



# Social and Emotional Wellbeing for Aboriginal and Torres Strait Islander peoples: *Indigenous leadership and how this is the key to optimal outcomes*

Professor Pat Dudgeon

## Who should attend

Health practitioners and professionals working in the field of Social and Emotional Wellbeing (SEWB)

## Workshop outline

The workshop will explore:

- How building on social and emotional wellbeing and cultural strengths with Aboriginal and Torres Strait Islander (ATSI) peoples needs to be considered for improving Indigenous mental health and preventing suicide.
- The complications that may arise if we do not consider social and emotional wellbeing when working with ATSI peoples.
- How social and emotional wellbeing can be thought of as a protective factor and a source of resilience against the challenges of life, including those that impact on mental health.
- How SEWB is regarded and known as a multidimensional concept of health.
- How SEWB not only includes mental health, but also encompasses clear areas of health and wellbeing such as connection to land (or places of significance), self, culture, spirituality, ancestry, family, and community. A particular emphasis on community-based, culturally appropriate mental health services that include strengthening culture and identity will be explored.
- How these ways of working can assist with the minimisation of ongoing trauma and harm, and improvement of wellbeing and ways forward for the person/family/community.

## Workshop

Fri 5 May 2017

9:30am - 12:00pm

**Centre for Remote Health**  
Cnr Simpson & Skinner Streets  
Alice Springs Northern Territory  
Lecture Room 1 & 2

## To register email:

[crh.seminars@flinders.edu.au](mailto:crh.seminars@flinders.edu.au)

## BIOGRAPHY



### Professor Pat Dudgeon

Professor Pat Dudgeon is from the Bardi people of the Kimberley area in Western Australia. She is a psychologist and Fellow of the Australian Psychological Society. She is a researcher at the School of Indigenous Studies at the University of Western Australia in Perth, Western Australia. Her area of research includes Indigenous social and emotional wellbeing and suicide prevention. Amongst her many commitments, she is a Commissioner of the Australian National Mental Health Commission, deputy chair of the Australian Indigenous Psychologist's Association, chair of the National Aboriginal Torres Strait Islander Leaders Mental Health and co-chair of the ministerial Aboriginal Torres Strait Islander Mental Health and Suicide Prevention Advisory Group. She is currently the director of the National Empowerment Project: an Indigenous suicide prevention project working with eleven sites in Aboriginal communities across the country and the *Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project*. She has many publications in Indigenous mental health in particular, the *Working Together Aboriginal and Torres Strait Islander Mental Health and Wellbeing Principals and Practice 2014*. She is actively involved with the Aboriginal community and has a commitment to social justice for Indigenous people.

Please note there is no charge for this workshop but places are limited. RSVP is necessary  
*The views, opinions, methodologies, practices or information expressed by guest speakers and those providing comments are theirs alone, and do not necessarily reflect those of the Centre for Remote Health.*