring success. Well done to one and all.

A Black and White Model for Teaching Family Therapy

Banu's Article in the Australian New Zealand Journal of Family Therapy

This fantastic article can be accessed via the Bouverie Centre's website.

- Moloney, B. (2014). A Black and White Model for Teaching Family Therapy: Empowerment by Degree. *Australian and New Zealand Journal of Family Therapy*, 35(3), 261-276.

A Black and White Model for Teaching Family Therapy: Empowerment by Degree

Introduction

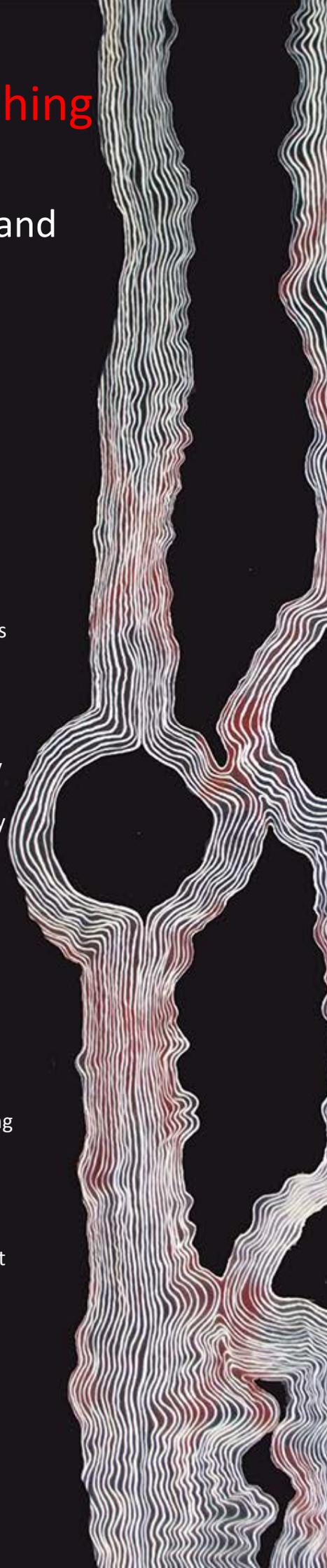
In this article, I describe and reflect on the underpinning rationale as well as the development and teaching of the first university-based post-graduate course in family therapy delivered to Aboriginal child, family and health workers.

Alongside my Cultural Consultant, Shaun Coade, and with support from key staff at the Bouverie Centre in Melbourne, I developed and delivered the first four iterations of the La Trobe University Graduate Certificate in Family Therapy to Aboriginal students and a small number of non-Aboriginal students. Since 2008, the course has been successfully completed in six Victorian locations and is currently being delivered at Shepparton and in Cooktown, Queensland.

The term, "Black and White" was coined by Shaun and by the Aboriginal family therapy students to describe the delivery of a family therapy curriculum that meets mainstream University requirements while being embedded in Aboriginal culture and Aboriginal wisdom.

A largely unanticipated bonus was the realisation that the model of teaching also has important implications for the mainstream teaching of family therapy.

After providing a brief summary of enrolment and graduation rates, the present article picks up on those elements of the teaching and learning that proved to be central to the successful delivery of the course.



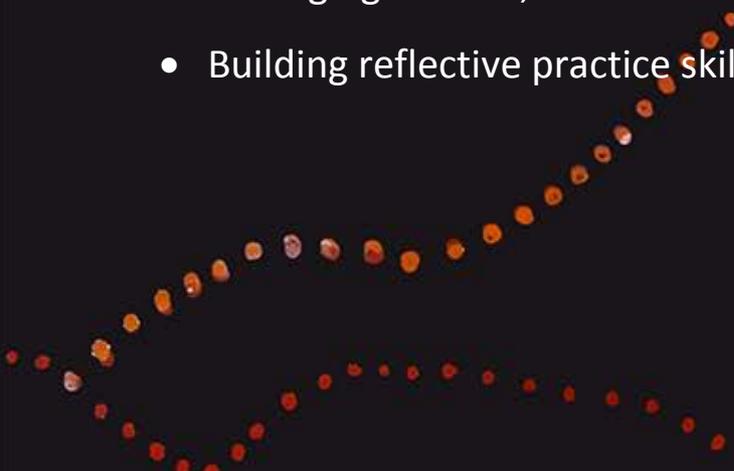
Corrections Victoria: Healing the Healers Workshops.

The Bouverie Centre's Indigenous Team negotiated with the Department of Corrections Victoria to provide three one-day workshops for their staff teams.

These workshops, titled *Healing the Healers*, explore an innovative approach to professional development and are have been delivered by Banu Moloney and Robyne Latham.

The areas addressed include:

- Aboriginal and Torres Strait Island protocols, self-awareness;
- Self-care in the workplace;
- Locating the 'self' in the professional work;
- Deep listening;
- Managing conflict;
- Building reflective practice skills



Graduates NOW: Kerry Thompson

Q. When did you become involved with and interested in working with families?

A. I have always had a strong interest in working with community and have worked across a number of sectors over a period of 15 – 20 years, including drug and alcohol, health and now for the last 3 years specifically family violence although this has crossed over into other work I have previously done. Strengthening families is a passion for me, I believe that healing our families strengthens our communities

Q. What do you find most interesting and/or challenging in working with families?

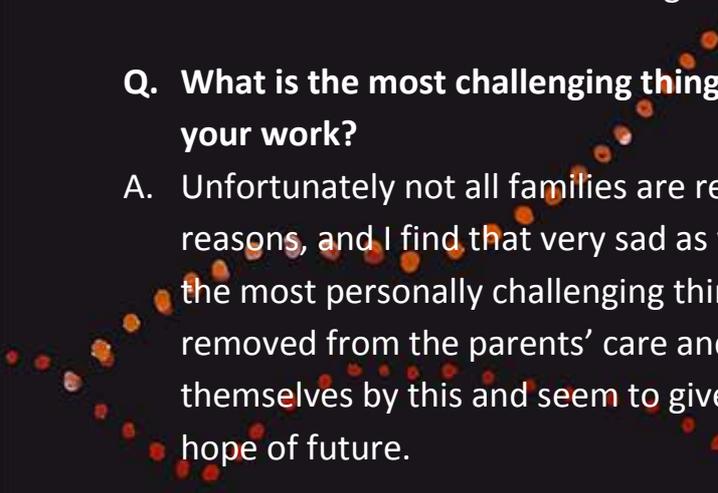
A. The complexity of the families that we work with fits both, it is interesting and challenging which I think is what keeps it all so real for me. Needing to understand community, history and the family's story to best support the family to achieve a happier story for their family.

Q. What part of the family healing process do you enjoy the most?

A. When you see “the light bulb moments” for a family you are working with, along with seeing the journey play out through community, women confident, men strong, children striving to be our future leaders and engaging in education, parents participating in their children's lives and being role models.

Q. What is the most challenging thing you have encountered with your work?

A. Unfortunately not all families are ready for change for a number of reasons, and I find that very sad as well as frustrating, but one of the most personally challenging things I see is when a child/ren is removed from the parents' care and you see the parents define themselves by this and seem to give up all hope, hope of change, hope of future.



Q. Who or what have been the most significant influences in your work?

A. I have had a couple of really strong community women who have been not only my managers over the years but also my mentors, I have learned a lot from them. As well as my work colleagues who have taught me valuable lessons and alternative practices to help strengthen the work I do. Along with community.

Q. Who do you admire and why?

A. Strong, proud, gentle, honest, transparent, ethical Aboriginal women. Because I have been fortunate enough to be mentored by a couple of very admirable women who not only inspire me to achieve but continue to achieve not only in their lives but for community, we have had so many Aboriginal leaders that are women that worked so tirelessly that it would be disrespectful to name 1 or 2, I am thankful for all the women who have walked before me and blazed the trail when times were so much harder for our people. I admire them all.

Q. Have there been any major learning points or changes in direction with your work/career?

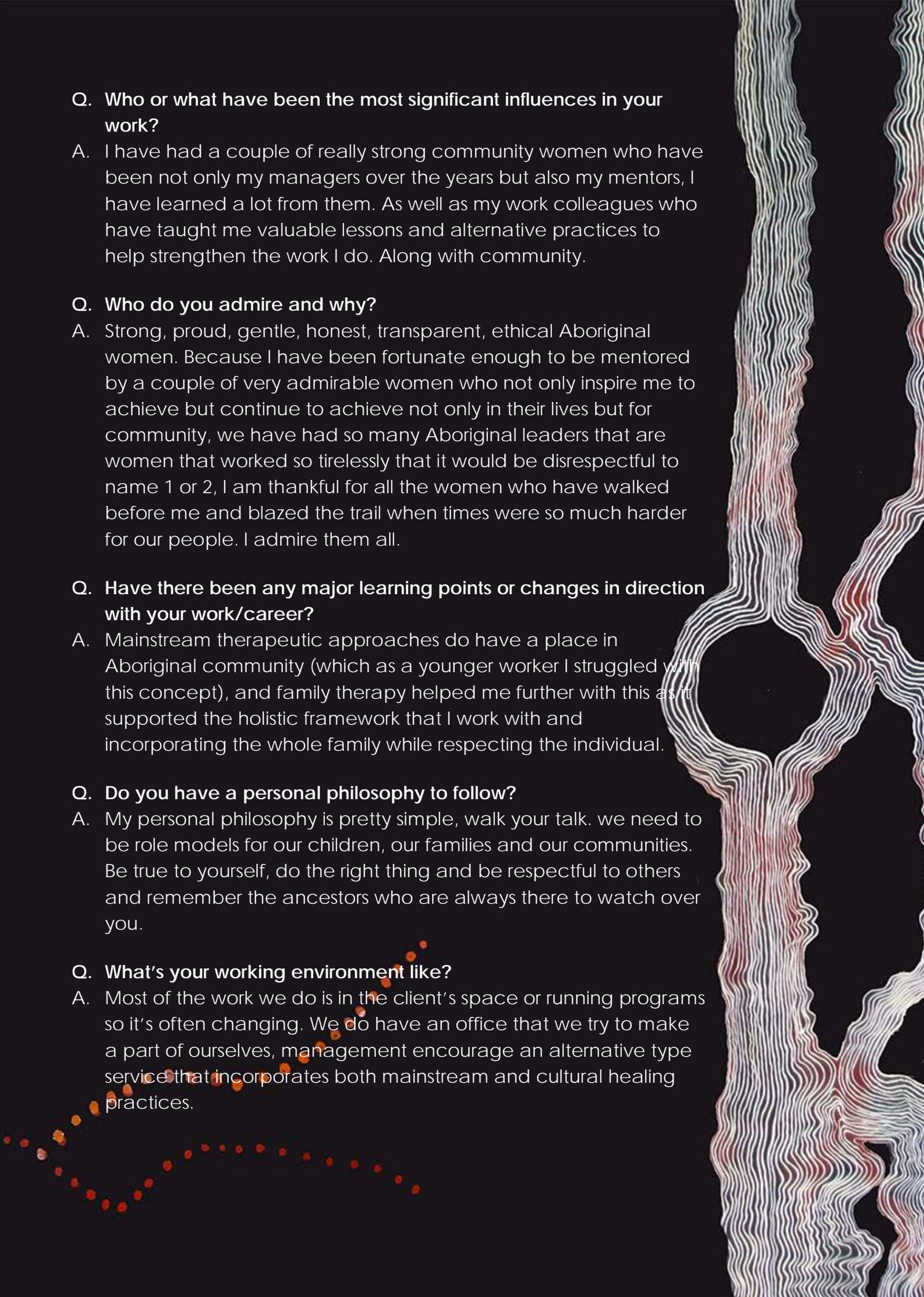
A. Mainstream therapeutic approaches do have a place in Aboriginal community (which as a younger worker I struggled with this concept), and family therapy helped me further with this as it supported the holistic framework that I work with and incorporating the whole family while respecting the individual.

Q. Do you have a personal philosophy to follow?

A. My personal philosophy is pretty simple, walk your talk. we need to be role models for our children, our families and our communities. Be true to yourself, do the right thing and be respectful to others and remember the ancestors who are always there to watch over you.

Q. What's your working environment like?

A. Most of the work we do is in the client's space or running programs so it's often changing. We do have an office that we try to make a part of ourselves, management encourage an alternative type service that incorporates both mainstream and cultural healing practices.



Graduate Certificate in Family Therapy at The Bouverie Centre

Six fully funded places for Victorian ABI workers

New On-Line Format

As part of their ongoing commitment to improving services for families of people with Acquired Brain Injury (ABI), the Victorian Department of Human Services, in conjunction with The Bouverie Centre, will once again sponsor six workers to undertake the Graduate Certificate in Family Therapy in 2015.

The Graduate Certificate in Family Therapy, accredited by La Trobe University, is designed for workers interested in enhancing their skill and confidence in working with families within their current work context.

Who Can Apply?

To be eligible for a fully funded place in the course (valued at approximately \$7000), applicants must:

- a) Be working with non-compensable clients with an ABI and their families, and
- b) Be employed by an organization receiving funding through Disability Services Victoria.

Applicants may be working in a variety of roles such as case management, allied health, counselling, family support or in specialist areas such as drug and alcohol mental health or juvenile justice. Priority will be given to rural ABI workers and then ABI workers who have a statewide role.

Selection Criteria

In addition to fulfilling the **general requirements for entry into the course** (see Information Pack for further), to be eligible for sponsorship applicants must:

- Demonstrate a passion and commitment for working with families of people with an ABI
- Have access to a desktop or laptop computer or a mobile device with a stable, reliable internet connection as coursework will be largely delivered online to sponsored students (excluding the 5-day face-to-face intensive, FTH4FWS)
- Be prepared to develop and implement a project aimed at improving service delivery to families affected by brain injury in their workplace by the end of the academic year
- Present on their workplace project at the Victorian Coalition ABI Service Providers (VCASP) quarterly meeting
- Submit a signed "Employer Consent Form" confirming management support for completion of the course
- Those awarded a sponsored place will be expected to undertake Module 6, *Acquired Brain Injury*, which is an elective in the subject FTH4FWI, *Family Work Interventions*.

Student Reflections on the Course

'My ability to engage families has grown and I understand more how important it is to hear the family's experience.'

'I am more confident in using different interventions because of my increased knowledge of theory and how theory can be helpful.'

'I feel confident about not always having the answers but supporting the family through times of uncertainty.'

'I have been challenged professionally and personally to look at my resources and constraints and how they impact on my work with families.'

Enquiries

If you are an ABI worker and wish to speak to someone particularly about the issue of sponsorship, please direct your enquiries to:

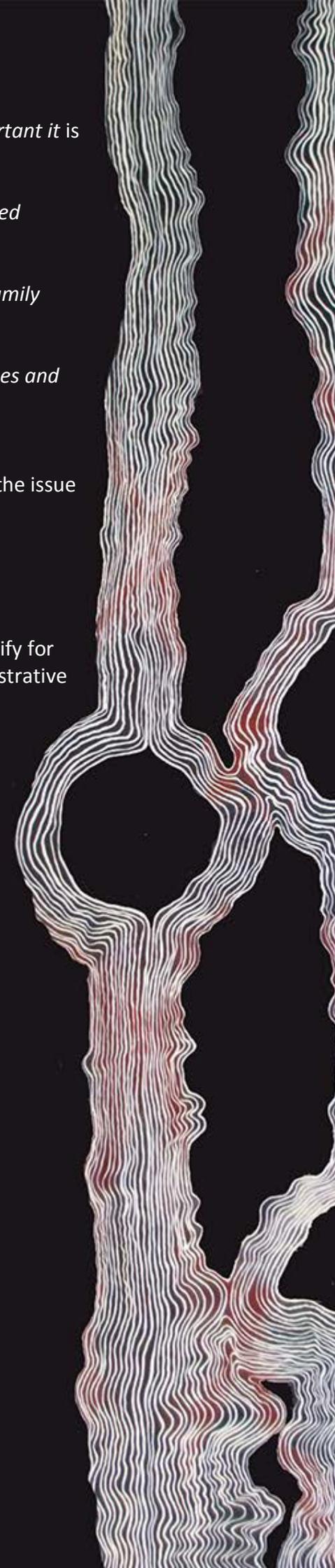
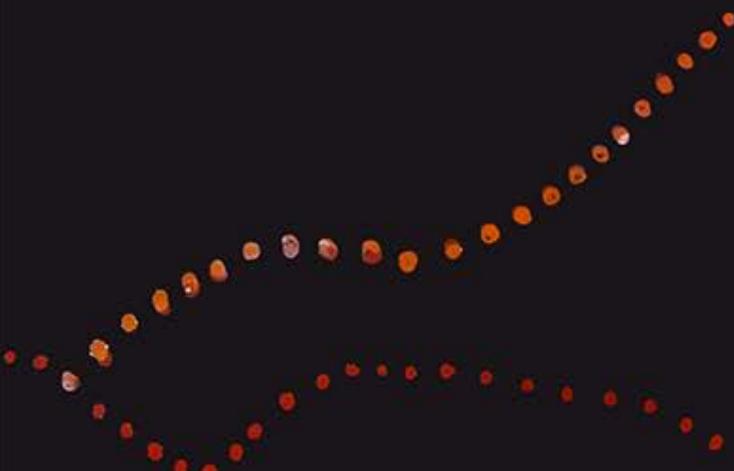
Nella Charles (ABI Team)

9385 5124 (direct number)

Read through the course pre-requisites and unsure as to whether you qualify for entry into the Graduate Certificate? Or perhaps you have a general administrative query. Please do not hesitate to call:

Susan Conduit (Student Services)

9385 5112 (direct number) or
bouverie.academic@latrobe.edu.au



Ideas on how we can stay connected

There has been much talk about how we, that is the current students of the Graduate Certificate in Family Therapy and the Indigenous Team at the Bouverie Centre, can stay in touch.

Some have suggested we join Facebook?

Create a Twitter account?

Some have suggested a regular time to hold a teleconference?

We need to hear from you as to what you want or would prefer.

So have a yarn with your colleagues and in the not too distant future we will be in touch short email asking you about your preference.

Should you have any suggestions please do email Robbie Latham: r.latham@latrobe.edu.au



Healing Aboriginal Families Workshops

In 2015 the Indigenous Team at Bouverie will be running this three-day workshop, once in May and once in August.

Aboriginal and Torres Strait Islander peoples, as individuals and within their families and communities, have been profoundly hurt across generations by layered historic, social and cultural (complex) trauma. All participants of this experiential training will gain a high level awareness of cultural safety principles when working with Aboriginal and Torres Strait Islanders and families. This three-day workshop will build practical skills around a more therapeutic relationship with others and explore some basic family therapy principles and practices.

These 3 day workshops will be

- Upskilling for those working with Aboriginal and Torres Strait Islander families or planning to.
- A 'taster' for those considering doing family therapy training (Indigenous stream) at Bouverie.

Healing Aboriginal Families Workshops:

- 12th, 13th & 14th May ([register by clicking here](#))
- 24th, 25th & 26th August ([register by clicking here](#))

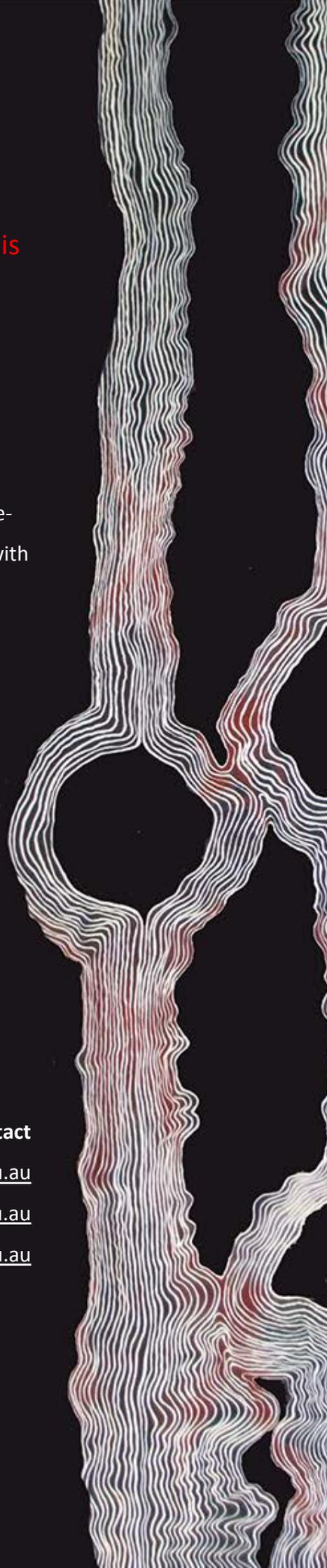
For further information contact

Alison Elliott on a.elliott@latrobe.edu.au

Esmat Manahan on e.manahan@latrobe.edu.au

Robyne Latham on r.latham@latrobe.edu.au

NB. There will be a professional development fee for this workshop.



Working with Families and Complex Trauma Environments: Facilitated by Professor Judy Atkinson

This workshop will be held at the Bouverie Centre.

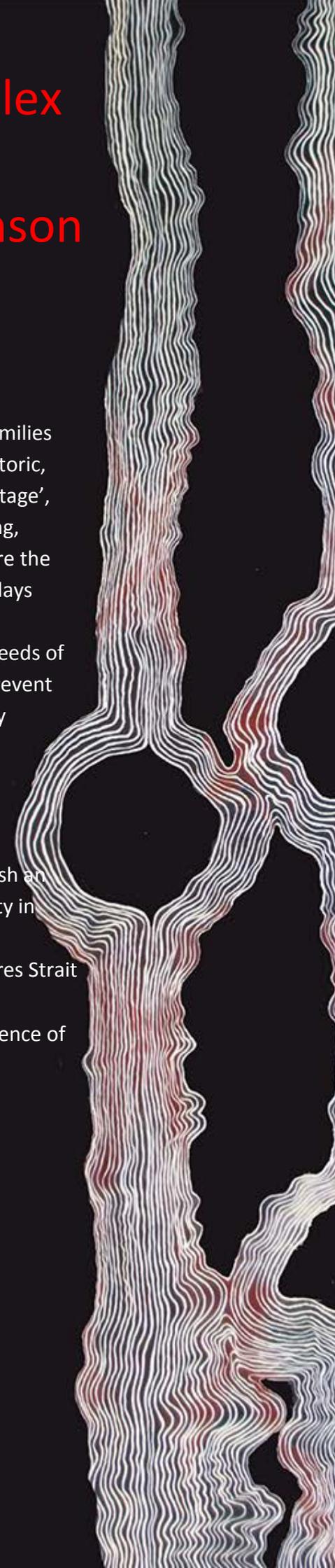
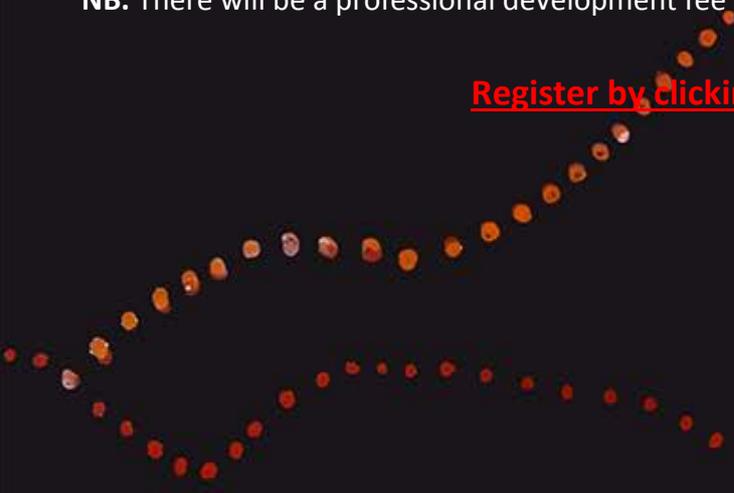
16th & 17th March 2015

“Aboriginal and Torres Strait Islander peoples, as individuals and within their families and communities, have been profoundly hurt across generations by layered historic, social and cultural (complex) trauma. ‘Closing the Gap’ on Aboriginal ‘disadvantage’, must acknowledge that where there is hurt, there has to be a healing. In healing, people’s Trauma Stories become the centrepiece for social healing action, where the storyteller is the teacher and the listener is the student or learner. These two days takes participants through a process in a plan of action for a trauma informed organizational work practice and trauma specific service delivery to meet the needs of our children and their families, so we can begin to work with families to help prevent the level of child removals, in every state of Australia” (Emeritus Professor Judy Atkinson, 2012)

- Greater understanding of relational trauma, and healing or recovery for Indigenous, and indeed all peoples
- An opportunity to reflect on work practices, explore a vision and establish an action plan that attends to the needs of the whole family and community in relation to trauma informed practice.
- Greater understanding of what is needed to support Aboriginal and Torres Strait Islander families in the recovery process
- An opportunity to learn from the other participants’ wisdom and experience of working with Aboriginal and Torres Strait Islander families.

NB. There will be a professional development fee for this workshop.

[Register by clicking here](#)



Empty Coolamons

In Memorium to the Stolen Generations.

FYI: Robbie Latham has an installation on exhibition at Bunjilaka Gallery in the Melbourne Museum, 11 Nicholson Street Carlton.

The work is dedicated to the Stolen Generations.

The exhibition is up until the 24th of April 2015.

In this YouTube video Robbie discusses her work:

<http://youtu.be/SMSDNO5NORM>