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## Important Dates

**Thursday 14<sup>th</sup> & Friday 15<sup>th</sup> November:** Key stakeholder workshop 3

**Where:** Aborigines Advancement League, Thornbury, Melbourne

### Register:

You may open the survey in your web browser by clicking the link below:

[Key Stakeholder Workshop Registration](#)

If the link above does not work, try copying the link below into your web browser:

<https://redcap.latrobe.edu.au/redcap/surveys/?s=Y7X44MDCW9>

## Contact Us

- E [hpnf@latrobe.edu.au](mailto:hpnf@latrobe.edu.au)
- W <https://www.latrobe.edu.au/jlc/research/healing-the-past>

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Perinatal support for Aboriginal and Torres Strait Islander parents who are experiencing complex trauma

## Investigators' report

We are pleased to present the fourth *Healing the past by Nurturing the Future* HPNF) project newsletter, which we send out three times a year. We are now halfway through the second year of this four-year journey and we are all enjoying learning a lot together about how we can help to better support parents experiencing childhood hurt or complex trauma in our communities to achieve their hopes and dreams for their own families.

### Welcome Olivia

Olivia Wells has joined the HPNF project team as a Research Officer (part time) and is based at Congress in Alice Springs. Olivia has worked in social services for several years in child protection, domestic violence, community work and most recently with Aboriginal families in Alice Springs. She has a keen interest in and enjoyment of working alongside women and a passion for human rights and social justice. Olivia is currently busy organising the first round of parent discussion groups in Alice Springs. The aim of these discussions is to ask Aboriginal parents what support would be helpful for those who may be experiencing complex trauma to heal and nurture their own children. Welcome Olivia!



### Our video is live!

We are delighted to present a brief 13-minute video for parents, community members and others about how childhood hurt or complex trauma can impact in the perinatal period. We hope this is a useful resource for you to share and use, and resource. See <https://www.latrobe.edu.au/jlc/research/healing-the-past/research>



Australia's National Institute for Aboriginal and Torres Strait Islander Health Research

Team planning day reflections on working with trauma in the gardens at La Trobe University, Bundoora.



### Team planning day

On the 14<sup>th</sup> May 2019 we enjoyed a rare day in the same place, with Olivia Wells (far left) travelling from Alice Springs, and Yvonne Clark (2<sup>nd</sup> from left) travelling from Adelaide, to join other team members (Leanne Slade, Fiona Mensah, Catherine Chamberlain, Carol Reid, Naomi Ralph and Georgie Igoe (left to right)). We had a productive day planning for the year ahead, as well as catching up and taking some time to think about how we care for ourselves and each other when working with trauma.



Emeritus Professor Judy Atkinson attending government house for Award ceremony.



Vanessa Pigrum (Cranlana CEO) and Associate Professor Catherine Chamberlain

### Congratulations!

On the 26 January, 2019 Emeritus Professor Judy Atkinson received a [Member of the Order of Australia \(AM\)](#) for her services to the Indigenous community, to education and to mental health. Well done Judy! We are so grateful for all you have done and continue to do for and with our communities to heal from intergenerational trauma.



A huge congratulations to Associate Professor Cath Chamberlain who was awarded the prestigious [Cranlana Award for health research leadership and excellence](#). Associate Professor Cath Chamberlain has been a guiding light towards understanding and healing. The [awards were announced at Lowitja's International Indigenous Health and Wellbeing Conference in Darwin](#) on the 19<sup>th</sup> June 2019. This award is a great endorsement of the work of the Healing the past by nurturing the future project team, and has generated a lot of [media](#) and social media interest. Thankyou to Cranlana and the Lowitja for sponsoring the award.



## Royal Australian College of General Practitioners/Australian Society of Psychological Medicine Society Biennial Joint Conference

Associate Professor Cath Chamberlain presented a keynote on 'Opportunities for healing from complex trauma during the perinatal period' at the [RACGP/ASPM Biennial Joint Conference](#) in Melbourne on Sat 1<sup>st</sup> June 2019. A copy of the presentation will be available on the project website or via this [dropbox link](#).

## Lowitja Conference

Several members of *the Healing the past by nurturing the future* team (pictured below) were able to attend the [2019 Lowitja conference](#) in Darwin from 18-20 June 2019. This was a fabulous event with great keynotes that are available on the website. Our team shared four presentations, including:

1. A workshop about 'establishing strong foundations' for the project.



*Pictured (from left to right): Danielle Dyall, Caroline Atkinson, Naomi Ralph, Catherine Chamberlain, Joy Makepeace and Yvonne Clark. (Tanja Hirvonen not pictured).*

2. Cath and Naomi presented the findings from the qualitative meta-synthesis of parents' views.
3. Yvonne, Tanja and Danielle provided an overview of complex trauma and strategies to minimise triggering.
4. Yvonne and Tanja presented a [poster](#) describing the HPNF project safety protocol.

### Self-care tip 😊

Try this fabulous new mindfulness app from the NPY Women's Council in language

<https://www.npywc.org.au/news/uti-kulintjaku-and-smiling-mind-guided-meditations-launched/> These mindful meditations have been created and recorded by Pitjantjatjara and Ngaanyatjarra speakers and piloted through schools in the APY Lands. Thanks to the support of the NIB foundation the project is available for free on the Smiling Mind app, these meditations are for adults and children alike.



*\* Rene Kulitja from the Uti Kulintjaku project of NPY Women's Council \*Photo by Rhett Hammerton copyright NPY Women's Council Aboriginal Corporation*