

# Dadirri

Ancient Aboriginal  
Mindfulness Traditions

weal-li®



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:

Wednesday - Thursday 29 & 30 Nov 2023

### Times:

9:00am – 4:30pm, both days

Check in 8:40am on 29 Nov (Wednesday)

### Venue:

The Path of the Horse, 351 Domino Road, Trentham, VIC

**Investment** is \$1350 (gst incl)

### 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**





## 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.



## DEAN MIGHELL

Registered Psychotherapist and Equine Assisted Learning and Psychotherapy Practitioner (EAP).

Dean has a post Graduate Certification as a Psychotherapist (Gestalt) along with extensive training on CPTSD and PTSD, Indigenous men's trauma, Mindfulness, ADHD and Autism amongst others. Dean is a member of PACFA (Psychotherapy and Counselling Federation of Australia) and a member of the International Institute for Complementary Therapies (IICT). He has completed We Al-li Programs Facilitator Training. Dean has served in the Australian Army. Dean is a holistic therapist who is passionate about supporting others.



## CHRISTOPHER HUME

Christopher is a Yorta Yorta man and as a youth, had the opportunity to be around many respected elders where he was given the cultural knowledge that he has today. He has worked in the Eastern Metropolitan region of Melbourne for almost a decade, and is a trained We Al-li facilitator. In his spare time, Christopher competes in boxing and supporting First Nations youth in this sporting field.