



Practices for Bringing Culture into Mental Health Care

Dr Lewis Mehl-Madrona
Barbara Mainguy

Who should attend

This workshop is designed for health care professionals and community members interested in improving health care in rural and remote areas.

Workshop Outline

We will consider some common indigenous practices that can improve health care. We will hear about some communities that have implemented their own cultural practices, what that looked like, and how they did it. We will explore the use of stories and storytelling for health. We will describe circle processes as used in reconciliation justice, talking circles, and healing circles. We will talk story together about our individual cultures and how to bring our culture and spiritual practices more fully into our lives and our practice.

Workshop

Thu 31 May 2018

9:00am - 1:00pm

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

To register email:

crh.seminars@flinders.edu.au



Dr. Mehl-Madrona is a family physician, psychiatrist, neuropsychologist, and geriatrician affiliated with the University Of New England College Of Medicine in Maine in the USA. He comes from North American indigenous origins, his mother's family being Cherokee, and his father's being Lakota. Lewis' research has focused upon traditional North American indigenous healing and healers, their efficacy for mental and physical illnesses, how they approach their work, their role in managing diabetes, preventing domestic violence, their thoughts about mental health training, and their relationships with family medicine. Lewis has consulted to aboriginal nations in Australia about how to bring their own culture back into their health care.



Barbara Mainguy, MA, is a psychotherapist with strong roots in Indigenous cultures. She received her degrees from the University of Toronto and Concordia University in Montreal. Prior to her education, she worked extensively with aboriginal women in the psychiatric system as an artist in residence. Currently Barbara works with Wabanaki Health and Wellness, an urban NGO that provides services to aboriginal people off-reserve. She is the co-author of *Remapping Your Mind: The Neuroscience of Transformation through Story*, and is currently at work on a book entitled *Narrative Hypnosis: The Art of Telling Really Good Stories*. She has also consulted to Aboriginal nations in Australia about bringing their own culture into their health care.

Please note there is no charge for this seminar 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.