



### ***Healing the past by nurturing the future***

Co-designing perinatal (pregnancy to two years after birth) awareness, recognition, assessment and support strategies for Aboriginal and Torres Strait Islander parents who have experienced complex trauma

### **KEY STAKEHOLDER CO-DESIGN WORKSHOP 2**

**The Aims** of this 2<sup>nd</sup> workshop are to build on the foundations from Workshop 1 and:

1. Define the *key domains* to be included in assessment for complex trauma in perinatal period.
2. Reflect on discussions with Elders/Nannas and *plan for working with parents*.
3. Start to share information about *current support strategies*.

### **PROGRAM**

Time		Facilitator
8.45am	<b>Registration and tea/coffee</b>	
	Setting up posters/resource tables	
9.15	<b>START</b>	Graham Gee
	Welcome to Country	Akeyulurre (Amelia)
9.30	Creating our safe space	Graham/Yvonne
9.45	Introductions	Graham
10.00	Overview of project and role of workshop in plan	Cath Chamberlain
10.20	Tjulpu and Walpa	NPY
10.50	<b>MORNING TEA</b>	
11.10 (12 mini break)	Domains for complex trauma assessment	Graham
1 pm	<b>LUNCH</b>	
1.40	Reflecting on discussions with the 'Deadly Nannas' and plan for talking with parents about the perinatal support they need when experiencing complex trauma	Yvonne Clark and Deadly Nanna's
3.00	<b>AFTERNOON TEA</b>	
3.15	Sharing our knowledge about what works (poster and resource sharing)	Naomi Ralph/ Fiona Mensah
4.15	Final reflections/evaluation and Drumation	Graham
5.00	<b>THANKYOU AND CLOSE</b>	Graham

For psychological support during workshop: Contact Annabel Moody on 0429 587 691

## **Role of key stakeholders participating in Workshop 2**

There are four workshops planned within the Healing the past by nurturing the future project to co-design perinatal strategies around awareness, recognition, assessment and support for Aboriginal and Torres Strait Islander parents experiencing complex trauma (see figure 1 for conceptual framework). In each workshop we are tackling a new 'step' in an intervention mapping <https://interventionmapping.com/> process and 'reflecting and planning' for the next cycle in this community-based participatory action research project (see Figure 2 for summary of plan).

We recognise and celebrate that the expertise in these co-design workshops is among the group. The following rights and responsibilities are listed to help clarify your important role.

### **1. Right to be safe and respected**

- We will do everything we can to ensure a safe environment in workshops.
- No-one will be asked or expected to share personal experiences as the purpose is to look to the future and how we can best support parents and families.
- It is absolutely ok to leave at any time if uncomfortable and to do diversionary activities provided to help ease discomfort.
- Please utilise psychological and healing support services available at the workshop as needed.
- Please respect and value everyone's opinion and expertise they bring.

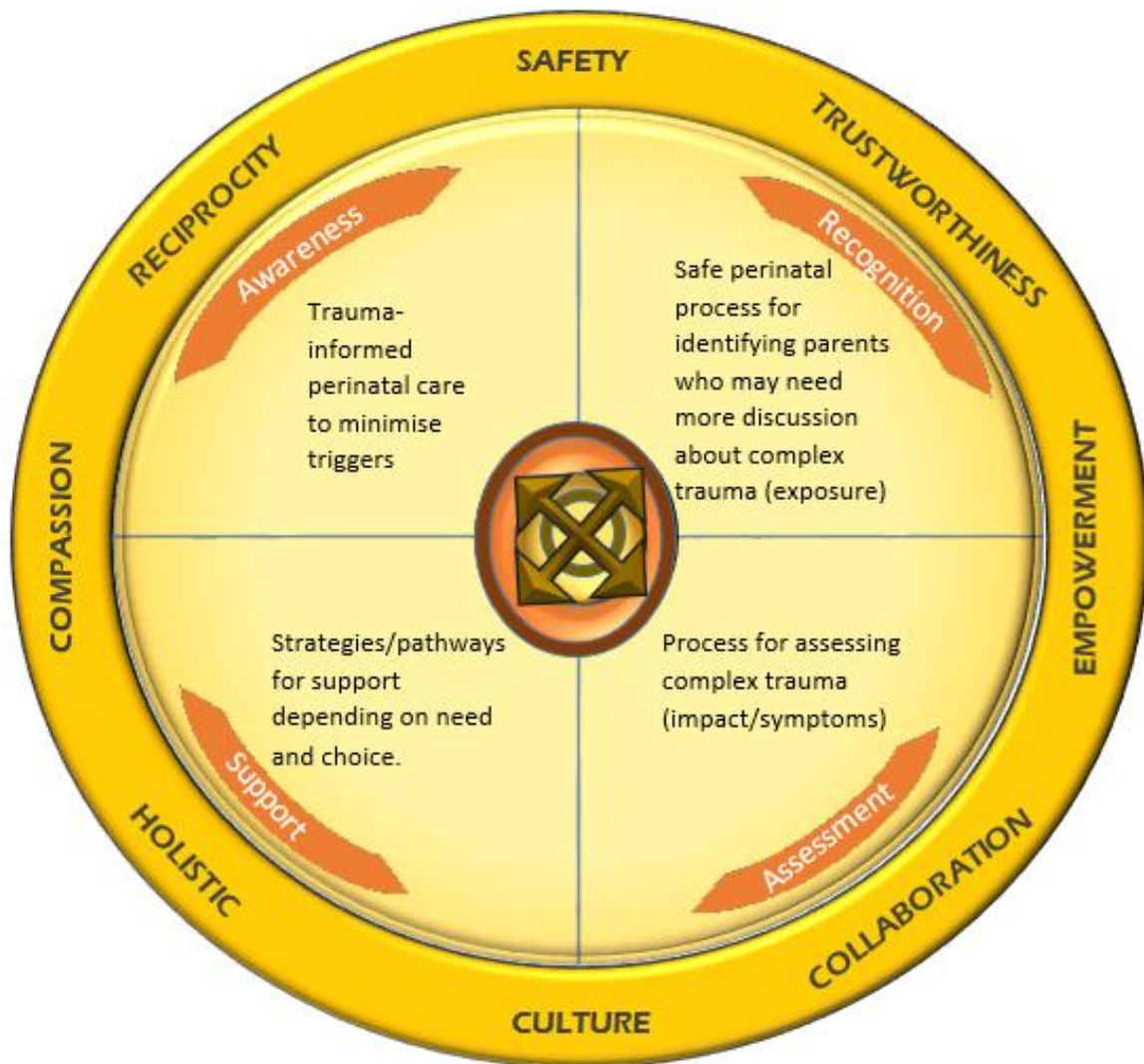
### **2. Right to be valued and expertise formally acknowledged (reciprocity and collaboration)**

- Your contributions in the workshop will be documented in a report and your contributions acknowledged as either a co-author if you contribute to or give feedback to the report, or as a part of the co-design group based on your contributions to discussions and the workshop on the day, and your permission to list your name will be sought.
- Any research papers or presentations emerging from the workshop will formally acknowledge the contributions of the workshop co-design group, with names listed if possible and if permission to be named is provided. Depending on how direct the contribution to the findings are, this will either be listed in the 'acknowledgements' section or included as a group byline.

### **3. Right to transparency and learning (open communication)**

- Project decisions will be based on the rigorous and systematic evaluation of information from the workshops, discussion groups with parents and other community members, expert advice and existing research literature. We will endeavour to present this in a way that is transparent and readable.
- There are also opportunities for academic learning and participating in project activities. Please contact the project team if there are particular aspects you would be interested in being more closely involved with.

Figure 1: Healing the past by nurturing the future conceptual framework



Artwork by Danielle Dyall

*Healing the past by nurturing the future CBPAR process and Intervention Mapping steps*

