

TheMHS Perth Virtual Conference

Balancing the System

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<https://www.indigitube.com.au/video/5c130288af201e3b7abd8223>

Gamarada Universal Indigenous Resources
guir.com.au

Cross-cultural alliance between Indigenous and mainstream mental health practitioners as a framework for coaching and mentoring in the classroom and community



Carolyn Minchin with US psychologist, Marsha Linehan, Byron Clinic training, 2016



Miriam Rose Ungunmerr-Baumann, from Nauiyu (Daly River) with Ken Zulumovski, Kiradahnn and Kubbi-Kubbi, Healing Foundation, 2010

What matters and what
are we willing to do
about it?

Finding Stillness In Corporate Governance

Values dialogue and
Acceptance and
Commitment – staying
on track for a life
embodying purpose and
values

Values activity

The six core values

Spirit and integrity

Cultural continuity

Equity

Reciprocity

Respect

Responsibility

Keeping Research on Track - National Health Medical & Research Council

Values activity

The six core values

1, Spirit and integrity This is the most important value that joins all Aboriginal and Torres Strait Islander Peoples' values together. The first part, spirit, is about the ongoing connection and continuity between Aboriginal and Torres Strait Islander Peoples' past, current and future generations. The second part, integrity, is about the respectful and honourable behaviours that hold Aboriginal and Torres Strait Islander values and cultures together.

Values activity

The six core values

2, Cultural continuity Research can harm Aboriginal and Torres Strait Islander Peoples' and communities' knowledge, cultures, languages and identity. This value is about research being conducted in a way that protects the rights of Aboriginal and Torres Strait Islander Peoples to uphold, enjoy and protect their knowledge, cultures, languages and identity, in terms of individuals and as communities

3, Equity Aboriginal and Torres Strait Islander people and communities have experienced inequities as a result of discrimination and marginalisation. Aboriginal and Torres Strait Islander Peoples recognise the equal value of all individuals. One of the ways that this is shown is in commitment to fairness and justice. Equity affirms and recognises Aboriginal and Torres Strait Islander Peoples' right to be different.

Values activity

The six core values

Reciprocity Aboriginal and Torres Strait Islander Peoples' way of shared responsibility and obligation is based on diverse kinship networks. This keeps ways of living and family relationships strong. These responsibilities also extend to caring for country and all within it, and involve sharing benefits from the air, land and sea, redistribution of resources, and sharing food and housing.

Respect Respect for each other's dignity and individual ways of living is the basis of how Aboriginal and Torres Strait Islander Peoples live. Within Aboriginal and Torres Strait Islander Peoples' cultures, respect strengthens dignity and dignity strengthens respect. A respectful relationship encourages trust and co-operation. Strong culture is built on respect and trust, and a strong culture encourages dignity and recognition and provides a caring and sharing environment. Seeking consent and negotiating an agreed outcome through a formal research agreement are important ways of demonstrating respect.

Values activity

The six core values

Responsibility

All Aboriginal and Torres Strait Islander communities recognise the same most important (core) responsibilities. These responsibilities involve caring for country and all within it, kinship bonds caring for others, and the maintenance of cultural and spiritual awareness. The main responsibility is to do no harm to any person or any place. Sometimes these responsibilities may be shared so that others may also be held accountable.

GAMARADA Community Healing and Cultural Leadership NOW ONLINE

Gamarada provides a space for people to band together and reduce social isolation. There is a focus on kinship, health and social and emotional wellbeing.

"If we fail to strive for community-wide healing, then all future investment in social programs in Indigenous communities will be like building a house on quicksand."

Tom Calma, Aboriginal and Torres Strait Islander social justice commissioner 2008

Gamarada's culturally safe programs incorporate the COURAGE coaching model.

COURAGE (Culture, Optimism, Understanding, Relationships, Acceptance, Gratitude, Encouragement) combines Indigenous Wisdom Traditions, Military Leadership and Western behavioural approaches.

Join our **online** group via Zoom every Monday night
6PM - 8PM AEST

Copy the link: <https://zoom.us/j/2074433537>

Password: 087227



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Gandangara Health Services

Gumul Mari Dyulu – Belonging together in friendship



GANDANGARA
Local Aboriginal Land Council



Interested??
Ask how **YOU** can get involved
Phone: 02 9601 0700 Email: health@glalc.org.au

Dadirri, Deep listening

https://youtu.be/tow2tR_ezL8

Empirical evaluation of DBT in schools internationally indicates skills training to be effective as a proactive approach for a whole school cohort. In this Australian context, DBT can be modified to incorporate Indigenous perspectives in mindfulness.

We incorporate Dadirri in schools structured through a process of modifying worksheets from the Linehan DBT Skills Training Manual, combined with materials already developed for Australian schools through the work of Miriam Rose Ungunmerr-Baumann on mindfulness and Judy Atkinson on trauma-informed approaches to education.

Gamarada Universal Indigenous Resources has designed a program for teachers to meet the Australian Professional Teaching Standards, covering Standard 1. students and how they learn, 4. classroom safety, and 7. community engagement.

Methodology – Reflective Practice

Learning circle and reflective journaling

COURAGE coaching model; Culture, Optimism, Understanding, Relationship, Acceptance, Gratitude, Encouragement

Cultural conversations, building skills in open and robust communication

Use of journaling to inform practice and capacity-building

Accountability through compassion-focused peer support

Strength Through Love

Experiential learning; Gamarada –
“friends with a purpose” group process

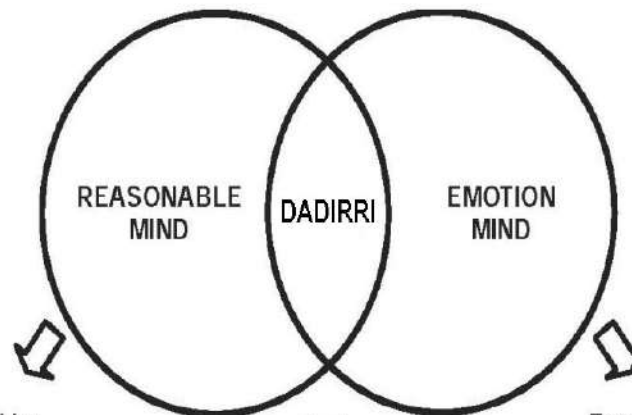
- Indigenous acknowledgement protocols
- Purpose
- Strengths and goals
- Prosociality – community
- Values and actions
- Perspective-taking

Modified worksheet example

MINDFULNESS HANDOUT 3 (Mindfulness Worksheet 3)



Wise Mind: States of Mind



Reasonable Mind Is:

Cool

Rational

Task-Focused

When in *reasonable mind*, you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important.

Emotion Mind Is:

Hot

Mood-Dependent

Emotion-Focused

When in *emotion mind*, you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.

Wise Mind Is:

The wisdom within each person

Seeing the value of both reason and emotion

Bringing left brain and right brain together

The middle path

Dadirri and the third wave therapies

“Let people explore, learn, use and combine.

Focus on process and encourage the young to invent, carry forward, and reformulate.

This is not about immortality or ego. It's about human suffering and prosperity.”

Peace, love, and life, Steven Hayes, personal communication April 16 2015

Third wave therapeutic approaches

ACT skills - identifying values and a valued direction through identifying committed actions and goals, managing inflexible thinking patterns and strong emotions "away/towards", workability, psychological flexibility at the centre of the model

DBT skills - don't make it worse, IMPROVE the moment - distress tolerance, interpersonal skills DEAR MAN GIVE FAST or getting what you want respectfully, mindfulness based on Zen practice, radical acceptance of reality, dialectic between acceptance and change

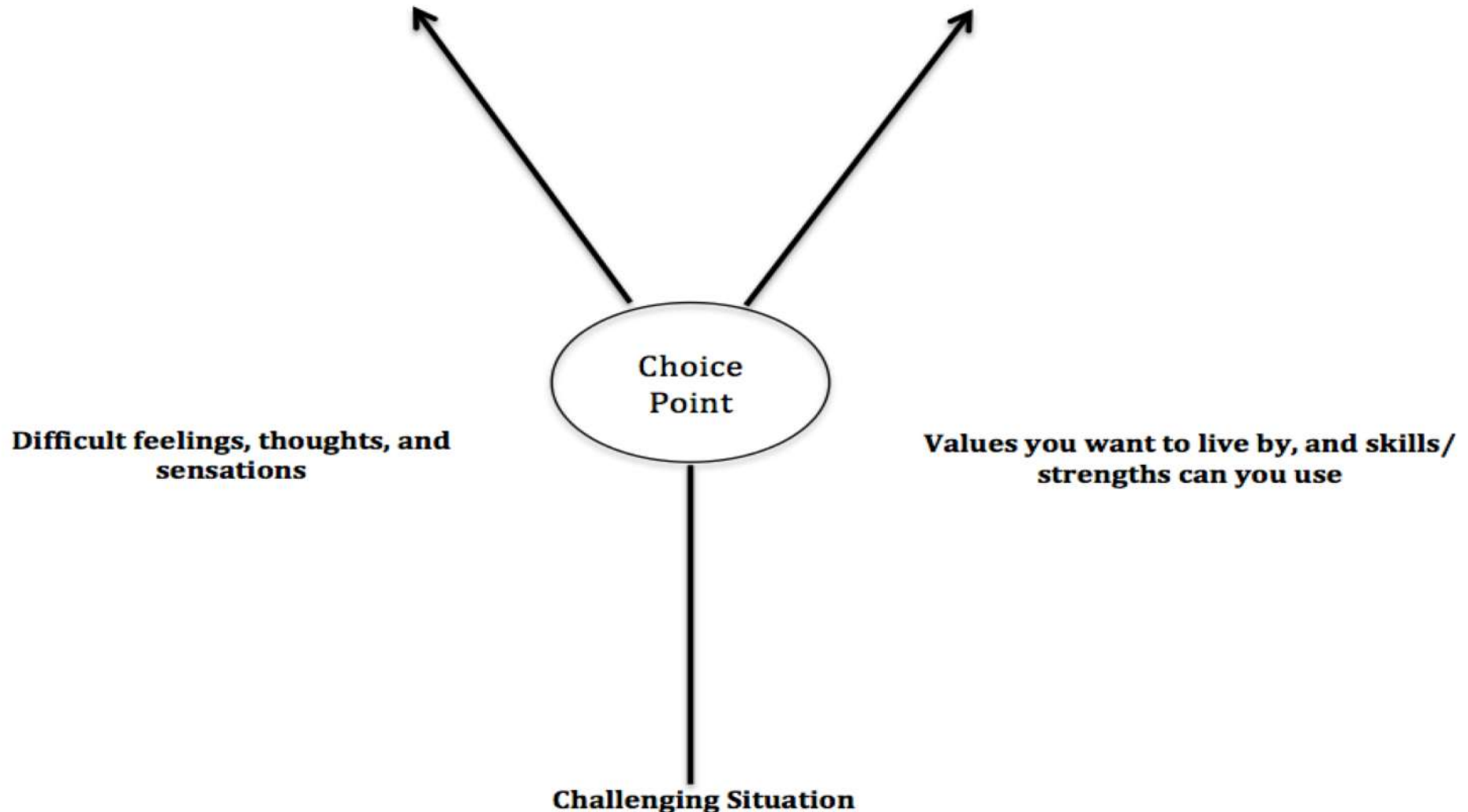
Dadirri skills - being present, listening, connection to country, understanding seasonal change, understanding connection between people and being connected, knowing how to grieve and pay respect when people pass, knowing what to do and when

Value inconsistent

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

Value Consistent

Moving towards the life outcome you want, acting effectively, behaving like the person you want to be



Take Away...

Choice Point by Bailey, Ciarrochi, Harris 2013

