

Improving the social and emotional wellbeing of Aboriginal & Torres Strait Islander children **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.

About this course

This course uses a positive, strengths-based, 'hope-inspired' focus to support practitioners in their work with Aboriginal and Torres Strait Islander children and families, reinforcing their connections, strengths and skills.¹²

The course will help learners think about the 'whole child' – their hopes, aspirations, strengths, stories of connections to family, kinship, Country and culture – as well as family histories of problems, challenges and trauma.

The course also uses a social-political-historical lens to build an understanding of disadvantage, loss of culture, and trauma in the lives of Aboriginal and Torres Strait Islander children and their families.

Why was this course developed?

This course was developed to help service providers understand the impacts of intergenerational trauma and reframe the narrative towards intergenerational healing for Aboriginal and Torres Strait Islander children.

How was this course developed?

This course was developed in collaboration with stakeholders from academia, child and family services, child mental health experts and families with lived experience of mental illness.

Who is this course for?

This course is for Aboriginal and Torres Strait Islander practitioners working with Aboriginal and Torres Strait Islander children and their families. This includes those

4 HOURS



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 includes four key elements:

- An understanding of social and emotional wellbeing, and how this can be used in child-centred conversations about child and family connections and problems.
- An understanding of child development in the lives of Aboriginal and Torres Strait Islander children and their families.
- The role that trauma has played in the lives of Aboriginal and Torres Strait Islander children and their families, and how understanding this can help make positive and healing conversations happen.
- The essential role of family and community in the lives of Aboriginal and Torres Strait Islander children, and how these relationships can be supported through hard times.

The course is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.

References

1. Chamberlain, C., Gee, G., Gartland, D., Mensah, F. K., Mares, S., Clark, Y., Ralph, N., Atkinson, C., Hirvonen, T., McLachlan, H., Edwards, T., Herrman, H., Brown, S. J., & Nicholson, J. M. (2020). [Community perspectives of complex trauma assessment for Aboriginal parents: It's important, but how these discussions are held is critical](#). *Frontiers in Psychology, 11*, 1–17.
2. Atkinson, J., Nelson, J., & Atkinson, C. (2010). Trauma, transgenerational transfer and effects on community wellbeing. In N. Purdie, P. Dudgeon & R. Walker (Eds) *Working together: Aboriginal and Torres Strait Islander mental health and wellbeing practices and principles*. Canberra: Commonwealth of Australia.

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