

Acknowledgement





Introductions





Expectations and Boundaries

Intergenerational Trauma



Intergenerational Trauma

Definition:

Trauma experienced by one generation that is passed down to subsequent generations through behaviors, beliefs, and environmental conditions.

•Causes in Aboriginal Communities:

- Forced removals (e.g., Stolen Generations).
- Loss of land, culture, and language.
- Systemic discrimination and marginalization.
- Impacts of colonization, including violence and forced assimilation policies.

•Effects:

- Mental health challenges (e.g., depression, PTSD, anxiety).
- Family dysfunction.
- Disconnection from Country, family and cultural identity.



Social and Emotional Wellbeing



Cultural Safety

- Definition:**

Cultural safety involves creating an environment where clients feel respected, valued, and free from discrimination.

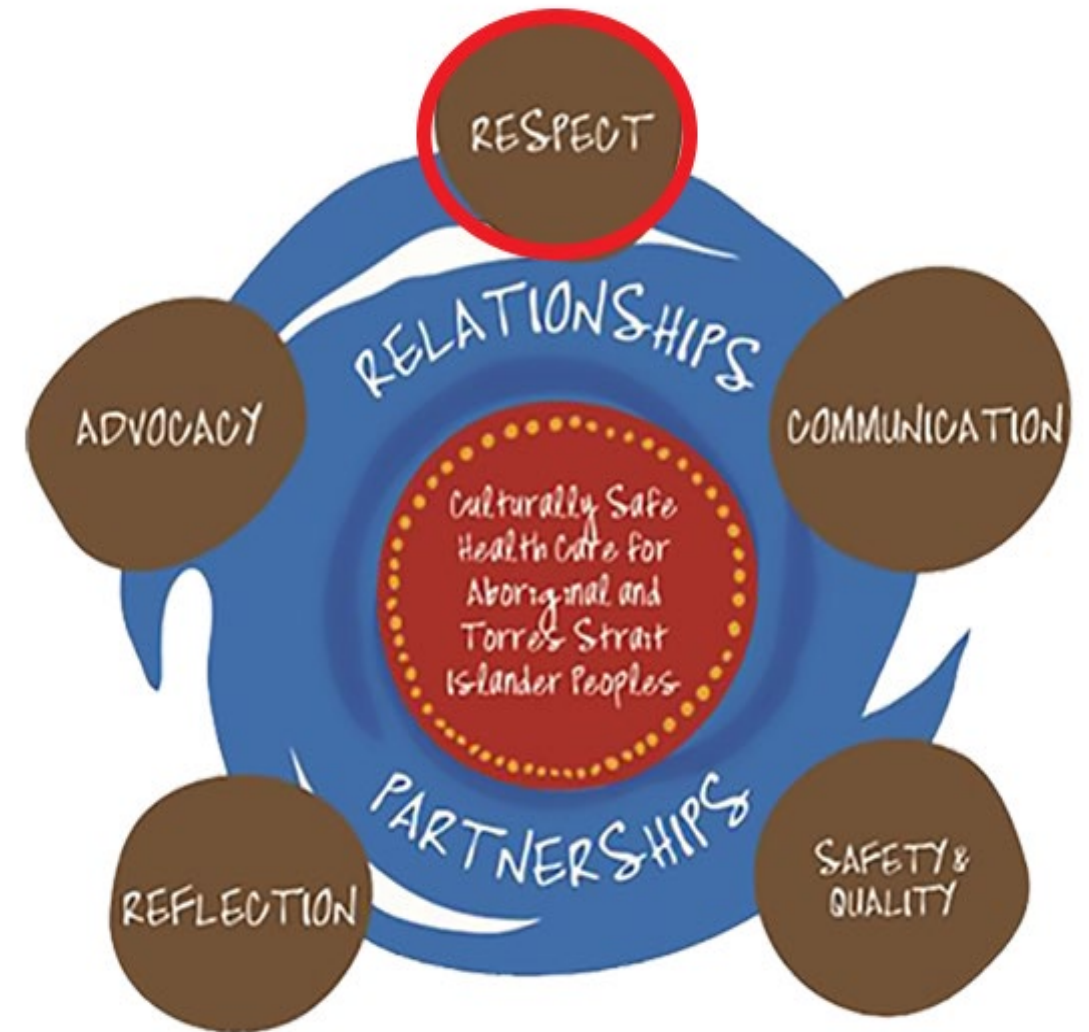
- In Aboriginal Contexts:**

- Acknowledge historical injustices and systemic inequities.
- Respect Aboriginal worldviews, cultural practices, and strengths.
- Actively work to address power imbalances between professionals and clients.

- Benefits:**

- Strengthens trust and communication.
- Promotes better mental health and legal outcomes.
- Supports reconciliation by respecting cultural identity.

How do we create
a culturally safe
environment?



Definition of Cultural Safety

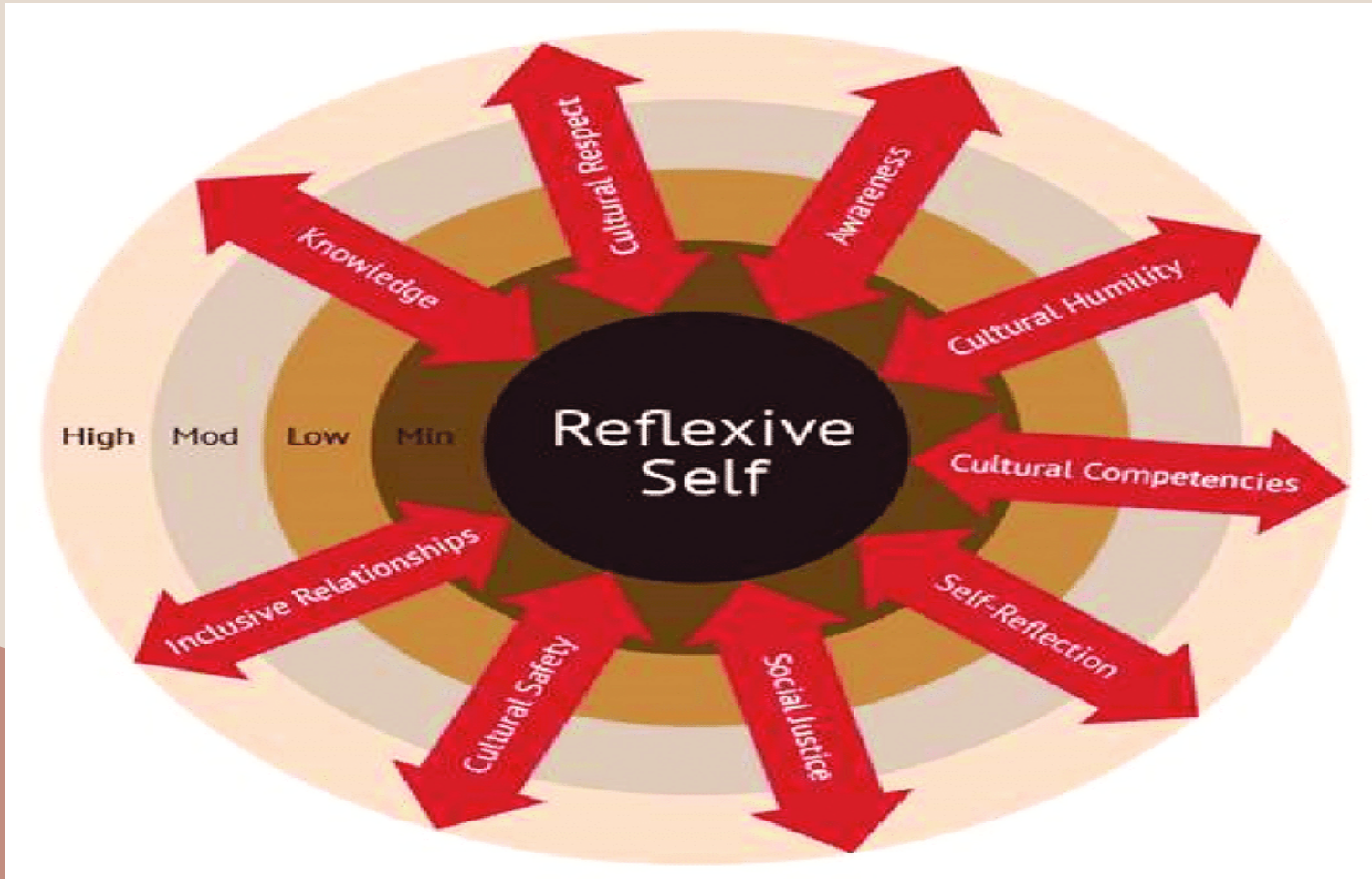
Ahpra (2019) offers the following definition of cultural safety: “Cultural safety is determined by Aboriginal and Torres Strait Islander individuals, families, and communities. Culturally safe practise is the ongoing critical reflection of practitioner knowledge, skills, attitudes, practising behaviours and power differentials in delivering safe, accessible, and responsive healthcare free of racism that;

- a. Acknowledge colonisation and systemic racism, social, cultural, behavioural and economic factors which impact individual and community health;
- b. Acknowledge and address individual racism, their own biases, assumptions, stereotypes and prejudices and provide care that is holistic, free of bias and racism;
- c. Recognise the importance of self-determined decision making, partnership and collaboration in health care which is driven by the individual, family and community;
- d. Foster a safe working environment through leadership to support the rights and dignity of Aboriginal and Torres Strait Islander people and colleagues.

Relational Processes

- Two-way learning
- Dadirri
- Yarning
- Respect

Cultural Responsiveness



Trauma



Trauma Informed



Trauma Informed

- Core Principles:

- Recognize trauma and its widespread impact.
- Avoid causing further harm (retraumatization).
- Empower clients with choice, trust, and collaboration.

- In Practice:

- Adapt interventions to consider how trauma influences behavior and responses.
- Build trust by acknowledging and validating clients lived experiences.
- Use sensitivity when addressing difficult topics, avoiding judgment or blame.



Challenges Without Trauma-Informed and Culturally Safe Practices

- For Clients:
 - Risk of retraumatization.
 - Increased mistrust in systems and services.
 - Poor mental health, legal, and social outcomes.
 - Resistance/distrust
 - Legacies
- For Professionals:
 - Reduced effectiveness in interventions and advocacy.
 - Risk of perpetuating systemic injustices.
 - Dysregulated clients
 - Unable to get the whole story-misinterpret and misdiagnosis
 - Ethical breaches and damage to professional credibility.

What are the challenges?

Work Environment



In Your Practice



Engagement

Educate yourself about intergenerational trauma and Aboriginal histories.

1. Build Strong Relationships:

1. Take time to establish trust and rapport with clients.
2. Validate experiences of trauma without judgment.

2. Adapt Approaches:

1. Use flexible and collaborative strategies tailored to cultural contexts.
2. Integrate traditional healing practices alongside Western methods when appropriate.

3. Advocate for Systemic Change:

1. Challenge institutional policies that disadvantage Aboriginal people.
2. Promote equity and cultural inclusion in your practice.

Addressing Disadvantage

- Culturally safe and trauma informed
- Yarning
- Allowing a person to tell their story
- Allow time
- Use open ended questions, e.g what was that like for you, how did that make you feel, etc
- Refer to the Bugmy Bar Book chapters [The Bugmy Bar Book](#)





thank you

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