



TRAINING WORKSHOPS PROSPECTUS

cassee

CREATING A SAFE SUPPORTIVE ENVIRONMENT

*By changing minds, we are saving
lives. It is this simple vision which
guides our work every day.*

CASSE works to change hurting hearts to healed hearts

A sepia-toned photograph of three Indigenous children in traditional dress, including headbands and beaded necklaces, serving as the background for the top half of the page.

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CREATING A SAFE SUPPORTIVE ENVIRONMENT

By changing minds, we are saving lives. It is this simple vision which guides our work every day.

ABOUT CASSE

CASSE (Creating a Safe, Supportive Environment) is a not-for-profit organisation dedicated to changing minds, transforming and saving lives. CASSE works to change hurting hearts to healed hearts.

CASSE gets to the heart of the matter. We work to respond to psychological need, understand trauma, and break through violence to achieve social and emotional well-being. We collaborate with remote Aboriginal communities in Central Australia and the Western Desert region to revive traditional cultural practices that reconnect youth with their elders, community, culture and country.

CASSE is a trauma-healing informed organisation, which endorses community engagement and healing in culturally appropriate ways. Our programs are community determined, culturally determined, and place-based.

Training Workshops Overview

Training Workshops – Psychologically (analytic)-informed and culturally- informed. These workshops are interactive and accessible.

- Working Through Trauma – Understanding trauma and building a tool kit to heal traumatic experiences.
- Transformative Tools – A practical psychoanalytic tool box.
- Mentalising Violence – Using the psychoanalytic tool of mentalisation to break the cycle of violence. We also offer this workshop with more focus on violence from an Indigenous and cultural perspective.
- Saving Lives-Suicide Prevention – Using the psychoanalytic tool of mentalisation to understand suicide.
- Men's Tjilirra Tools – Reviving an ancient cultural practice to restore mental health.
- Transgenerational Trauma - Understanding historical trauma in the present – opening up the hard conversations about trauma, both historical and present, in Aboriginal communities using film.



CREATING A SAFE SUPPORTIVE ENVIRONMENT

TRAINING WORKSHOPS INTRODUCTION

CASSE offers training workshops – psychological (analytic) - and culturally- informed. These workshops are interactive and accessible.

What is psychological (analytic) informed training?

All CASSE's workshops are based in clinical psychology and include psychoanalytic paradigms. Psychoanalysis can be very practical. It is a body of knowledge and method of therapy which helps to deepen understanding and change one's mind and heart. In these workshops, we bring a mindful analytic perspective, and apply it and use it in organisational and community settings. In this space, CASSE encourages interactive workshops which work with your stories and experiences.

What is mentalisation?

Mentalisation is a psychoanalytic approach which focuses on the underlying mental states of mind in the context of intimate, responsive, secure attachment relationships and focuses on self and other.

What is culturally-informed training?

Culturally-informed training is understanding the cultural beliefs and practices of the cultural group to community problems. In these workshops, mental health issues are explored and understood in the context of the culture they are being experienced in – taking into account both historical and current cultural contexts. These sessions are led by Aboriginal people.

Format of workshops

CASSE offer both half and full-day workshops. Each workshop stands alone or you can combine two workshops to tailor the day to the unique needs of your organisation/s or community/s.

Registration:

Contact CASSE at enquiries@casse.org.au or 0450 540 366

OPTIONS:

Half-day

Educational workshop – understand mental health issues from a psychological approach.

Applied workshop – understand mental health issues from a cultural perspective.

Full-day

Educational + educational = Comprehensive psychoanalytically-informed workshop on mental health issues of your choice: trauma, transformative tools, violence or suicide.

Educational + applied workshops = A holistic overview of mental health issues in the context of historical and current cultural factors.

PRICE / LOCATION

Cost is \$225 (+GST) per person per half day.

Please register your interest - Workshops run once minimum booking numbers are reached.

CASSE can also facilitate workshops within your organisation (minimum 10 people) \$2250 (+GST) per half day. **Please contact us for more information.**

CASSE facilitators

Pamela Nathan

Clinical and Forensic Psychologist and Psychoanalytic Psychotherapist with over 30 years of experience in Central Australia.

Jamie Millier Tjupurrula

Cultural consultant with over fifteen years living, working and building relationships in the western desert communities.

Ken Lechleitner Pangarta

A Western Aranda and Anmatjere man, Ken facilitates CASSE's Breakthrough violence – men's behaviour change course – and shares his cultural knowledge.

TRAINING WORKSHOPS SUMMARY

Workshop		Audience	Type of workshop	Facilitator
EDUCATIONAL WORKSHOPS: PSYCHOLOGICALLY-INFORMED WORKSHOPS ON MENTAL HEALTH ISSUES				
1	WORKING THROUGH TRAUMA Understanding trauma and building a tool kit to heal traumatic experiences.	Mental Health workers	Psychologically-informed	Pamela Nathan
2	TRANSFORMATIVE TOOLS A practical psychoanalytic tool box.	Mental Health workers	Psychologically-informed	Pamela Nathan
3	MENTALISING VIOLENCE Using the psychoanalytic tool of mentalisation to break the cycle of violence. We also offer this workshop with more focus on cultural violence.	Mental Health workers and communities at risk	Psychologically-informed & can be culturally informed	Pamela Nathan
4	SAVING LIVES - SUICIDE PREVENTION Using the psychoanalytic tool of mentalisation to understand suicide.	Mental Health workers	Psychologically-informed	Pamela Nathan
APPLIED WORKSHOPS: CULTURALLY-INFORMED WORKSHOPS APPLIED TO AT-RISK ABORIGINAL COMMUNITIES				
5	MEN'S TJILIRRA TOOLS Reviving an ancient cultural practice to restore mental health.	Members of at-risk Aboriginal communities Mental Health workers	Culturally-informed Psychologically-informed	Jamie Millier Tjupurrula Ken Lechleitner Pamela Nathan
6	TRANSGENERATIONAL TRAUMA Understanding historical trauma in the present – opening up the hard conversations about trauma, both historical and present, in Aboriginal communities using film.	Members of at-risk Aboriginal communities Mental Health workers	Culturally-informed Psychologically-informed	Pamela Nathan Jamie Millier Tjupurrula Ken Lechleitner

1. WORKING THROUGH TRAUMA

WORKING THROUGH TRAUMA WORKSHOP DETAILS	
COURSE OVERVIEW	Trauma is the catastrophic curve ball that we all experience at some stage. Understanding the impact of trauma and building a trauma tool kit can help us to survive the storm and find new ways forward. In this half-day workshop you will gain insights that will empower you to help yourself and others to survive the trauma trails.
LEARNING OUTCOMES	<p>This workshop will provide participants with a deeper understanding of</p> <ul style="list-style-type: none"> • the different types of trauma, including intergenerational trauma and post-traumatic stress disorder • the psychological effects of trauma • navigating the turbulence of trauma • models of trauma recovery • trauma tool kits for caring and healing • safety – when to seek outside help
RECOMMENDED AUDIENCE	<ul style="list-style-type: none"> • communities struggling to overcome trauma • 'at risk' groups of men, women, or youth • mental health workers and organisations working with people who are 'at risk'
FACILITATORS	<p>Pamela Nathan Clinical and Forensic Psychologist and Psychoanalytic Psychotherapist with over 30 years of experience in Central Australia.</p>
COURSE DURATION	½ Day
NO. OF PARTICIPANTS	10-50
COURSE FEE	<p>Cost is \$225 (+GST) per person per half day.</p> <p>Please register your interest Workshops run once minimum booking numbers are reached.</p> <p>CASSE can deliver in-house workshops within your organisation (minimum 10 people) \$2250 (+GST) per half day. Please contact us for more information.</p>
WORKSHOP DATES	TBA

2. TRANSFORMATIVE TOOLS

TRANSFORMATIVE TOOLS WORKSHOP DETAILS	
COURSE OVERVIEW	How do we rebuild shattered lives, sustain change and heal minds? What are some tools we can use? In this workshop we explore the transformative tools of listening, thinking, feeling, talking, and sharing stories and dreams, together. There are more tools in our tool box which can be helpful!
LEARNING OUTCOMES	This workshop will help tool up participants to develop a deeper understanding of how to transform and heal emotional states of turbulence and trauma.
RECOMMENDED AUDIENCE	<ul style="list-style-type: none"> • communities in conflict or crisis • 'at risk' groups of men, women, or youth • mental health workers and organisations working with people who are 'at risk' • organisations and education groups seeking psychoanalytic-informed training
FACILITATORS	Pamela Nathan Clinical and Forensic Psychologist and Psychoanalytic Psychotherapist with over 30 years of experience in Central Australia.
COURSE DURATION	½ Day
NO. OF PARTICIPANTS	10-50
COURSE FEE	Cost is \$225 (+GST) per person per half day. Please register your interest Workshops run once minimum booking numbers are reached. CASSE can deliver in-house workshops within your organisation (minimum 10 people) \$2250 (+GST) per half day. Please contact us for more information.
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3. MENTALISING VIOLENCE

MENTALISING VIOLENCE WORKSHOP DETAILS	
COURSE OVERVIEW	<p>We are not born violent however we can all experience angry or violent feelings. Bad men do what good men dream! At the heart of the matter though is the fact that we all have a choice and we can all choose not to act on violent feelings. In some communities, the cycle of violence has become so entrenched it has become the norm. But it is possible to break this cycle and empower people to find new possibilities and new power for a future without violence.</p> <p>This half-day workshop will help participants to think about themselves and others in relation to the occurrence of violence and to the cessation of violence. We can offer a culturally-informed workshop on violence for Aboriginal communities which includes payback.</p>
LEARNING OUTCOMES	<p>This workshop will help participants develop a deeper understanding of</p> <ul style="list-style-type: none"> • violence, including community, lateral and family violence • empathy - self and other • victims as perpetrators • violence triggers and cycles • de-escalation • mentalisation and tools to breakthrough violence
RECOMMENDED AUDIENCE	<ul style="list-style-type: none"> • communities struggling with high levels of violence • 'at risk' groups of men, women, or youth • mental health workers and organisations working with people who are 'at risk' • organisations and education groups seeking culturally-informed training
FACILITATORS	<p>Pamela Nathan Clinical and Forensic Psychologist and Psychoanalytic Psychotherapist with over 30 years of experience in Central Australia.</p> <p>Ken Lechleitner / Jamie Millier Tjupurrula or another cultural leader</p>
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4. SAVING LIVES-PREVENTING SUICIDE

SAVING LIVES-PREVENTING SUICIDE WORKSHOP DETAILS

COURSE OVERVIEW	<p>Suicide is a silent killer that hurts many people. It is an attempt to solve a problem of intense emotional pain with impaired (poor) coping skills. It is a deadly solution. But suicide can be stopped. People who are suicidal can be helped. Let's end the silence!</p> <p>This half-day workshop will help participants to open up conversations about suicide and find new ways to think about living.</p>
LEARNING OUTCOMES	<p>This workshop will help participants to understand</p> <ul style="list-style-type: none"> • suicidality and groups at risk • motivations and risk factors • mental illness • warning signs • protective factors and safety plans • life tools
RECOMMENDED AUDIENCE	<ul style="list-style-type: none"> • communities struggling with high levels of suicide • 'at risk' groups of men, women, or youth • mental health workers and organisations working with people who are 'at risk' • organisations and education groups seeking culturally-informed training
FACILITATORS	<p>Pamela Nathan Clinical and Forensic Psychologist and Psychoanalytic Psychotherapist with over 30 years of experience in Central Australia.</p> <p>Ken Lechleitner / Jamie Millier Tjupurrula or another cultural leader</p>
COURSE DURATION	½ Day
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5. TJILIRRA CULTURAL TOOLS

TJILIRRA CULTURAL TOOLS WORKSHOP DETAILS	
COURSE OVERVIEW	The making of traditional tools is an ancient practice of Aboriginal people and cultural learning entails a 'giving' of knowledge from the elders to the younger generation. These old tools in the Men's Tjilirra Movement have become new tools for living. The making of the tools on country, changes emotional states, provides continuity, a sense of place, identity and pride. This half-day workshop will provide participants with knowledge of old and new tools for living.
LEARNING OUTCOMES	As well as developing cultural awareness, this workshop will help participants develop a deeper understanding of <ul style="list-style-type: none"> the transformational healing power of traditional tool-making, language and culture the Men's Tjilirra Movement and rebuilding intergenerational relationships
RECOMMENDED AUDIENCE	<ul style="list-style-type: none"> 'disengaged' communities 'at risk' groups of men, women, youth and communities mental health workers and organisations working with people who are 'at risk' organisations and education groups seeking culturally-informed training
FACILITATORS	<p>Jamie Millier Tjupurrula Cultural consultant with over fifteen years living, working and building relationships in the western desert communities.</p> <p>Pamela Nathan Clinical and Forensic Psychologist and Psychoanalytic Psychotherapist with over 30 years of experience in Central Australia.</p>
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6. TRANSGENERATIONAL TRAUMA

TRANSGENERATIONAL TRAUMA WORKSHOP DETAILS	
COURSE OVERVIEW	Transgenerational trauma is trauma transferred from the first generation to the second and third. There can be haunting legacies and ghosts from the past. The past has a living presence. When there is trauma however it often remains unrepresented and silenced or forgotten. This workshop will provide participants with an understanding of the transgenerational trauma sustained by Aboriginal people in the western desert and their resilience in going forward. It will open up hard conversations about historical and current trauma and how people can 'wake up strong'. Three films are shown.
LEARNING OUTCOMES	By looking at the impact of colonialism on trauma this workshop will help participants to understand their own trauma and the trauma of others.
RECOMMENDED AUDIENCE	<ul style="list-style-type: none"> • 'disengaged' communities • 'at risk' groups of men, women, youth and communities • mental health workers and organisations working with people who are 'at risk' • organisations and education groups seeking culturally-informed training
FACILITATORS	<p>Pamela Nathan Clinical and Forensic Psychologist and Psychoanalytic Psychotherapist with over 30 years of experience in Central Australia.</p> <p>Jamie Millier Tjupurrula Cultural consultant with over fifteen years living, working and building relationships in the western desert communities.</p>
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