

The Healing Way for Forgotten
Australians Inc.

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“Our heroes are in our stories told”

Trauma Recovery Program for people from Institutional care backgrounds

Proposal for Workshops and Retreats developed by “The Healing Way for Forgotten

Australian Inc.”

Introduction to “The Healing Way for Forgotten Australians Inc.”

“The Healing Way for Forgotten Australians Inc.” has been formed by two Forgotten Australians who are passionate to implement healing workshops and retreats to support and advocate for Forgotten Australians. In our endeavors to start the healing process for trauma

recovery with a large group of people from institutional care backgrounds we can see the need for workshops to cater for our special needs. We have evaluated past successes and failures in regard to workshops and have developed our own specialized workshops for Forgotten Australians. We have developed a Programme designed to cater and serve Forgotten Australians and their families. These specialty workshops are called “The Get Stuffed Programme” TM (pending) and “LoveFlow Work” TM (pending).

This sort of healing endeavor has come about through a series of workshops that provided a small group of people with a firm foundational knowledge exploring models of healing work. This work was also supported by other areas of need, which included Kinesiology as well as cognitive belief work by Byron Katie and body harmony in movement with relaxation exercises. The major areas of knowledge have been “Family Constellation Work” and “Mindfulness Core Process Therapy”. This whole model has given the founding members a way of moving forward in their lives by the healing and integration that has helped greatly to heal past wounds.

Rationale

Our groups of people who are in recovery have been exposed to these many healing endeavors. Many have contributed to a summary of comments about how this healing work has been an effective and valid approach to their special needs. As no other model has been put forward that we can see is as successful it is with confidence that we submit this proposal for your perusal in order to be considered as a model that can and will ensure some form of healing for our collective group. Our group is united in our need to grow together and we have a profound respect for each and everyone’s process to recovery from the trauma. As a group we can relate to many common elements of all of our stories that hold us together and help us all to witness each other in our moving on process. We can see that this traumatic

experience has transformed itself into a generational load that involved the generation who will come after the traumatized individual or family system. We wish to put a stop to this fate in our Forgotten Australians family systems to create better lives for our beautiful children and their families.

Our group holds value with the holistic view for healing

The sense of belonging to our families and the larger society was destroyed by the separation that we suffered as children. This was the most dramatic pain of all for many of us. This loss of the family system and the larger society is addressed exceptionally well in the “Family Constellation Work” model. This is a form of systemic therapy used widely in Europe with victims of Holocaust. Canada also uses this model for their indigenous people who have been stolen and separated from their family systems. These experiences we have survived in our lives have caused many issues of hurt, anger, fear and loss. These issues have challenged us to find healing with an intention of complete resolution. The following method has had a profound effect on the facilitator’s knowledge base and can be transformed into any healing method that Mary tailors for Forgotten Australians and their issues. This model fulfils for us the founding members a way forward on a new path of living a better more rewarding life. While this model is not a model that would be used initially for Forgotten Australians the knowledge that has come out of this method can be utilized in other ways for Forgotten Australians healing. Mary Brownlee nee Corry is especially aware of re-traumatization in regards to the special needs of Forgotten Australians. Recently Mary Brownlee nee Corry one of the founding members of this group has attended a workshop specifically focusing on trauma and pain work. Mary has identified that trauma such as Post Traumatic Stress Disorder (PTSD) needs to be addressed for Forgotten Australians in a physical body sense as well as a cognitive healing process. The trauma and pain work that she has attended in November 2008 has given her skills in addressing the types of trauma that Forgotten Australians are holding in

their bodies and their minds. The process of healing is called “Mindfulness Core Process Therapy”. Mary has been studying for 7 years and facilitates and trains for all age groups including adults. She also holds trauma knowledge through experience that helps her to relate to the trauma in others. She believes that what she suffered was a blessing that will only enhance her service to other trauma victims.

PROJECTS

WORKSHOPS AND RETREATS IN QUEENSLAND, NSW, VICTORIA

TOWARDS HEALING PROCESS ADVOCACY AND WORKSHOPS

SEPTEMBER 2009 RETREAT AT SUNDARA RETREAT CENTRE LARNOOK

Our workshop proposed for the 14th and 15th March 2009

This proposal above initiates for our group “The Healing Way for Forgotten Australians Inc” the need for your support in funding areas for all care leavers who wish to partake in workshops and retreats for healing in the future. We acknowledge and give thanks to ARC for past individual support but now find it necessary to ask for government support in our workshops through funding. It is noted that Mary was also given support to train in “Family Constellation Work” through ARC’s assistance. At present the facilities at “Lotus Place” in Brisbane can help us all to control the cost of workshops so that more people can be included in the long run for healing workshops. These workshops can only be offered to Queensland institutional care leavers at Lotus Place. “The Healing Way for Forgotten Australians” both founders have met with the coordinators of “Lotus Place” and we are both happy with the arrangements for this above workshop and feel that we will be able to do this sort of networking again in the future. However there is limited space and limited numbers that can be managed over the year. For the facilitators the normal charge is \$200 per person over seven days if accommodation and food is provided outside of this cost. This cost structure accommodates travel, lost wages for the facilitators and helpers and time spent preparing the

workshops. The space we would need would accommodate up to 20 people. Individual attention would be needed and we can see that 2 to 4 facilitators would be a necessary number especially at retreats projects envisaged for the future. We can see that “Lotus Place” can only help us in a narrow way at present and we need to find other space for week long workshops or retreats. The Kincumber Camp at Kincumber South in NSW would be an ideal site for our healing purposes for all Forgotten Australians needs. We have already liaised with the Catholic Church for this facility in regard to their own Towards Healing Process. We wish to see a further ongoing practical aspect to this process where individual Forgotten Australians have advocacy other than lawyers and aftercare in workshops and retreats. It would be lovely if we could also use this site for other Forgotten Australians healing who are ex-Catholics or other denominations. Any other similar sites would also be appreciated to have healing workshops for our group. We would like to liaise in all States with other government bodies for space and support systems already put into place.

We also have evaluated that we need to make arrangements for people who want individual help and support. We could really do with an 1800 number to be able to support our people after the Workshops. We have interstate and country people who we are supporting by telephone and internet at present at our own personal expense. In our supporters group we have Mary Brownlee nee Corry who has an undergraduate degree in the area of humanities. She has also acquired her “Master of Teaching” degree in 2007. In 2008 Mary received a Certificate IV in training and assessment for adult learning areas. Also in 2008 Mary obtaining up to date trauma and pain knowledge to attend to PTSD. In order to be able to facilitate “Family Constellation Work” both Lawrie Higgins and Mary Brownlee have trained in the experience in specialty institutional workshops as well as general public workshops. Mary will be pursuing this method in her own business endeavors in 2009. This method will not be extended to Forgotten Australians until further individual assessment is made as to the suitability for each of their individual needs. Many Forgotten Australians will not be suited to

this healing method hence the tailored specialty workshops have been developed. A team of experts who were trained in Germany by Bert Hellinger himself fifteen years ago has also trained Mary in “Family Constellation Work”. ARC funded Mary Brownlee to achieve a qualification in this area of healing. This team has practiced in Europe for over fifteen years and came out to Australia in April this year (2007) to do specialty training for facilitators in which Mary qualified. Lawrie Higgins has also experience in “Family Constellation Work” and has participated as a representative and volunteer for more than sixty individual issues in “Family Constellation Workshops”. We envisage that we will further this training avenue to accommodate our own needs to have further undated knowledge in these important areas. We are happy to say that our workshop activities are overseen and monitored by “The Micah Project” in Brisbane, Queensland. We also envisage that ARC who has trained us will be monitoring and assisting us throughout the workshops.

Implementation Plan

The Groups

- We would like the groups to have a number of between 10 and 12 participants. For Retreats 20 participants.
- We have 2 facilitators and 2 helpers who have extended experience in the area of “Family Constellation Work”.
- Mary Brownlee has recently obtained a credential in trauma and pain work.
- Evaluation is made after the workshop by the 2 facilitators and the 2 helpers present. This ensures that any matters that need to be addressed will be addressed.
- Further support will always be made available through telephone and internet connections.

- Individual acceptance will be sort in regard to communications being opened to clients wishing to stay connected.
- Confidentiality with all group members, clients and supporters will always be of paramount importance.

Facilitators

- Those within our ranks who have trained in “Family Constellation Work” methods and “Mindfulness Core Process Theory” and have past recognized qualifications in teaching areas or similar requirements.
- People who are interested in the facilitating area of “Family Constellation Work” methods must meet the Hellinger standards in Europe.
- People who are interested in the facilitating area of “Mindfulness Core Process Theory” must meet the McIndoe standards in Australia.
- We note that experiential knowledge is important to understand the processes that occur in each individuals healing process.

Goals of the Group workshops

To grow further in the gains we have already made.

To deepen further our self awareness,

To remain connected and offer support to each other and to new members.

To work toward establishing our group as a firm base for support and leadership.

To gain confidence with areas of interpersonal learning.

Trauma and Recovery - J Herman

A Humanist Approach to Art Therapy – J E Garni

Bringing Them Home – HREOC Report 1997

Senate Inquiry into Children in Institutional Care – Report 2004

Beyond Counselling and Therapy – Carkhiff and Benenson

Loves Hidden Symmetry – Weber and Beaumont

Toward a Psychology of Awakening – J Welwood

Trauma, the body and transformation – K Etherington

Mindfulness Core Process Theory, Trauma and the Body – Rosemary McIndoe November 2007.

Contacts

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Regards

Mary Brownlee

Lawrie Higgins

Founding Members

The Healing Way for Forgotten Australians Inc.

