

Dadirri

Ancient Aboriginal
Mindfulness Traditions

weal-li®

DEAKIN
UNIVERSITY



Warida Wholistic Wellness

2 Day workshop for growing Cross Cultural Communities of Care and Communities of Practice in Trauma Integrated Services

Aim of this workshop

The main aim of this workshop is to locate the ancient Aboriginal tradition of mindfulness within the work of trauma recovery in Australia and elsewhere.

Objectives of the workshop

The workshop objectives are to establish principles of practice, using mindfulness in self-care, family care and community care and in the development of communities of care, and communities of practice in all trauma recovery work.

On completion of this workshop participants should be able to:

- ✔ Utilize the practice of Dadirri as an Ancient Mindfulness tradition essential in all trauma recovery – community healing work.
- ✔ Recognize the importance of cultural fitness in all community work.
- ✔ Use the cultural tradition of mindfulness in self-care and care practice while undertaking trauma recovery work.
- ✔ Identify issues of self-awareness and demonstrate the skills of journaling or story mapping as a conscious and cognitive record of the self-awareness, self-reflective process.
- ✔ Demonstrate the skills and knowledge necessary to enable effective communication in trauma recovery work using symbols, art, and music in storytelling and story-mapping.
- ✔ Define and support the development of communities of care. Critically analyze concepts in establishing communities of practice, and be able to respond to trauma recovery – healing across generations.
- ✔ Implement community development processes for building community-healing networks.

For ticket registration:

[Click Here](#)

Only 25 places available, so be quick to secure your place.

This workshop is open to all members of the public.

Dates:

Thursday- Friday 16 & 17 March 2023

Times:

9:00am – 4:30pm, both days

Check in 8:40am on 16 March (Thursday)

Venue:

Brother Fox Meeting Room, Deakin University Warrnambool Building H, Princes Highway, Warrnambool 3280

What is Provided :

- ✔ Morning tea, lunch and afternoon tea
- ✔ Workshop resource booklet
- ✔ Two facilitators
- ✔ Certificate of Attainment
- ✔ Accommodation is at own cost.

Culturally Informed Trauma Integrated Healing to Community and Organisations



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BIANCA STAWIARSKI

Bianca Stawiarski operates international Indigenous social enterprise and sovereign business Warida Wholistic Wellness, which recognises that communities needed something different to western clinical approaches to improve the growing mental health crisis around the world. She is a strong Badimaya and Ukrainian woman, who is a centred and purpose driven healer, consultant, coach, speaker, lecturer, best-selling and international author, trainer, and changemaker.

Bianca infuses her calming, resilient, earthy, Indigenous connectedness into all that she does. As well as the work she does on Country, Bianca is sought out by organisations, companies, and publications from across the globe. She is a Lead Facilitator and recognised Sovereign Business for We Al-li Program workshops. Bianca is also a PACFA certified mental health practitioner with an interest in supporting people who have experienced complex trauma, bringing the therapeutic space outside of four walls in a decolonised way. She holds a master's in counselling practice, a diploma of life coaching, post grad diploma of counselling, certificate in equine assisted psychotherapy, and a bachelor of Aboriginal studies, amongst other qualifications. As part of her life's work, she is exploring Ngardi Guwanda (deep listening), Indigenous Healing and lived experiences of plural communities (dissociative identity disorder). She hopes the results can continue to create awareness and instigate change and provide a platform for some of our world's most disadvantaged and vulnerable people with lived experiences to have their voices heard. Bianca lives on Kurna Country with her two amazing adult children, Savannah and Orson, her father, Nick, and a menagerie of four-legged family.



ASH DARGAN

Ash is a Larrakia artist, storyteller, adventurer and educator from Darwin in the Top End. He is one of Australia's most recorded Didgeridoo artists and has achieved worldwide acclaim for his unique style of storytelling and live musical performance since the 90's. As classically trained musician and world music producer he was nominated for best new release at the Deadly Music Awards 2000 and for best new release at the Native American Music Awards 2006 in the USA.

Ash was a cultural ambassador throughout the 90's and 2000's for the Northern Territory. During this time he toured worldwide and spent many years abroad living in the USA where he deeply immersed himself with the First Nations peoples of the Americas. He was invited to present at Universities including the University of Virginia, Stony Brook NY, University of Arizona and Harvard University on Australian Ethnomusicology and cultural men's traditions of wind instrumentation and lore. Ash spent many years learning from many Native American Civil Rights leaders, traditional healers and Elders of renown which greatly influenced his future path. Ash began his Masters of Indigenous Studies as the Australian Federal Government moved to set up and fund the Aboriginal and Torres Strait Islander Healing Foundation and Social and Emotional Wellbeing programs nationally in the late 2000's. Ash completed his Masters of Indigenous Studies under the mentorship of both Judy and Carlie Atkinson at southern Cross University. Since 2010 Ash has held State and Territory coordinator roles for Federal initiatives in Social and Emotional Wellbeing, Education and Justice. He was one of the founding members of the Larrakia Healing Group that produced one of Australia's leading resources on placed based Transgenerational Trauma and how to Heal from its compounding effects within a historical framework.