

Building Cultural Resilience

- Gamarada means “friends with a purpose” in the Gadigal language
- COURAGE coaching model stands for culture, optimism, understanding, relationships, acceptance, gratitude, encouragement
- Dadirri, deep listening, guides our reflective practice, linking to mindfulness and compassion focused behavioral science

Dadirri and DBT



Carolyn Minchin with US psychologist, Marsha Linehan, Byron Clinic training, 2016



Miriam Rose Ungunmerr-Baumann, from Nauiyu (Daly River) with Ken Zulumovski, Kiradah and Kubbi-Kubbi, Healing Foundation, 2010

Definitions

Dadirri

“can be translated to mean
a quiet stillness
an inner contemplation
to inform action at a later date...
a listening with more than the ears”

Miriam Rose Ungunmerr-Baumann
Naiyu, Daly River NT

Dialectical Behavior Therapy

DBT is a cognitive behavioral treatment that was originally developed to treat chronically suicidal individuals diagnosed with borderline personality disorder (BPD) and it is now recognized as the gold standard psychological treatment for self harm.

Retrieved from <http://behavioraltech.org/resources/whatisdbt.cfm>

Social and Emotional Wellbeing (SEWB)

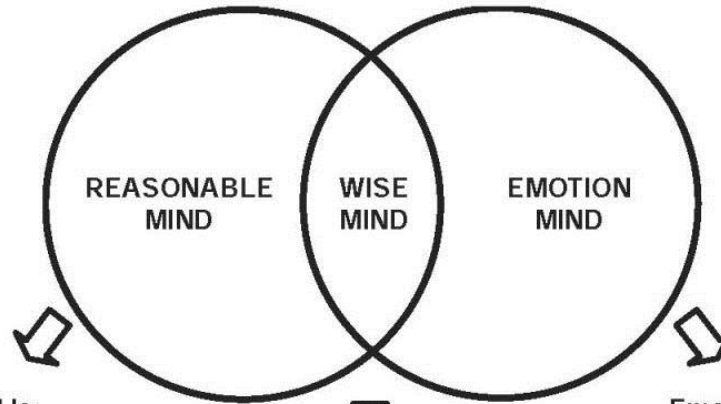
- 'Social and Emotional Wellbeing Social and emotional wellbeing is an important term used by Aboriginal and Torres Strait Islander people to go beyond clinical aspects of health and disease, particularly related to mental health, men's and young people's health, maternal and child health, self-determination and community development. Empowerment and life skills can be seen as mechanisms that enable people to achieve and maintain social and emotional wellbeing, and a positive life course that provides them with self-esteem, self-efficacy and congruency between cultural and personal values and actions they take within their own lives.
- As described in the Sydney Mental Health Unit's submission (evidence 650) to the Human Rights and Equal Opportunity Commission's Bringing them home: National Inquiry (Commonwealth of Australia, 1997 p342): Traditional Aboriginal culture like many others does not conceive of illness, mental or otherwise, as a distinct medical entity. Rather there is a more holistic conception of life in which individual wellbeing is intimately associated with collective wellbeing.
- It involves harmony in social relationships, in spiritual relationships and in the fundamental relationship with the land and other aspects of the physical environment. In these terms diagnosis of an individual illness is meaningless or even counterproductive if it isolates the individual from these relationships. Many reports and policy documents highlight that improving SEWB is essential to developing healthy, resilient individuals who contribute to building strong communities, that in turn are imbued with a strong cultural, spiritual and community identity that supports all members to reach their full potential.' Program Quality Assessment : Gamarada Healing Program 6

DBT worksheet example

MINDFULNESS HANDOUT 3 (Mindfulness Worksheet 3)



Wise Mind: States of Mind



Reasonable Mind Is:

Cool

Rational

Task-Focused

When in *reasonable mind*, you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important.

Emotion Mind Is:

Hot

Mood-Dependent

Emotion-Focused

When in *emotion mind*, you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.

Wise Mind Is:

The wisdom within each person

Seeing the value of both reason and emotion

Bringing left brain and right brain together

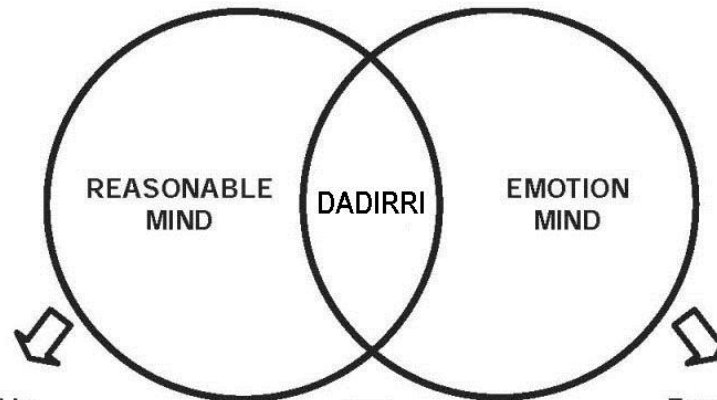
The middle path

Modified worksheet example

MINDFULNESS HANDOUT 3 (Mindfulness Worksheet 3)



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The middle path

Dadirri, belonging, trust

Empirical evaluation of DBT in schools internationally indicates skills training to be effective as a proactive approach for a whole school cohort. In this Australian context, DBT can be modified to incorporate Indigenous perspectives in mindfulness.

We incorporate Dadirri in schools structured through use of modified worksheets from the Linehan DBT Skills Training Manual, combined with materials already developed for Australian schools through the work of Miriam Rose Ungunmerr-Baumann on mindfulness and Judy Atkinson on trauma-informed approaches to education.

Gamarada Universal Indigenous Resources is in the process of designing a program for teachers to meet the Australian Professional Teaching Standards, covering Standard 1. students and how they learn, 4. classroom safety, and 7. community engagement.

Urban Peace

Experiential learning; Gamarada – “friends with a purpose” group process

- Indigenous acknowledgement protocols
 - Purpose
 - Strengths and goals
 - Prosociality – community
 - Values and actions
 - Perspective-taking
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- Dadirri <https://www.youtube.com/watch?v=pkY1dGk-LyE>

Participatory mindfulness – healing through culture

Marsha Linehan's training in Sydney in March this year included singing as an example of participatory mindfulness, we invite you to get an experience of Gamarada in action.

Blackfella/Whitefella

Black fella, white fella
It doesn't matter, what your colour
As long as you, a true fella
As long as you, a real fella

All the people, of different races
With different lives, in different places
It doesn't matter, what your name is
We got to have, lots of changes

We need more brothers, if we're to make it
We need more sisters, if we're to save it

Are you the one that's gonna stand up and be counted?
Are you the one who's gonna be there when we shout it?
Are you the one that's always ready with a helping hand?
Are you the one who understands these family plans?

Writers: Neil Murray, George Burarrwanga

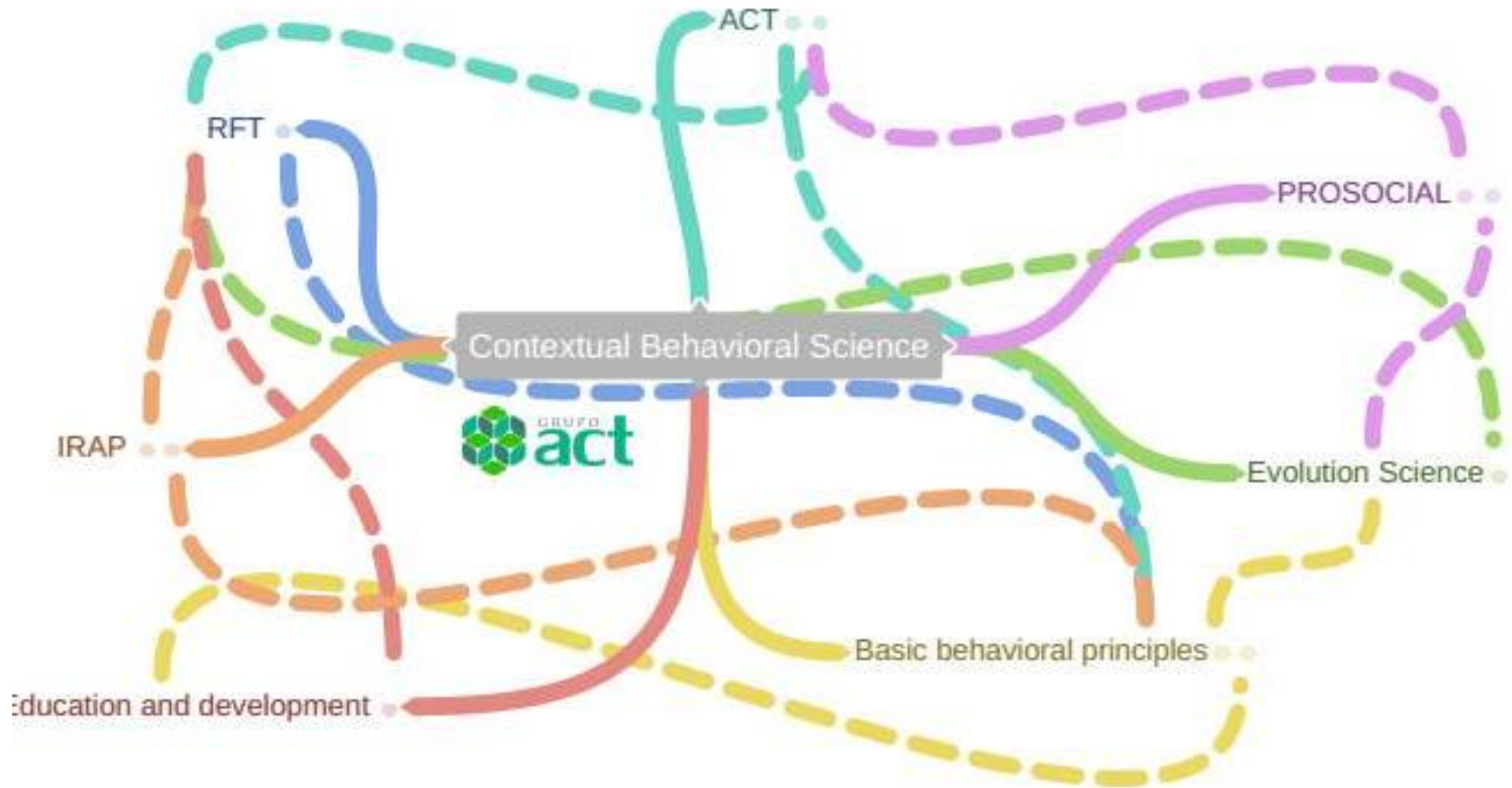
Methodology – Reflective Practice

- Learning circle and reflective journaling
- COURAGE coaching model; Culture, Optimism, Understanding, Relationship, Acceptance, Gratitude, Encouragement
- Cultural conversations, building skills in open and robust communication
- Use of journaling to inform practice and capacity-building
- Accountability through compassion-focused peer support

Third wave therapeutic approaches

- ACT skills - identifying values and a valued direction through identifying committed actions and goals, managing inflexible thinking patterns and strong emotions "away/towards", workability, psychological flexibility at the centre of the model
- DBT skills - don't make it worse, IMPROVE the moment - distress tolerance, interpersonal skills DEAR MAN GIVE FAST or getting what you want respectfully, mindfulness based on Zen practice, radical acceptance of reality, dialectic between acceptance and change
- Dadirri skills - being present, listening, connection to country, understanding seasonal change, understanding connection between people and being connected, knowing how to grieve and pay respect when people pass, knowing what to do and when

Project Evaluation and Contextual Behavioral Science



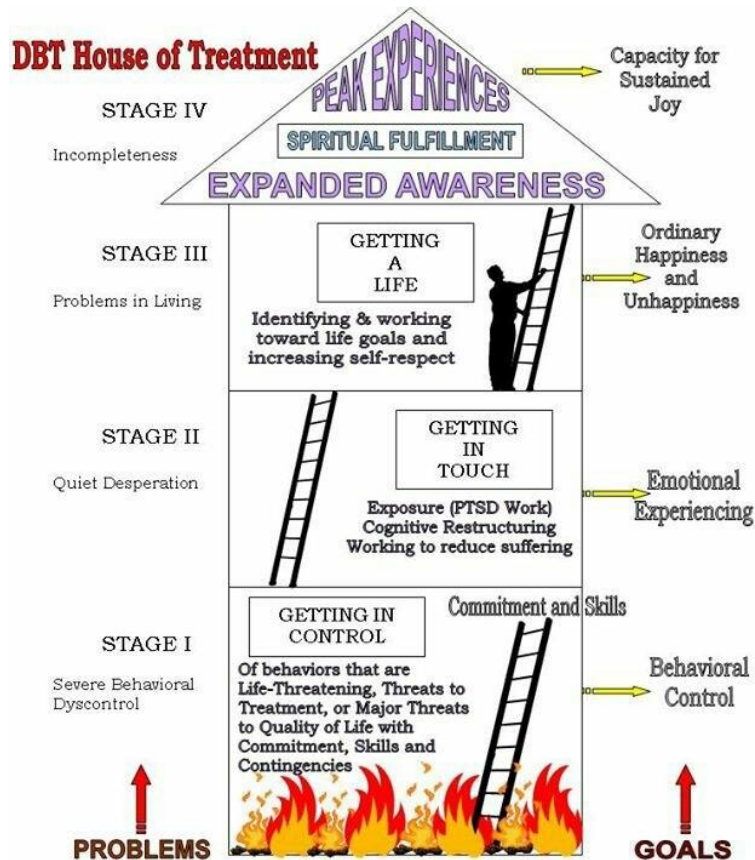
Dadirri and the third wave therapies

“Let people explore, learn, use and combine. Focus on process and encourage the young to invent, carry forward, and reformulate. This is not about immortality or ego. It's about human suffering and prosperity.”

Peace, love, and life, Steven Hayes, personal communication April 16 2015



DBT stages of treatment



References

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