

“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 services that work for our brothers and sisters!

Lucy is a social worker and therapist with six and a half years experience in remote NT working with Aboriginal men, women, children, families and communities. Christine is a strong, young Yolngu woman from Yirrkala, bringing the skills of deeply spiritual artwork 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 you 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.

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**Counselling and
Therapeutic Support
for
our Indigenous brothers
and sisters**

**Information for
Clients**



What we do

- Ⓢ Adult counselling
- Ⓢ Children's counselling
- Ⓢ Joint or family sessions
 - Ⓢ Groupwork
- Ⓢ Confidential and private
- Ⓢ Optional support from Aboriginal Family Worker

Who will benefit

Aboriginal women and children who have experienced any form of trauma directly or as a witness.

You or someone you care about may have experienced:

- Ⓢ domestic and family violence
 - Ⓢ child abuse or neglect
 - Ⓢ separation or removal
- Ⓢ racism or lateral violence
 - Ⓢ sexual violence
 - Ⓢ grief and loss

You or your loved one may have experienced:

- Ⓢ bad feelings
- Ⓢ bad thoughts
- Ⓢ done harmful things to self or others
- Ⓢ difficulty getting on with others

How we help

We draw on a range of expressive therapies and traditional healing approaches to integrate trauma experiences and build up a positive story about one's life.

Traditional talking therapies don't always work. Why? When trauma happens, our brain and body work together to shut down the language part of the brain, making it impossible to put into words later. Especially if it happened to us as a young child. The memory is now a sensation trapped in the body. You may feel no good but don't understand why!

Trauma in early childhood may also lead to disruptions in children's attachment to caregivers, making it difficult to have relationships with others later in life.



Expressive therapies and traditional healing can be helpful to rewire the brain so you can

- Ⓢ cope with bad feelings
- Ⓢ relax
- Ⓢ re-build relationships of trust
- Ⓢ understand what has happened
- Ⓢ focus on the good things
- Ⓢ work towards your future goals

How we work

We use whatever tools you are comfortable with to help you tell the 'problem story' and help you reconnect with your 'strong story'. This might be miniature toys, puppets, books, drawing, painting, art, clay, music, strengths cards, pictures or stories.



What it costs

- Ⓢ Group work from \$50 per person
- Ⓢ Counselling from \$80 per hour

What others say about us

"In the early part, it was very hard for us. Samantha wasn't concentrating on her school work and she ran away from school. But lucky Lucy came. Lucy shared the right ideas to deal with her. After that Samantha, was feeling really good and happy. She was getting along better with her friends." (Father, Tiwi Islands)



"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