



WISDOM IN YOUR LIFE

Psychological and Aboriginal Ways



Our Philosophy:

1. Simple, integrated and inclusive
2. Connect, integrate, expand
3. Plan, act, reflect
4. Knowledge, experience, practice

Aboriginal health and wellbeing - A Way Forward

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. Some people manage by distracting themselves on education, working, or sport, but this does not heal or stop the emotional pain being passed on to the next generation.

An Aboriginal boy catching tadpoles asks his Nan whether she caught tadpoles as a kid. His Nan says, with a smile, "we don't look back, bub, we only look forward". The young boy hears the words but absorbs her pain. Pain transforms to anger and at 13 he rages and is incarcerated. He does not know why he steals, is violent and uses drugs. His Nan, can't understand either, she told him to forget about the past. Later he learns her history, she was 'taken' and 'abused'. His anger transforms to despair. He suicides.

The overrepresentation in justice and welfare systems, the mortality and morbidity rates, and employment and education outcomes for Aboriginal people will continue to get worse until this trauma is healed. Trans-generational trauma is **emotional pain**. When people are emotional they do things automatically without conscious thought. How many people eat fatty foods when stressed, or drink too much when celebrating? When the trauma is generational the behaviours get worse each generation, unless it is healed. This is why we see young people doing things that two generations ago were unheard of.

WISDOM in Your Life combines Psychological and Aboriginal ways to heal. Previous projects focussed on suicide prevention, alcohol and drug, chronic disease, sport development, employment, education, and prison. Twelve independent evaluations, awards and best practice standards shows what we do works.

If you would like further information or help us in any way please contact either.

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