

# Trauma Informed Care and Practice

– An Indigenous Approach to Developing Worker Skills



Warida  
Wholistic  
Wellness



A 3 day workshop which begins to unpack 'Symptom as History' providing tools to develop generational resilience in healing from trauma and systems transformation

**Developed by Emeritus Professor Judy Atkinson AO and Dr Caroline Atkinson PhD and facilitated by Bianca Stawiarski and Tod Stokes**

This workshop unpacks the topics that are most commonly requested by people working in the Human Services field and Indigenous families who are living with trauma behaviours. It is an experiential and interactive workshop. A safe space to talk about the issues, where sense can be made of the Number 1 question:

**'WHY IS THIS HAPPENING AND WHAT CAN I DO ABOUT IT?'**

## TOPICS INCLUDE (but not limited to):

- ✓ improving responses to trauma behaviours
- ✓ working with Indigenous young people & communities
- ✓ trauma audits using genograms & loss history maps
- ✓ experiential and interactive activities
- ✓ Indigenous healing practices, what do they look like
- ✓ de-escalation strategies
- ✓ exploring behaviour as language
- ✓ story mapping, how history of place strengthens responses
- ✓ unpacking cultural safety, cultural sensitivity, cultural fitness, cultural security, cultural competency and what they all mean
- ✓ how trauma is stored in the brain and the body
- ✓ art, dance, drama, music, song, massage therapies
- ✓ strengthening integrative service responses in your community
- ✓ developing communities of care within communities of practice
- ✓ effective yarning circles & action planning
- ✓ self care practices and debriefing
- ✓ how to minimise and respond to vicarious trauma and burn-out
- ✓ physical, psychological, mental ill-health and substance use
- ✓ defining and understanding violence

For ticket registration:

[\*\*Click Here\*\*](#)

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

**Workshop is for members of the public**

**Cost:**

**\$1000 per person**

**Dates:**

**30 May - 1 June 2023**

**Times:**

**From 9:00am to 4.30pm**

**Venue:**

**Conference Room, Adelaide Road Motor Lodge, 212 Adelaide Road, Murray Bridge SA**

**What is Provided :**

- ✓ Morning tea, lunch and afternoon tea
- ✓ Workshop Materials and Workbooks
- ✓ Two facilitators
- ✓ Certificate of Attainment
- ✗ Accommodation is at own cost

**Culturally Informed Trauma Integrated Healing to Individuals, Community and Organisations**

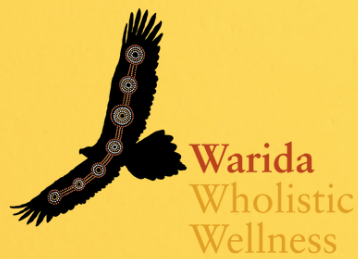


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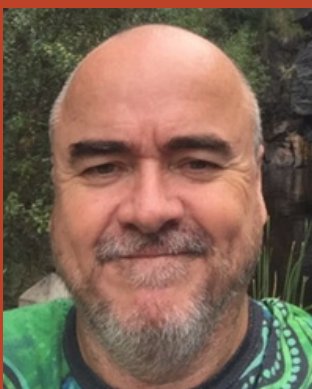
# Workshop Facilitators



## 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 Kaurna Country with her two amazing adult children, Savannah and Orson, her father, Nick, and a menagerie of four-legged family.



## TOD STOKES

Tod was aware of the need to both upskill others on the work that he does with men, but also continue to provide a safe supportive environment for clients to change. In the past, he has had the honour to obtain awards for his work in this specialist role including The Premiers Heide Taylor award for work in the family violence sector working with men to address their violence. His passion and desire is to educate services and individuals to continue to provide change for men. His other passion is providing social and emotional support for men's mental health.

Tod is a Torres Strait Islander man with strong connections to Culture and community he understands the healing power of Culture and works in a safe confidential manner. Tod holds a diploma of mental health among many varied qualifications and is currently also undertaking his diploma of Narrative Therapy. He is also currently a lecturer at the University of Adelaide and provides consultancy for services on Culture and Domestic violence.



Warida Wholistic Wellness



# Trauma Informed Care and Practice

Workshop: Tuesday 30th May to Thursday 1st June 2023

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**Dates:** Tuesday 30th May to Thursday 1st June 2023

**Times:** From 9:00am to 4.30pm

**Venue:** Conference Room, Adelaide Road Motor Lodge, 212 Adelaide Road, Murray Bridge SA

**Cost:** \$1000 (includes GST)

- Includes:**
- Morning Tea, Lunch, Afternoon Tea
  - Workshop Materials and Workbooks
  - Two Facilitators
  - Certificate of Attainment

## Payment Information:

Contact Bianca Stawiarski on [bianca@warida.com.au](mailto:bianca@warida.com.au), or +61 0438253202 to discuss further.

Complete this form to proceed to payment:

[Click Here](#)

## Cancellation Policy:

More than 30 days prior to first day of the workshop – 100% refund

Between 14-30 days prior to first day of the workshop – 50% refund

Less than 14 days prior to the first day of the workshop - Nil