

Healing the past by nurturing the future online course

Aboriginal and Torres Strait Islander peoples should be aware that this resource may contain images or names of people who have passed away.

The transition to parenthood is an opportunity for parents to heal from past traumas, but can also be triggering for many. Perinatal care workers are well placed to support Aboriginal and Torres Strait Islander parents by providing culturally responsive, trauma-informed care and fostering safety in their practice.

About this course

This course reflects the strengths, resilience and perspectives of Aboriginal and Torres Strait Islander peoples. It will develop your understandings of the historical and contextual factors that impact Aboriginal and Torres Strait Islander communities; the impacts of intergenerational trauma; and the key principles for fostering safety in perinatal care. It will also outline essential pre-requisites and practical skills for talking with Aboriginal and Torres Strait Islander parents about complex trauma in the perinatal setting.

Why was this course developed?

For too long, research and education has been led by non-Indigenous people conducting research 'on' Aboriginal and Torres Strait Islander peoples, using methodologies underpinned by privilege, racism and assumptions of knowledge superiority. This is then reflected in societal policies, health care and education systems.

In contrast, this course shares knowledge through an Aboriginal and Torres Strait Islander 'lens'. It offers a different perspective on ways of working with Aboriginal and Torres Strait Islander families, inviting you to expand your knowledge and reflect on ways to 'decolonise' your thinking and grow your practice.



How was this course developed?

The *Healing the Past by Nurturing the Future* course has been developed as part of the Healing the Past by Nurturing the Future project. This participatory co-design project is led by Aboriginal and Torres Strait Islander practitioners and researchers from a number of institutions around Australia, in collaboration with Aboriginal and Torres Strait Islander communities.

The Healing the Past by Nurturing the Future Project is part of the Onemda Aboriginal and Torres Strait Islander Health, Wellbeing, Equity and Healing Unit at the University of Melbourne. [Meet the team behind the project.](#)

Who is this course for?

This course is designed for non-Indigenous perinatal care providers working with Aboriginal and Torres Strait Islander parents and their children. This includes those practitioners working in Aboriginal and Torres Strait Islander community-controlled or mainstream services, and those working in private practice.

What is included in the course?

This course features videos, reading materials and reflective activities. It is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.

This resource was co-developed with:



The National Workforce Centre for Child Mental Health (NWC) is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.

1 | February 2022

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