

Deadly dads: Steven Torres-Carne

My job is to care, look after protect and provide for them, and just be a good strong role model and show them that I love them and care for them and that there's good things in life for them. - Steven Torres-Carne

In this story you will hear Steven talk about his work with Aboriginal and Torres Strait Islander men's groups and the important function that **collective therapeutic models** have in supporting wellbeing. He will speak of the isolation and conditioning of men to be strong and how over time he has learned strategies to keep himself well. This includes Indigenous mindfulness and physical activities, as well as the support and connections that he and other men share in together.

Learning objectives

- Self-care and taking time for yourself to heal provide fathers with a solid foundation on which to care for their children.
- Aboriginal and Torres Strait Islander men have a shared experience of the impacts of colonisation, which can be supported through support networks and collective healing models.
- Strategies that may support other Aboriginal and Torres Strait Islander men's wellbeing.



Consider the following questions individually or in a group.

- In his story, Steven talks about the practices that have supported his healing journey. When you are supporting First Nations fathers, how could you create the opportunity or space to hear about the practices or strategies that keep fathers strong?
- Are you aware of this shared experience of Aboriginal and Torres Strait Islander men; and how could you hear, see, or understand, more about this history? Where could you find these stories?

Related resources

[Wayapa Wuurrk](#), in the language of the Maara and GunaiKurnai Peoples respectively, means 'connect to the earth' in the English language. Wayapa Wuurrk uses Indigenous thinking about our relationship with the environment and concepts of [ancient earth mindfulness](#) to encourage new perspectives on wellness.

[Dadirri](#) (da-did-ee), from the Ngan'gikurunggurr and Ngen'giwumirri languages of the Aboriginal peoples of the Daly River region (Northern Territory, Australia), and has a similar meaning to the English word 'contemplation', and is described as [the practice of 'inner, deep listening and quiet, still awareness'](#).

▶ [Watch Steven's story](#)

This resource was co-designed by:



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