



# 2 Years In Review

**Qld Indigenous DFV Forum**

Samantha Wild

# Acknowledgement of Country

We acknowledge the Turrbul and Jagera people as the traditional custodians of the land and country upon which we meet.

We recognise the Gubbi Gubbi Yuggera, Yugembeh and Ugarapul people of South East Queensland.



*Reference:* Aboriginal country and pastoral stations in south-east Queensland in the 1840's Connors, L. (2015). Map by Causby, D. p 3.  
Connors, L. (2015). *Warrior: a legendary leader's dramatic life and violent death on the colonial frontier*. Crows Nest, New South Wales: Allen & Unwin.

# Cultural Pride

WAKKA WAKKA  
JINDA

DREAM TIME STORIES.



Photo: Dream Time Stories Book



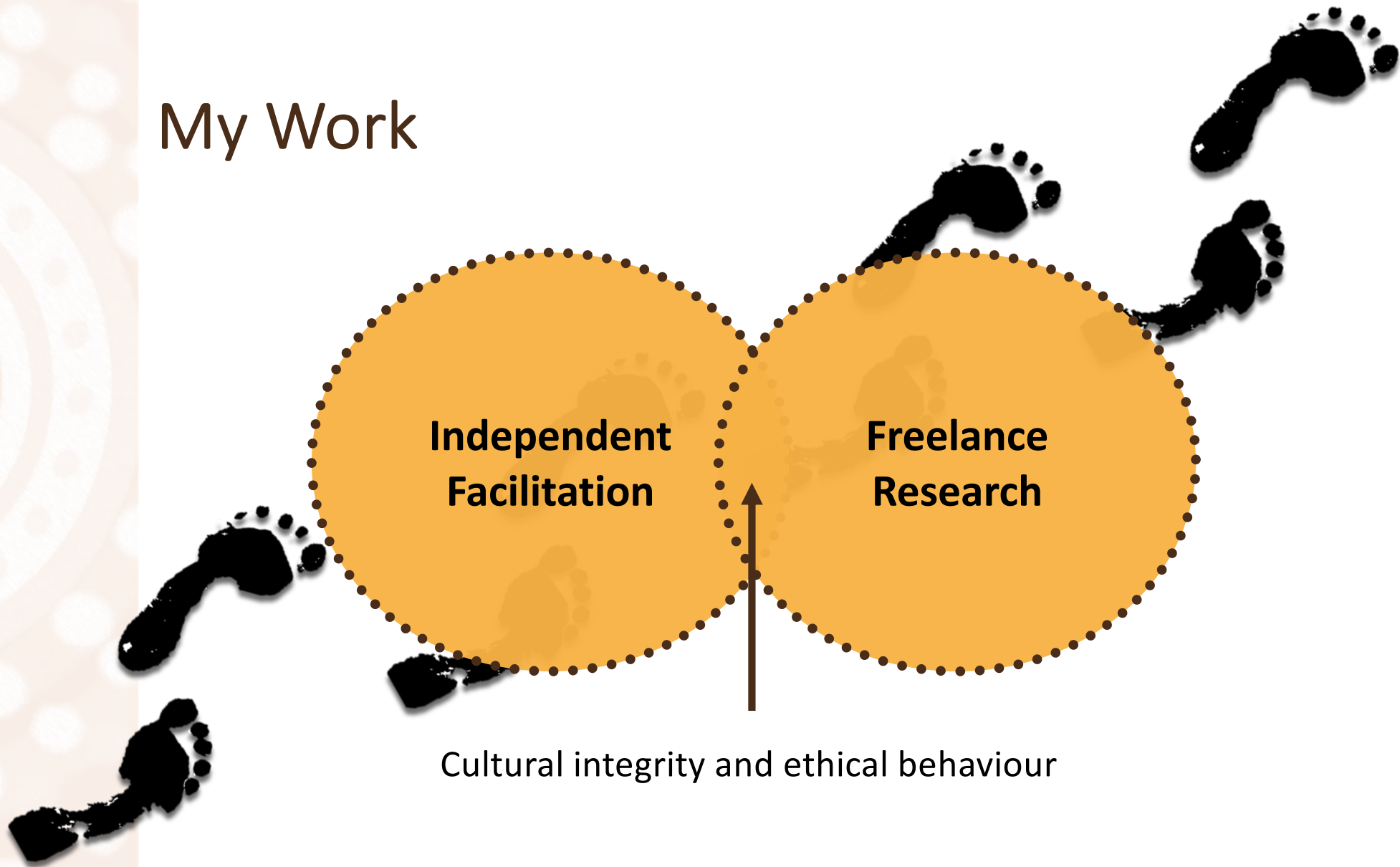
Photo: Descendants of Lily Davis

# My Work

**Independent  
Facilitation**

**Freelance  
Research**

Cultural integrity and ethical behaviour





# 2019

## Queensland

- Queensland Indigenous Family Violence Forum – Mackay
- Aboriginal and Torres Strait Islander consultation for the Domestic and Family Violence Services Practice Principles, Standards and Guidance (QLD, 2020)
- Queensland’s Framework for Action – Reshaping Our Approach to Aboriginal and Torres Strait Islander domestic and family violence
- All recommendations from ‘Not Now, Not Ever’ report complete
- Expert advisor – Death Review Board regarding Aboriginal and Torres Strait Islander Youth Suicide and complex DFV (Silke)



## Queensland's Framework for Action – Reshaping Our Approach to Aboriginal and Torres Strait Islander domestic and family violence

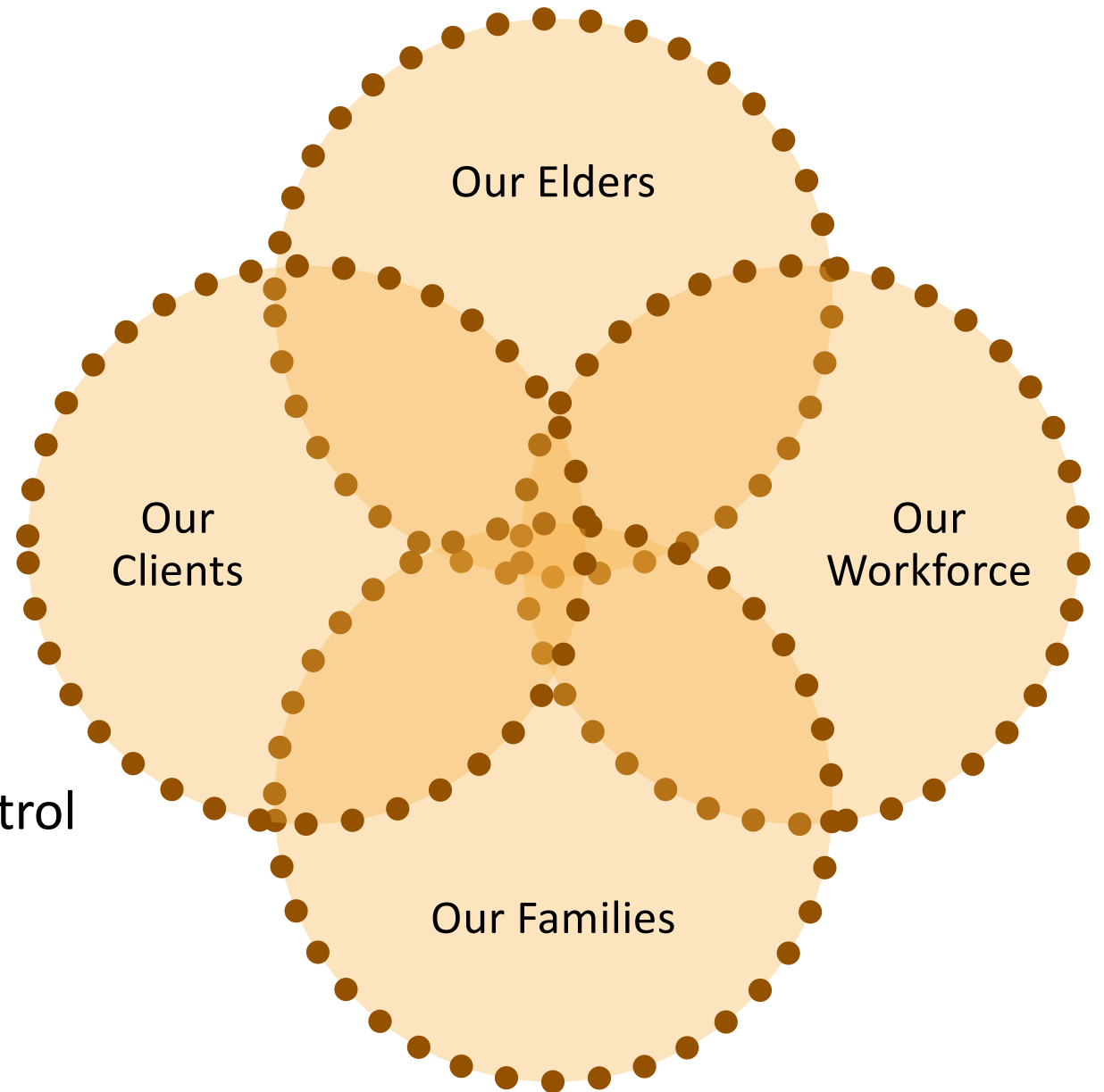
- Community safety is prioritised
- Government and communities work collaboratively and in partnership
- Self-determination, community leadership and community driven action are central to success and sustainability
- Education, prevention and early intervention are critical to mitigate the risk of domestic and family violence
- Initiatives are place-based and community led, designed and delivered
- Programs and services are strengths-based, trauma informed and healing focused
- Culture and cultural capability are valued
- Accountability, transparency, flexibility and honesty underpin all action taken

2020 - COVID 19



# 2020

- Fear
- Survival mode
- Lockdown
- Isolation
- Heightened emotions
- Stressful homes
- Increased coercive control
- Increased violence





# 2020

- Finding normality in chaos
- Familiar uncertainty
- Zoom fatigue
- Family comes first
- Being tolerant of our own flaws and failures
- Slower pace of life
- Value our freedom
- Priorities have shifted
- Greater emphasis on self care





# 2021

- Evaluation of the youth sexual violence and assault services
  - Consultation on the Fourth National Action Plan in preparation for Fifth National Action Plan
  - Evaluation of the Fourth National Action Plan
  - ‘Our Talk’ series of webinars
- 
- But I wanted something more...

# The Journey of Healing – The Five Phases

**1**  
Preparation  
for  
Ceremony

**2**  
Grounding  
on Country

**3**  
Swimming  
the River

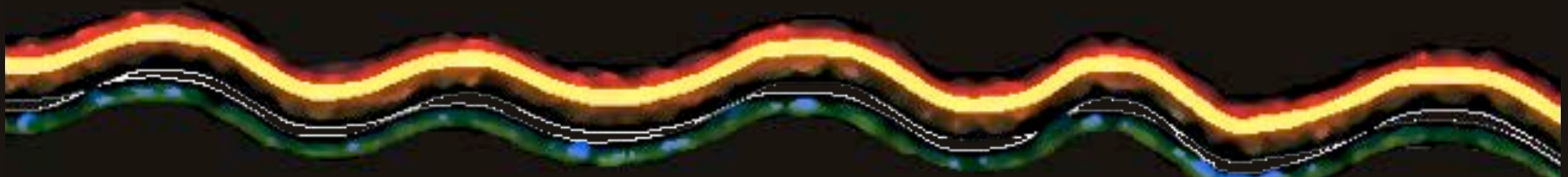
**4**  
Grief and  
Loss

**5**  
Celebration  
of Women



# Transformational Process of Yarning

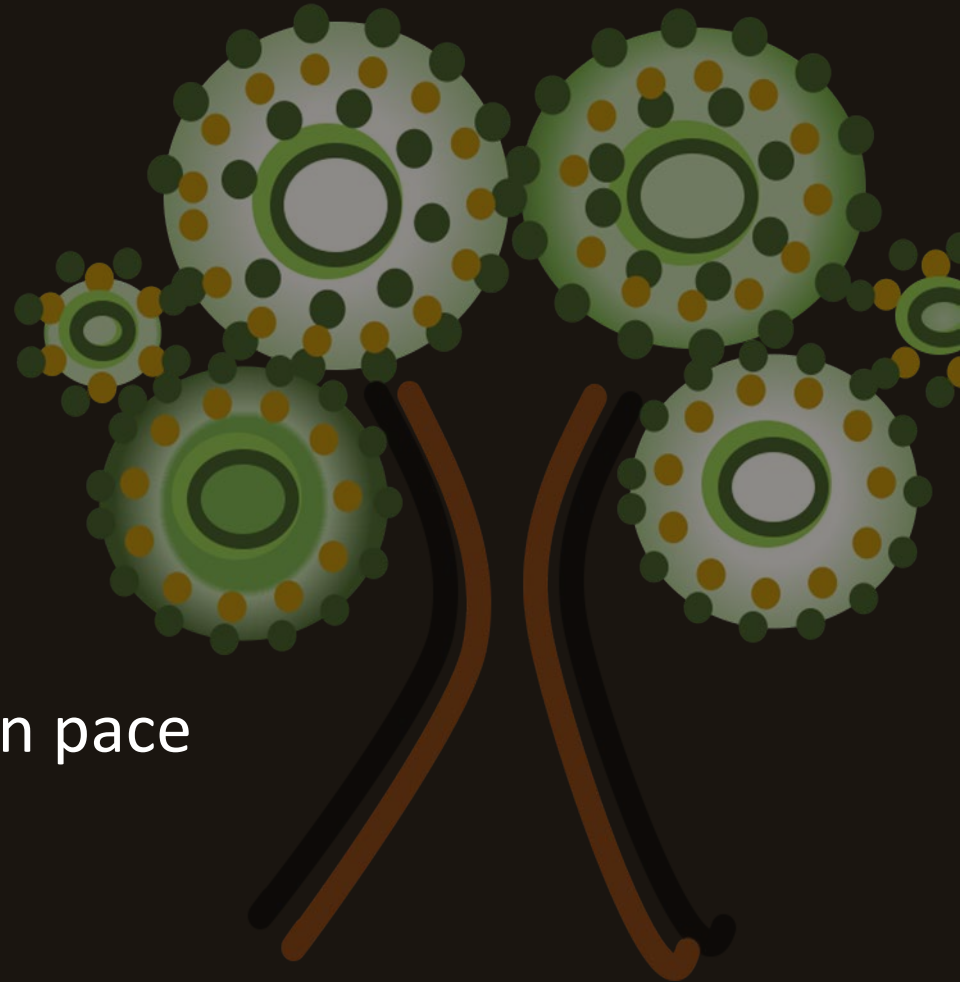
- Identifying the story – strengths, barriers, goals and actions
- Changing the storyline – raising expectation and developing goals for the future
- Establishing a new storyline – supporting care and wellbeing



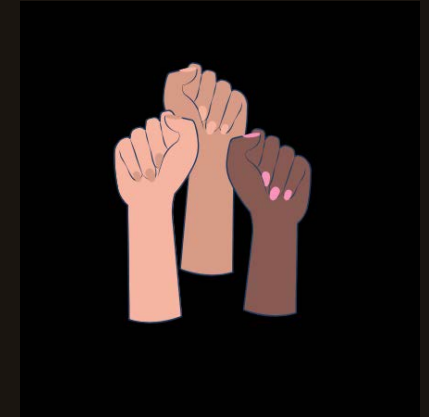
## The Journey of Healing

The principles of the program:

- Healing is possible
- Healing requires courage
- Healing cannot be done alone
- Each of us progress at our own pace



## Role of Facilitator



- Facilitator expectations:
- Emotional, physical and cultural safety.
- A trusting relationship with the facilitator is critical.
- Time is taken to build trust and establish relationships.
- ‘Hold the space’
- Incorporate cultural methods of communicating gently and sensitively
- Use strengths-based approaches
- Offer choices to empower women, normalise complex trauma responses and affirm hopes and dreams for their family.
- Respect, caring and compassion underpin all discussions and are an essential element for building safety, relationships and trust.





**Take powerful action**  
**Make strong decisions**  
**Have a clear vision**  
**Know your values**





# Healing Programs - Common Elements

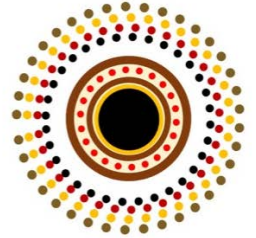
The

- Narrative style, story telling, yarning
- Self determination
- Holistic perspectives
- Embrace Aboriginal and Torres Strait Islander diversity
- Cultural knowledge sharing
- Acknowledge history of colonisation
- Building capacity of communities and families
- Healing, empowerment and affirmation of identity
- Valuing lived experience of the community

## Aboriginal and Torres Strait Islander Trauma Response Work

- Deep listening
- Walked the path of life experiences
- Promotes relationships of mutual respect
- No hierarchy or power imbalance
- Acknowledges the value of Eldership
- Wellbeing and spirituality are central to healing (mind – body – spirit)
- Strive to achieve cultural safety
- Act according to cultural integrity

**Awakening**  
**Cultural Ways**



# Thank You

For more information:

[samantha@awakeningculturalways.com.au](mailto:samantha@awakeningculturalways.com.au)

0448 420 677