



Healing the past by nurturing the future

KEY STAKEHOLDER CO-DESIGN WORKSHOP 3 PROGRAM Aborigines Advancement League, 2 Watt St, Thornbury, VIC 3071

Workshop 3 builds on the learnings from [two previous workshops](#). We will aim to work towards co-designing perinatal strategies for Aboriginal and Torres Strait Islander parents experiencing complex trauma (during pregnancy and to two years after birth). Our focus will be on the four domains detailed in the [project conceptual framework and plan](#): **(Day one)** (1) awareness, and (2) recognition, **(Day Two)** (3) assessment and (4) support.

Thurs 14 th November: Day One – Co-designing Awareness and Recognition strategies		
Registration will be from 8:30-9:25am with tea/coffee		
8.40 am: Review and discussion of workshops 1 and 2 with Cath Chamberlain (Optional – recommended if attending co-design workshop for the first time) ¹		
9.30	START	Welcome to country (Aunty Irene Morris)
9.40	Creating our safe space and getting to know each other	
10.00	Overview of <i>Healing the Past by Nurturing the Future</i> project^{2,3}	
10.40	Awareness: Hearing the voices and perinatal experiences of parents who suffered hurt in their own childhood⁴	
11.15	MORNING TEA	
11.30	Awareness: What does a trauma aware perinatal service look like	
12.10	What needs to happen to improve trauma awareness for parents and service providers?	
1pm	LUNCH and 'Reweaving our future' basket weaving with Aunty Dot Lovett	
2pm	Recognition: Stakeholder voices about why, by whom, where and how discussions about complex trauma should be held⁵	
2.30	What should safe processes/discussions to recognize parents who may be experiencing complex trauma look like?	
3.15	AFTERNOON TEA	
3.30	What needs to happen to improve/develop safe processes or discussions to recognize parents who may be experiencing complex trauma?	
4.00	Reflection on day	
4.15	Indigenous Yoga (comfy clothing required) – Wayapa https://wayapa.com/	
5.15	THANK YOU AND CLOSE	

OPTIONAL DINNER 6.15pm: Welcome to Thornbury bar and food truck park <https://welcometothornbury.com/>

Friday 15th November: Day Two – Assessment and support strategies			
Registration will be from 8:30-9:10am with tea/coffee			
9.15	START	Acknowledgement. Djíri Djíri dancers and Didgeridoo	
9.40	Creating our safe space		Sue-Anne Hunter
9.50	Recap of previous day and outline of purpose of today		Cath Chamberlain
10.10	Assessment: Hearing the story of the development of an assessment tool for Aboriginal parents experiencing complex trauma⁶		Graham Gee and Olivia Wells
10.30	MORNING TEA		
10.45	Yarning about the draft assessment tool		Group discussions
12.00	LUNCH Basket weaving with Aunty Dot Lovett & Live music by Kartanya Maynard		
1.00	Support: Hearing what parents currently find helpful^{7,8,9} Reviewing support strategies that have been evaluated		Yvonne Clark and Carol Reid
1.30	What is the main goal or purpose of support? What supports are needed (or NOT) to achieve these goals?		Group discussions
2.45	AFTERNOON TEA		
3.00	Sharing		Group discussions
3.30	Overview of day and next steps		Cath Chamberlain
4.00	Reflections, evaluation forms and letting go		Sue-Anne Hunter
4.30	THANK YOU AND CLOSE		

Bibliography (unpublished resources to be shared prior to workshop):

1. Chamberlain C, Gee G, Harfield S, Campbell S, Brennan S, Clark Y, Mensah F, Arabena K, Herrman H, Brown S for the Healing the past by nurturing the future team. (2019) [Parenting after a history of childhood maltreatment: A scoping review and map of evidence in the perinatal period](#). PLOS ONE. 2019;14(3).
2. Chamberlain C, Gee G, Brown SJ, Atkinson J, Herrman H, Gartland D, Glover K, Clark Y, Campbell S, Mensah F, Atkinson C, Brennan S, McLachlan H, Hirvonen T, Dyall D, Ralph N, Hokke S, Nicholson JM. [Healing the past by nurturing the future - co-designing perinatal strategies for Aboriginal and Torres Strait Islander parents experiencing complex trauma: framework and protocol for a community-based participatory action research study](#). BMJ Open. 2019.
3. Clark Y, Gee G, Ralph N, Atkinson C, Brown S, Glover K, McLachlan H, Gartland D, Hirvonen T, Atkinson J, Andrews S, Chamberlain C for the Healing the Past by Nurturing the Future Investigators Group and Co-Design Group. Healing the past by nurturing the future: Cultural and emotional safety framework. Journal of Indigenous wellbeing (accepted 7.5.19)
4. Chamberlain C, Ralph N, Hokke S, Clark Y, Gee G, Stansfield C, Sutcliffe K, Brown SJ, Brennan S for the Healing the Past by Nurturing the Future group. Healing the Past by Nurturing the Future: a qualitative systematic review and meta-synthesis of pregnancy, birth and early postpartum experiences and views of parents with a history of childhood maltreatment. Under review.
5. Chamberlain C, Gee G, Gartland D, Mensah F, Mares S, Clark Y, Ralph N, Atkinson C, Hirvonen T, McLachlan H, Herrman H, Edwards T, Nicholson JN, Brown SJ for the Healing the Past by Nurturing the Future group. Community stakeholders' perspectives of assessment for Aboriginal and Torres Strait Islander parents experiencing complex childhood trauma: 'How you talk about it is more important than what you talk about'. Draft article.
6. Gee G et al. Draft assessment tool (in progress).
7. Clark et al. Discussion with Deadly Nanna's about support for parents (in progress).
8. Reid C. et al. Systematic reviews of support strategies (in progress).
9. Chamberlain C et al. Aboriginal perspectives about what support would be helpful (in progress).

Role of key stakeholders participating in Workshop 3

The Healing the past by nurturing the future project aims 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 and values).

In each workshop we are tackling a new 'step' in an [intervention mapping process](#) and 'reflecting and planning' for the next cycle in this community-based participatory action research project (see [detailed published protocol](#)² or Figure 2 below for summary of plan). Detailed reports of discussions held in workshops 1 and 2 are available on the HPNF project [website](#).

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.

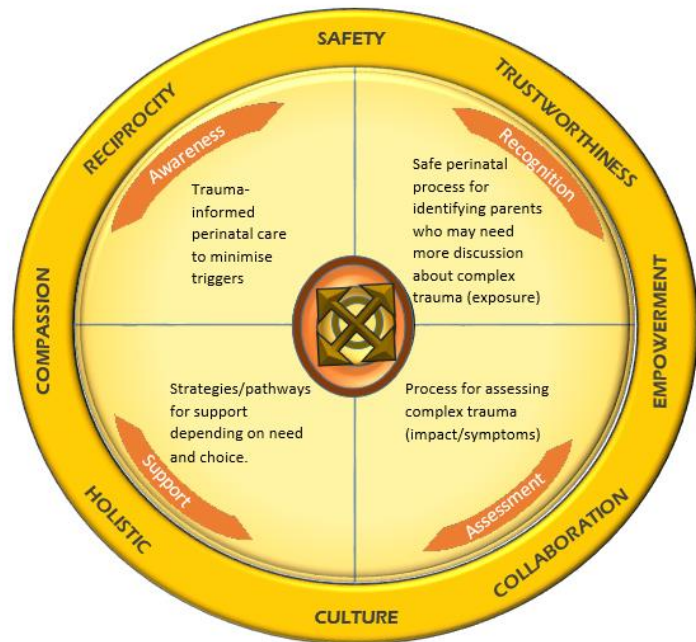


Figure 1: conceptual framework and values

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.

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 2: Healing the past by nurturing the future project plan

