

# Training Brief



Title of Workshop:	Dadirri – Ancient Aboriginal Mindfulness Traditions
ABN / ACN:	ABN 57 628 153 855 / ACN 628 153 855
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Warida Wholistic Wellness has Public Liability (\$20 m) and Professional Indemnity Insurance (\$20 m). Policy copies available on request	
The target group:	All organisational staff and community groups and members.
Workshop Aims and Objectives:	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. The workshop objectives are to establish principles of practice, using mindfulness in self-care and in the development of communities of care, and communities of practice in all trauma recovery work.
Participant Learning Outcomes:	On completion of this workshop participants should be able to: <ol style="list-style-type: none"> <li>1. Utilize the practice of Dadirri as an Ancient Mindfulness tradition essential in all trauma recovery – community healing work.</li> <li>2. Recognize the importance of cultural fitness in all community work.</li> <li>3. Use the cultural tradition of mindfulness in self-care and care practice while undertaking trauma recovery work.</li> <li>4. 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.</li> <li>5. Demonstrate the skills and knowledge necessary to enable effective communication in trauma recovery work using symbols, art, and music in storytelling and story-mapping.</li> <li>6. Define and support the development of communities of care.</li> <li>7. Critically analyse concepts in establishing communities of practice, and be able to respond to trauma recovery – healing across generations.</li> <li>8. Implement community development processes for building community-healing networks.</li> </ol>
Audio/visual requirements.	Projector and Audio for 3.5mm headphone jack
Room set up.	Circle. If possible, the venue should have easy, direct access to an outside area that will allow the facilitator to break up the in-room sessions with short outdoor activities.
Maximum attendees.	25

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## Workshop Outline

Time	Day one	Day two
9.00-10.30	<p><b>Session 1: Ceremony</b></p> <p>Preparing - rules - activities</p> <p><b>Dadirri</b></p> <ul style="list-style-type: none"> <li>A Mindfulness Meditation ‘Sounds of the Deep – tapping into the deep spring within us – following the mysterious river’</li> </ul>	<p><b>Session 5: Rethinking sovereignty</b></p> <p><b>Present - Rethinking sovereignty</b></p> <ul style="list-style-type: none"> <li>Individual sovereignty</li> <li>Family wellbeing</li> <li>Place Based Sovereignty</li> </ul> <p>Larrakia Nation Healing Resource</p> <p>Growing Communities of Care, and Building Communities of Practice.</p>
10.30-11.00	<b>Morning tea</b>	<b>Morning tea</b>
11.00-12.30	<p><b>Session 2: Creative visualisation story-mapping</b></p> <p><b>Past – Present - Future</b> Self - Family - Community</p> <ul style="list-style-type: none"> <li>Creative visualisation – ‘We all have to try to listen - to the God within us - to our own country - and to one another’.</li> <li>Story mapping – mindfulness</li> </ul>	<p><b>Session 6: Sovereignty of place</b></p> <p><b>Future Growing Communities of Care</b></p> <ul style="list-style-type: none"> <li>Expanding and reworking the story map through a mindfulness meditation and group discussion</li> </ul>
12.30-1.30	<b>Lunch</b>	<b>Lunch</b>
1.30 -3.00	<p><b>Session 3: Platonic Dialogue</b> <b>Past present future</b></p> <p><b>Past - What does the past bring to the present</b> –</p> <ul style="list-style-type: none"> <li>the Ancient University – ‘platonic dialogue’</li> <li>Putting the inter-generational trauma of colonisation into the bigger story.</li> </ul>	<p><b>Session 7: Communities of Practice - Changing their story</b></p> <p><b>Future - Communities of Practice.</b> ‘we know that our white brothers and sisters in this land, themselves carry their own particular burdens. We believe that if they let us come to them - if they open up their hearts and minds to us - we may lighten their burdens.’</p> <ul style="list-style-type: none"> <li>Reworking the story map through a mindfulness meditation</li> </ul>
3.00-3.30	<b>Afternoon tea</b>	<b>Afternoon tea</b>
3.30-4.30	<p><b>Session 4: Platonic Dialogue</b></p> <p><b>Present: Changing the Story</b></p> <p>What do we want to take into the future as we regrow communities of care? “Aboriginal people have a very strong sense of community. All persons matter. All of us belong.” What are communities of care?</p> <ul style="list-style-type: none"> <li>Sorting – restructuring the story map.</li> </ul> <p>Close for day with relaxation exercise</p>	<p><b>Session 8: Elders Circle</b></p> <p><b>Closure</b></p> <ul style="list-style-type: none"> <li>Elders Circle</li> <li>Evaluations</li> <li>Closure</li> </ul>