‘INDIGENISING’ PRACTICE - WORKING EFFECTIVELY ABORIGINAL WAY

Where’re you from? Who’s your mob?
This is a chance to

- Experience, or discuss, a basic feature of Aboriginal communication
- Explore how you - as a professional - might ethically disclose a little of the non-professional you in a professional situation
SUMMARY OF SESSION

• Begin to, or further, Indigenise your practice by becoming familiar with a common Aboriginal protocol and by considering how comfortable it would feel to incorporate Aboriginal ways into your work
RATIONALE

• Many health professionals work to models of ‘professional distance’, or under requirements to maintain prescribed therapeutic relationships - to keep their professional ‘hat’ on
Where a power imbalance exists, however, this approach can be seen as

- one-dimensional
- alienating
- culturally unsafe
- ineffective
ABORIGINAL WAY*

• Indigenous cultures particularly identify a need to find out who a person is, and where they’re from
• Indigenous Australia might ask you who your ‘mob’ is

• There is no one Aboriginal way, and no need for this process to be obvious: a diverse Indigenous Australia often seeks this information in diverse ways
TIM WINTON

... where you’re coming from geographically and emotionally*

* ABC Radio National .. 07
ABORIGINAL WAY

• An effective, culturally safe way of building trust is allowing yourself to become known for *who* you are, not *what* you are
FOR US, LISTENING INVOLVES

• Reciprocity … engagement in a sharing of information … a conversation on a number of levels
TASK

• Form a group of three with two others beside or behind you – people who you don’t know
• Introduce the *non-professional* you
• Share what feels right/comfortable
TASK

• *Where* do you relate to – or spring from: which part of the world / of this country / of the landscape / of a particular city or town?
• *To whom* do you relate? Which group of people?
TASK

- Discuss the process in small groups
- Share some information/thoughts with the larger group
INDIGENISING PRACTICE

Bridging divides by incorporating Aboriginal protocols and ways
QUESTION TO CONSIDER

Can we leave our (professional) hat on, yet take off that white coat?