



HealingFoundation

Strong Spirit • Strong Culture • Strong People

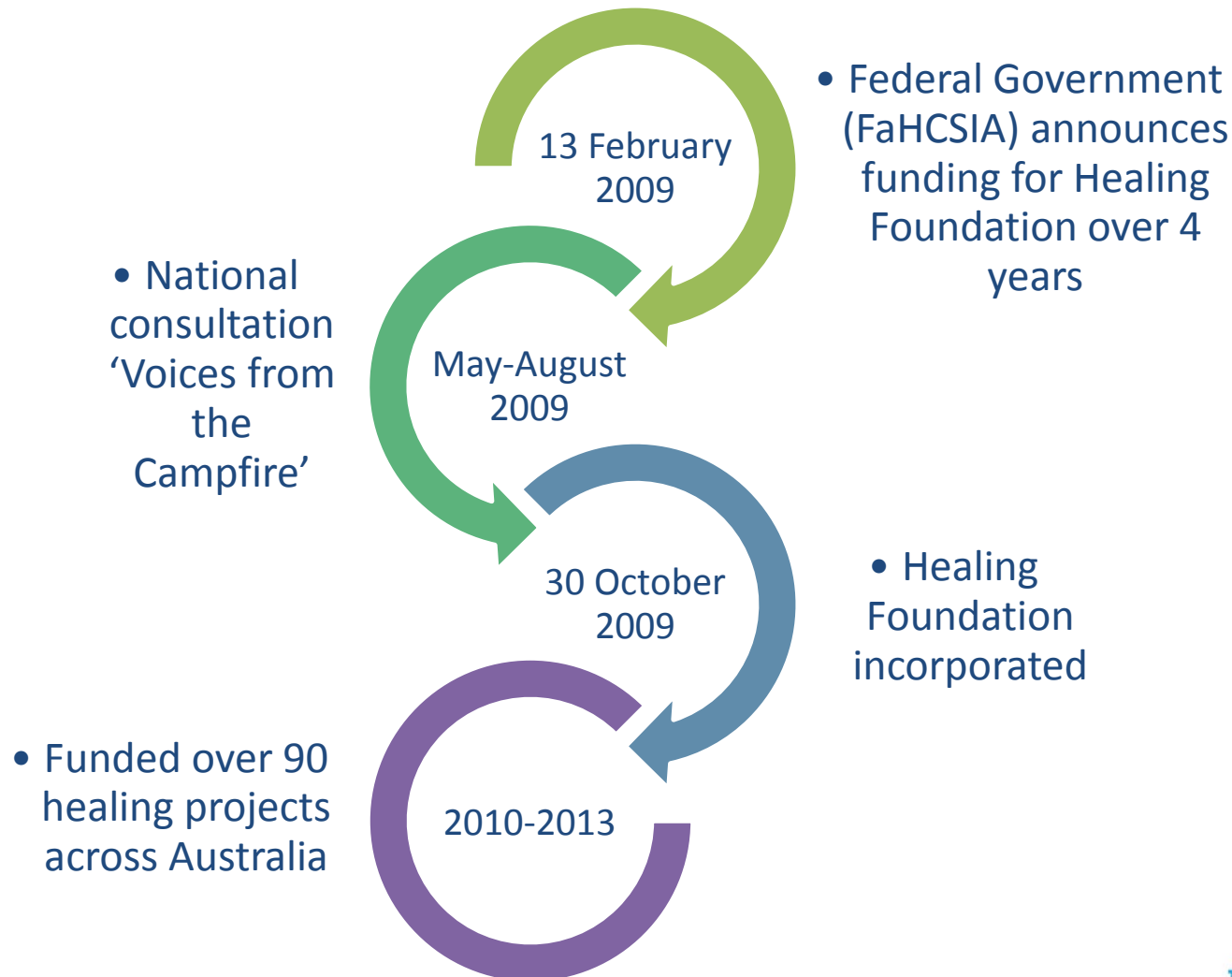
WHO WE ARE

The Aboriginal and Torres Strait Islander Healing Foundation is an independent Indigenous organisation with a focus on healing our community



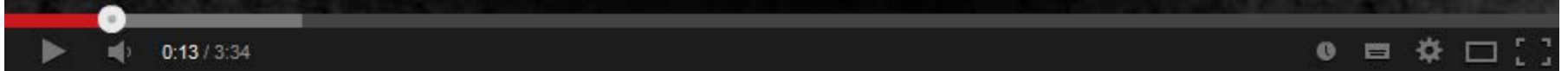
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WHERE WE CAME FROM





The story of the HealingFoundation



OUR PURPOSE



Support Aboriginal and Torres Strait Islander people:

- To heal from the wounds of past government policies and practices
- To connect to our culture and spirit



WHAT WE DO



- Develop and capture the story of healing
- Support the development of culturally strong, locally developed and run programs for Indigenous people and communities
- Build capacity and leadership within communities to respond to trauma
- Fund community based training and education projects
- Research best practice in culturally strong healing programs
- Undertake evaluation of our projects



WHAT IS HEALING?

Healing is a new and emerging approach to addressing our trauma. It restores harmony and balance to individuals, families and communities.

Healing may:

- Address trauma and hurt associated with colonisation
- Utilise preventative and restorative approaches as well as therapeutic interventions
- Address issues at individual, family and community levels
- Empower, provide hope and generate change
- Be grounded in spirituality and culture
- Be a journey, a process rather than a product



WHAT DOES HEALING DO?

- Healing creates change for individuals, families and communities
- Deals with the underlying causes and restores the truth of our story
- Enables us to identify the true cause of our pain
- We are free then to address the negative ways we have adapted to deal with this and create renewed ways of interaction



TYPES OF HEALING ACTIVITIES

Cultural/Reconnection
trips

Yarning circles, healing
camps/gatherings

Going back to ceremony,
rituals and tradition

Sharing culture

Peer support, education,
mentoring and life skills

Counselling/therapeutic
support

Community education

Community governance
and leadership

Development of
programs/centres and
resources



ELEMENTS OF QUALITY HEALING PROGRAMS



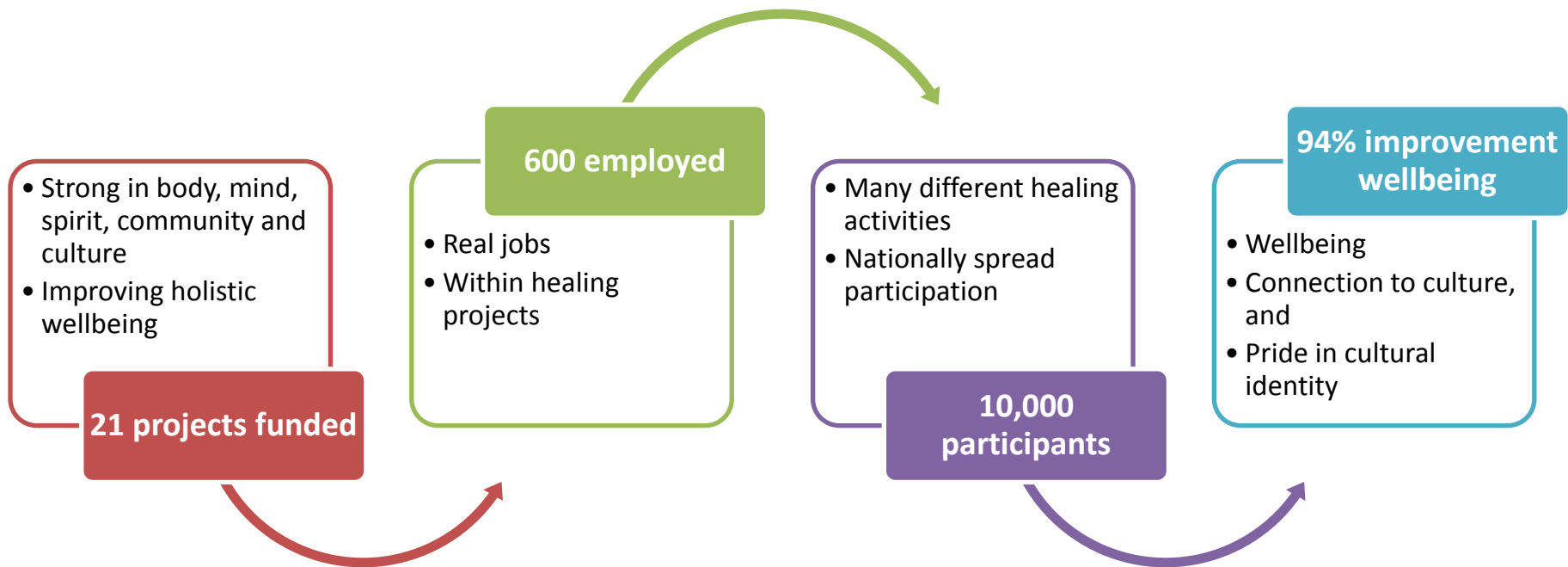
THE EVIDENCE FOR HEALING



National and international evidence has shown that reconnecting to culture and building our identity is central as a pathway to healing and change



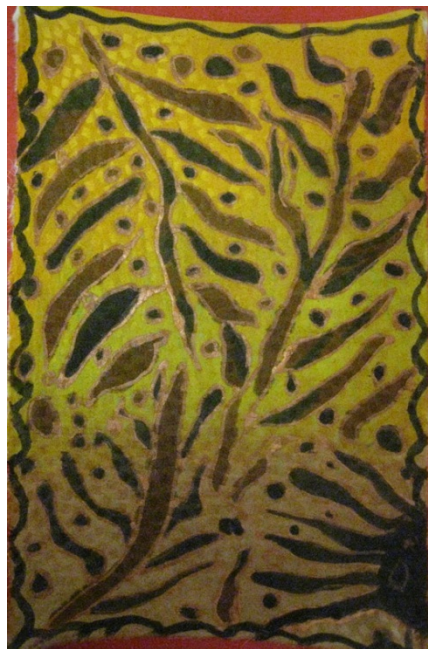
OUR HEALING, OUR SOLUTIONS



WHAT WE LEARNT – EMERGING THEMES

- Identifying with our cultural lineage makes us proud and dignified
- Preserving and sharing our culture gives us a sense of future
- Connecting with our land, country and history makes us strong
- Following our cultural ways makes us feel good and builds our spirits
- Strengthening our community gives us belonging and protection
- Acknowledging leadership allows us to mentor our future leaders
- Using our cultural skills in our work makes us feel valuable
- Respecting ourselves and others is an important cultural value that guides us
- Grieving space and healing time lets us take care of hurt
- Reconnecting with our spiritual self is powerful and makes us feel whole





'I don't feel down on myself as much as I used to and it all comes down to this—we are there for each other and we have a safe place to come, to meet, yarn, to share our stories, our grief and find strength.'





‘He spoke about the hardship and pain that surrounded him each day...getting angry and fighting, withdrawing from others, or turning to grog and gunga. After participating in the group over many months, he proudly shared a story about mediating conflict between family members in a respectful but assertive manner and using his own strategies to stay calm.’





THE JOURNEY TO HEALING

47 projects

**150
employed**

**5,000
participants**



‘Trauma is being played out in the details of their lives, their homes, their communities, and their workplaces.’



Community Education

- 79% of participants reported increased knowledge of trauma
- 73% of participants reported they can now better manage the impacts of trauma
- 60% of participants reported increased use of community support services



‘He has created a new beginning – he has reengaged with employment and reunited with his family. Our community now has a positive participating male community member who is viewed by his family, the community, and the workforce as an outstanding role model.’



Workforce Development

87% of workers reported increased ability to recognise the impacts of trauma

82% of workers reported increased knowledge of how to intervene when working with trauma

80% of workers reported increased ability to respond to trauma

88% of workers reported increased confidence in relation to their work overall



‘There is significant evidence in the findings that those working with people who have suffered trauma have very often themselves suffered or are operating within their own trauma.’



HEALING CENTRES

- Strengthen connections
- Developed and led by Indigenous people
- Mainstream skills and knowledge
- Empower individuals
- Blends traditional/contemporary practices



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Whadyaknow how to make fabric art from nature

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