

- Simple, integrated and inclusive
- Connect, integrate, expand
- Plan, act, reflect
- Knowledge, experience, practice

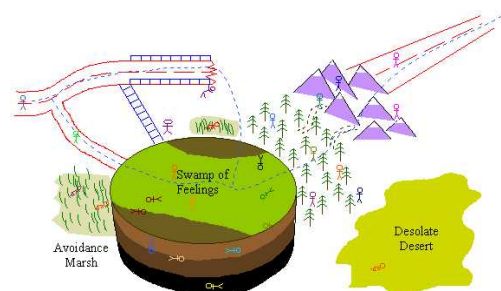
Healing trans-generational trauma and abuse

– evidence-based, best practice mental health programs

Aboriginal health and wellbeing is compromised by trans-generational trauma. Children absorb trauma from past generations, unconsciously.

Counselling/yarning, information and awareness does not heal trans-generational trauma. These assume verbal consciousness, whereas when a child absorb trauma, this is unconscious and non-verbal. To heal trauma requires building implicit neural pathways and transforming the emotion.

Using Aboriginal ways of story, song, art, movement and language within a Psychological structure we offer powerful and unique techniques for mental health. Depression, anxiety, alcohol & drug, DV, Sexual Abuse etc.



Healing through 'the map'...12 hours (2 days)

Using the 'map of loss'

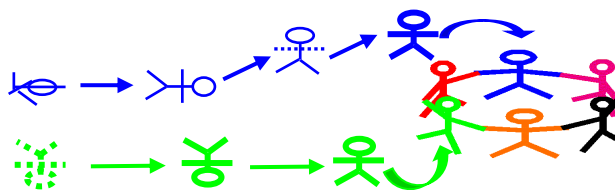
- We will show ways to heal emotionally and mentally
- We will show the cycles of violence and ways to get out
- We will show the disconnection from self and ways to reconnect
- We will have fun, sadness and laughter

Healing through 'your compass'...12 hours (2 days)

(NB. MUST complete Healing through 'the map' first)

Using 'your compass'

- We will show ways to balance and centre your life
- We will show you ways to find your core being
- We will have fun, sadness and laughter

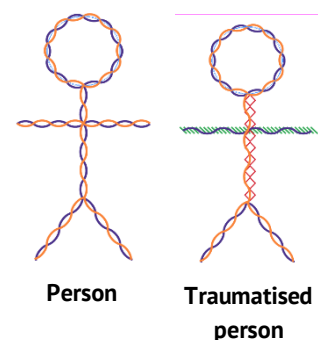


Healing the energy patterns of trauma and abuse...12 hours (2 days)

(NB. MUST complete Healing through 'the map' and Healing through 'your compass' first)

Building on 'the map' and 'your compass'

- We will show how abuse and trauma takes away power
- We will teach process to reclaim power
- We will look at how the abuser leave 'their mark'
- We will look at processes on how you can remove this 'mark'
- We will look at whatever you need to heal



Individual therapy/mentoring/coaching

WISDOM in Your Life

ABN: 32 618 554 822. 9A Lanao Way Atwell, 6164. Ph: 08 9499 4053

E: info@wisdominyourlife.com.au W: www.wisdominyourlife.com.au

Find us on 



<https://m.me/wisdominyourlife>

- Simple, integrated and inclusive
- Connect, integrate, expand
- Plan, act, reflect
- Knowledge, experience, practice

Special Deal for families.

*****Unlimited healing programs for up to 4 members of the same family for three months.*****

\$4, 000

Normal price \$8,100 if 4 members attend the three stages, have weekly mentoring and fortnightly therapy

| | Price per person/ program | UNLIMITED Healing programs for 1 person for 3 months |
|---|------------------------------|---|
| Healing through 'the map' (2 days) | \$500 | \$1,500/person |
| Healing through 'your compass' (2 days) | \$500 | |
| Healing trauma and abuse (2 days) | \$500 | |
| Individual Therapy | \$150/hr | |
| Mentoring/coaching | \$110/hr | |

**Research has found that for trans-generational trauma, having several members of the family attend repeatedly results in significantly better outcomes for the whole extended family

Our Work: Is highly specialised and unique. Our work is suitable for all ages, all nationalities and reading ability. We have a range of simple practical visual applications and tools.

Our Programs: People retain up to 90% of what they do and about 10% of what they read or hear. By using simple activities that connect and integrate the human mind, creating new neural pathways.

Our Directors: Roslyn Snyder is a registered psychologist with over 18 years experience working with youth and Aboriginal people individually, groups, businesses and communities.

Shaun Nannup met Roslyn in 2002. Shaun is an Aboriginal man who has been learning from Elders on country for over 35 years and has a wealth of cultural knowledge.

Our Facilitators: All professionally trained to deliver these programs. Over half of our facilitators are Aboriginal. Attempts will be made for any group with Aboriginal participants to have at least one Aboriginal facilitator.