



Learning through the Ancient University: **DEVELOPING FIRST NATIONS THERAPEUTIC SKILLS (COMMUNITY COUNSELLING)**

ABN 18 674 554 557 / ACN 674 554 557

ACNC Registered Charity and Public Benevolent Institution



Facilitators



Tod Stokes
Legacy Counselling
and Consultancy



Bianca Stawiarski
Warida Wholistic Wellness



Contact Information

Email: Bianca@bilaempower.org
Mobile: 0438 253 202



Insurance

BilaEmpower Ltd has Public Liability (\$20 m) and Professional Indemnity Insurance (\$20 m). Policy copies available on request.



Workshop Aims and Objectives

Run as either a 2 or 3 day workshop. The 2-day workshop assumes trauma-informed knowledge, and aims to establish the foundation of First Nations therapeutic skills by exploring the concept of the Ancient University and developing culturally appropriate counselling approaches. Participants will gain an understanding of First Nations worldviews and healing practices, enabling them to provide culturally safe and effective support within their communities. If being run as a 3 day workshop, one day incorporates trauma theory as a foundational aspect.



Maximum Number of Attendees: 25



Audio/Visual Requirements

Projector and audio system with a laptop interface.
Access to Wifi is also required



Venue Set-up

As a priority, the ability to have a circle set-up with 27 chairs is ideal to properly facilitate yarning circles and group discussions. It is also requested that some tables be set up outside of the circle with chairs for smaller group activities. It is preferable to have the room light and airy, with windows overlooking natural surroundings and if possible, simple access to an outdoor area that has natural surroundings as well.



Target Group

Community members, Elders, organisational staff, and professionals working in allied health and community settings.



Participant Learning Outcomes

The workshop objectives are to:

- ✔ Establish a foundational understanding of First Nations therapeutic skills through the concept of the Ancient University.
- ✔ Explore differences between Western and First Nations worldviews, emphasising cultural perspectives on wellbeing.
- ✔ Develop skills in culturally safe communication strategies tailored to First Nations clients.
- ✔ Engage in Indigenous healing practices, including yarning circles and incorporating Country into therapeutic processes.
- ✔ Understand and apply cultural protocols and boundaries when working with Elders and community leaders.
- ✔ Recognise ethical considerations for best practice in community counselling.