

“Opportunities for healing, change and growth emerge when we listen to the earth....to traditional voices...and to each other.”



**We are a white chick and black chick working together to create trauma-informed healing programs that work for our brothers and sisters!**

Lucy is a social worker and therapist with six and a half years counselling, group-work and community development experience in remote NT. Christine is a strong, young Yolngu woman from Yirrkala, bringing the skills of deeply spiritual painting and rolemodelling to other women and children who have experienced difficult times. Working side by side, our model of practice which combines art therapy, narrative therapy and knowledge from neuroscience from the Western world with traditional knowledge and practices from Yolngu culture, offers ways of addressing and integrating traumatic experiences, without the client having to talk directly about it. It is non-threatening and culturally safe.

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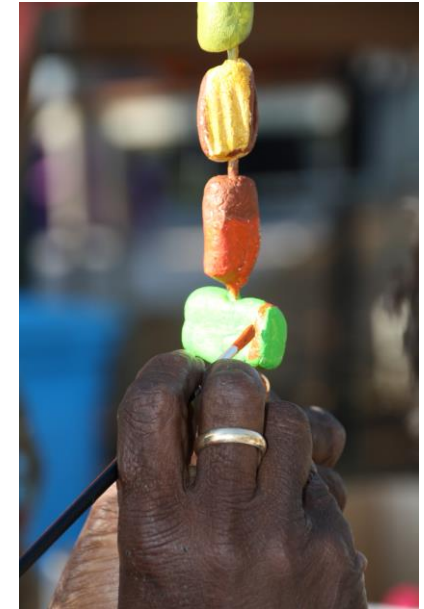
Healing from trauma through art, food and storytelling.

ABN: 81403260514



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**Healing therapeutic programs for our Indigenous brothers and sisters**

Information for government and non-government service providers - Darwin and remote Top End.



## What we do

**We tailor make and deliver trauma-informed therapeutic programs for Aboriginal women and children.**

- Individual counselling
- Group-work programs
- Government, non government or community settlements
- Trauma prevention in young children
- Collective documents drawing on people's skills, knowledge, abilities and strengths and hopes for the future
- Support and mentoring for those working with Aboriginal men
- Video conferencing to/from remote communities

## Who will benefit and how

Aboriginal women and children who have experienced any form of trauma directly or as a witness. This can include domestic and family violence, child abuse and neglect, alcohol and drug misuse, racism and lateral violence, sexual violence, intergenerational and personal grief and loss.

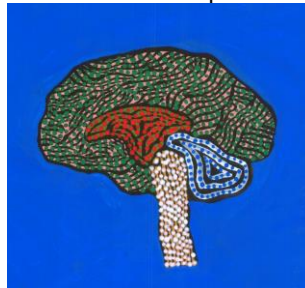
We are particularly interested in working with women with unborn or small children to prevent trauma from occurring in the new generation.

**Benefits** range from **increases** in safety and protective behaviours, self esteem and community connections to **reductions** in stress, isolation and harm to children.

## How we work

**A 'ganma' mix of Western therapeutic methodologies and knowledge from neuroscience with traditional knowledge and healing practices from Yolngu culture, to integrate traumatic experiences and build up a positive story about one's life.**

- Activities to build new neurological pathways and integrate traumatized areas in the brain
- Using culturally-fit metaphors to engage clients in conversations to prevent re-traumatisation
- Using strengths-based and culturally sensitive tools, stories and resources
- Language tools
- Art and narrative therapies
- Indigenous knowledge and healing practices
- Mindfulness
- sharing collective experience to contribute to the lives of others who have also experienced hard times
- Liaison with other child and family support services
- Referrals and follow up



## What it costs

- Group work from \$50 per person
  - Individual counselling from \$80 per hour
- Please contact us so we can develop a project proposal to meet the specific needs of your clientele.

## What others say about us

"Driven by a deep belief in social transformation and in a community's capacity to heal from within, Lucy is prepared and able to hold the crucial conversations and encourage community ownership. Organised, efficient and at the same time graciously open to the dynamics of the day, Lucy is an effective therapist, group facilitator and program coordinator." – **Melinda Tew, CatholicCare NT (2010-13)**



"Lucy has worked at Melville and Bathurst Island for six and a half years. She is a respectful and reliable person, learning about our Tiwi way. Now that Lucy has left our community, we learnt a lot from our experience, we have been teaching ourselves about how to do things for ourselves and our families. –

**Elaine Tiparui, Elder & Support Worker, Relationships Australia**