

# Part 6

## Healing Models and Programs

A number of culturally sensitive, culturally driven, culturally developed and culturally implemented programs and models provide pathways forward for individuals and communities. Involvement in and implementation of these cultural specific models and programs to assist individual and communities in the healing process and encouraging forward movement and positive participation in community and life are supported.



# Chapters

**24** A framework for understanding the components of healthy communities through a healing and community life development approach is explored. Themes covering the nature of trauma and proposed pathways to recovery are identified.

**25** Aboriginal perspectives of empowerment, healing and leadership to address the social inequality and relative powerlessness and associated grief, loss and trauma experienced by families and communities. A community strategy to address Aboriginal suicide in local communities is summarised.

**26** The Strong Spirit Strong Mind model articulates the importance of strengthening the Inner Spirit to enhance good decision making and support behavioural change in individuals, families and communities.

**27** The Red Dust Healing model examines the nature, causes and results of rejection and most importantly the remedies for rejection. It is an innovative and highly effective approach to assisting men and women in their efforts to heal and make better choices for themselves and in their relationships.

**28** The Seven Phases to Integrating Loss and Grief works with major challenges impacting on the social and emotional wellbeing and mental health of individuals and communities. It comprises a comprehensive process addressing many of the challenges experienced within Aboriginal communities.

**29** The Marumali Journey of Healing works in harmony with Link-Up family tracing and reunion services to restore connections to Aboriginal identity and social, emotional and spiritual wellbeing. It is grounded in Aboriginal knowledge systems, and restoring connections to spirit and spirituality is key to recovery.

**30** Aboriginal psychological approach in developing, implementing and delivering culturally specific rehabilitation programs to reduce re-offending overrepresentation in the criminal justice system.

**31** The Djirruwang Mental Health Worker Education and Training Program recognises the cultural experiences and knowledge within the mental health curriculum, and providing a culturally safe environment to facilitate effective outcomes is supported.