

# Barkly Regional Deal

## Trauma Informed Care: We Al-li

We Al-li are providing culturally informed-trauma integrated workshops in Tennant Creek and is planning to visit communities across the Barkly. The programs, which are free and open to all community members, are for health, sharing culture and regenerating the spirit.

The method melds western theory with Aboriginal healing processes including the ancient practice of Dadirri (a word from the Daly River area for the Australian wide concept of Deep Listening and Mindfulness) The workshops focus on healing to address family and community violence, grief, loss, substance abuse, and more. It also offers the community and non-professionals the skills to deliver tailor made workshops to suit their situation.



We-al-li Trauma therapist JudyKaye, is currently based in Tennant Creek, and has been delivering tailor made, culturally informed Trauma intergrated care, in the local context for over 25 years.

The program started in January 2021 and over 82 participants have attended from the Tennant Creek Community, including Anyinginyi staff, Red Cross, Indy Kindi, Moriarty Foundation, Connected Beginnings, Tennant Creek Women's Refuge, Bradaag, Catholic Care, and The NT Departments of Education, Territory Families and Housing, and many others.

We Al-li can tailor their 2-3 day workshops to meet available timeframes of services or community, leading to tangible action and experiential learning practices.

*"We need to have this knowledge of trauma and how to heal from it in our community, and support my work, family and self-care for myself"* (Recent participant at Tennant Creek workshop).

JudyKaye encourages organisations to get involved because;

"We need to service and support our communities through a 'trauma specific lens' in order to address the more critical generational issues within our communities. We are hoping to locate people in each of the Barkly regional communities to become what we call *Healing Champions*. *Healing Champions* will be mentored and trained to deliver packages in their own communities, in their own ways.

We Al-li also conducts fully funded Workshop Facilitator training for the Healing Champions that can lead to formal qualifications.

What participants are saying:

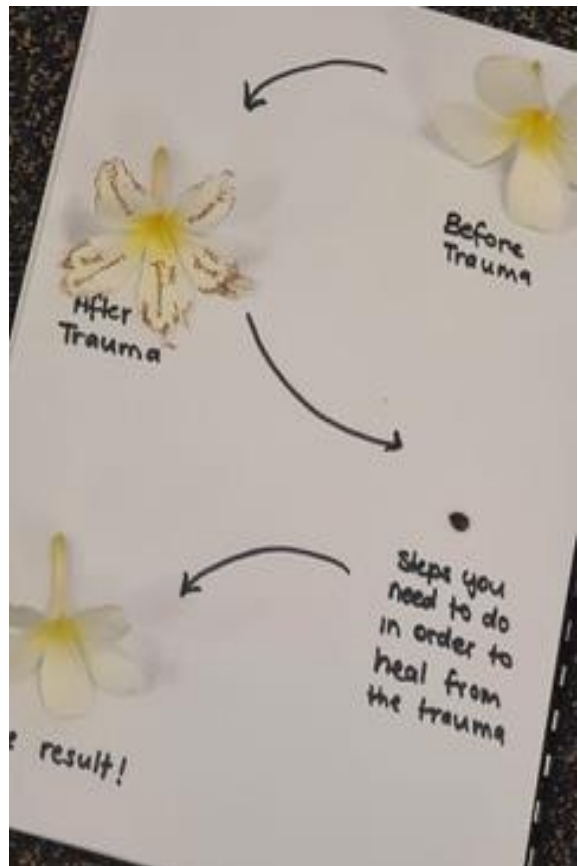
*"Learning how we can support our community by knowing how trauma affects people's behaviour."*

*"I now understand why people behave the way they do when they have had pain and trauma in their lives".*

*"It has opened my eyes to the way people respond to the pain in their lives by drinking and fighting and other no-good things.*

All workshops are delivered **free of charge**. People from remote communities are encouraged to attend, with travel and accommodation supported under the Barkly Regional Deal, or We Al-li can visit your community

**If you are working for a remote service provider, please spread the word and refer anyone interested.**



*If you wish to get involved or hear more about, We Al-li and Trauma Informed Care, contact;*

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**The Trauma Informed Care Program is a Barkly Regional Deal Initiative, in partnership between the Australian, Northern Territory Governments and Barkly Regional Council.**