

MHPN WEBINAR

Thursday 19 September 2019

Do you have what it takes to
engage with Indigenous people?



Tonight's panel



Dr Jeff Nelson
Psychologist



Dr Mary Emeleus
Psychiatry Registrar



Dr Louis Peachey
Rural General
Practitioner



Facilitator:
Professor Steve Trumble
General Practitioner

Learning outcomes

Through an exploration of identity, tonight's webinar will provide participants with the opportunity to:

- Discuss how a focus on commonalities and shared experience can help in therapeutic work and how this can be achieved.
- Identify challenges, tips and strategies for working with Indigenous clients, including collaborative practice, in the context of contemporary Australia (social, scientific and political environments).
- Describe how practice and discourse around boundaries can impact our work with Aboriginal and Torres Strait Islander clients across different professional disciplines.

9 principles to guide your work with Indigenous Australians

Working Together:

Aboriginal and Torres Strait Islander Mental Health and Wellbeing Principles and Practice



Editors: Pat Dudgeon, Helen Milroy and Roz Walker
Foreword by Tom Calma



Dr Mary Emeleus

1

Aboriginal and Torres Strait Islander health is viewed in a holistic context that encompasses mental health and physical, cultural and spiritual health. Land is central to wellbeing. Crucially, it must be understood that while the harmony of these interrelations is disrupted, Aboriginal and Torres Strait Islander ill health will persist.

2

Self-determination is central to the provision of Aboriginal and Torres Strait Islander health services.

3

Culturally valid understandings must shape the provision of services and must guide assessment, care and management of Aboriginal and Torres Strait Islander peoples' health problems generally and mental health problems in particular.

4

It must be recognised that the experiences of trauma and loss, present since European invasion, are a direct outcome of the disruption to cultural wellbeing. Trauma and loss of this magnitude continue to have intergenerational effects.

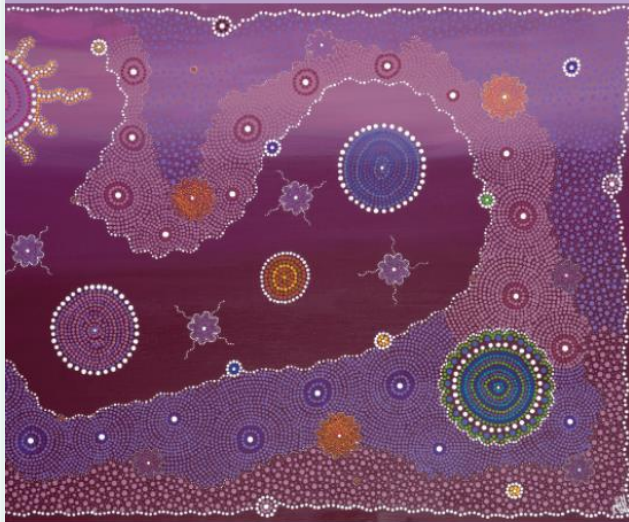
5

The human rights of Aboriginal and Torres Strait Islander peoples must be recognised and respected. Failure to respect these human rights constitutes continuous disruption to mental health (as against mental ill health). Human rights relevant to mental illness must be specifically addressed.

9 principles to guide your work with Indigenous Australians

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6

Racism, stigma, environmental adversity and social disadvantage constitute ongoing stressors and have negative impacts on Aboriginal and Torres Strait Islander peoples' mental health and wellbeing.

7

The centrality of Aboriginal and Torres Strait Islander family and kinship must be recognised as well as the broader concepts of family and the bonds of reciprocal affection, responsibility and sharing.

8

There is no single Aboriginal or Torres Strait Islander culture or group, but numerous groupings, languages, kinships and tribes, as well as ways of living. Furthermore, Aboriginal and Torres Strait Islander peoples may currently live in urban, rural or remote settings, in urbanised, traditional or other lifestyles, and frequently move between these ways of living.

9

It must be recognised that Aboriginal and Torres Strait Islander peoples have great strengths, creativity and endurance and a deep understanding of the relationships between human beings and their environment (*National Strategic Framework for Aboriginal and Torres Strait Islander Peoples' Mental Health and Social and Emotional Well Being 2004–2009, page 6*)



Dr Mary Emeleus

[Working Together: Aboriginal and Torres Strait Islander mental health and wellbeing principles and practice](#) Ed: Pat Dudgeon, Helen Milroy and Roz Walker



Q & A



Dr Jeff Nelson
Psychologist



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*This webinar is produced by the [Mental Health Professionals' Network](http://www.mhpn.org.au) in partnership with [The General Practice Mental Health Standards Collaboration](http://www.mhpn.org.au).

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Thank you and good evening