

# Aboriginal and Torres Strait Islander social and emotional wellbeing Learning Pathway

## Emerging Minds Learning

National Workforce Centre for Child Mental Health

Mental health is a vital component of a child's development and lifelong wellbeing. These **online courses** have been developed to build your knowledge of child mental health and the opportunities you have to improve child outcomes.

### Working with First Nations families and children – A framework for understanding

1.5HRS

This course is designed to assist non-Aboriginal practitioners to develop the skills and understanding to build genuine partnerships with Aboriginal and Torres Strait Islander children, families and communities.

### Using Aboriginal cultural knowledge systems to strengthen families' resilience

1HR

This course provides a framework to help guide you in your work with Aboriginal and Torres Strait Islander families, using the Aboriginal Cultural Knowledge Systems to Strengthen Families' Resilience yarnning cards and tools.

### Improving the social and emotional wellbeing of Aboriginal and Torres Strait Islander children

4HRS

This course uses a positive, strengths-based, 'hope-inspired' focus to support work with Aboriginal and Torres Strait Islander children and families, reinforcing their connections, strengths and skills.

### Healing through voice, culture and Country

1HR

This foundation course aims to help practitioners to work with parents where family and domestic violence is a concern, supporting children's social and emotional wellbeing in culturally responsive ways.

### Healing the Past by Nurturing the Future: Working with Aboriginal and Torres Strait Islander families

5HRS

This course, designed by Aboriginal and Torres Strait Islander practitioners and researchers, reflects the strengths, resilience and perspectives of First Nations peoples.

### Rebuilding our shields: Sharing the stories of deadly dads

1.5HRS

This course aims to dismantle dominant stereotypes and help you better understand the critical role that Aboriginal and Torres Strait Islander fathers have in supporting their children to grow up health, strong and thriving.

### Honouring Aboriginal and Torres Strait Islander voices in healing family violence

1.5HRS

This course will help you to think about the whole family – their hopes, aspirations, strengths and stories of connections to family, kinship, Country and culture – as well as family histories of problems, challenges and trauma.

### Replanting the Birthing Trees: Supporting Aboriginal and Torres Strait Islander families and children in the first 2,000 days

5HRS

The course focuses on the critical first 2,000 days of a child's life and honours the wisdom of Aboriginal and Torres Strait Islander parenting practices that have endured for over 60,000 years. It invites practitioners to be curious, notice this ancient knowledge and consider how it can be applied in contemporary practices.

## Supporting resources

The following resources support the knowledge gained throughout the courses we've recommended. Make sure to save your resources by adding them to your Favourites when you're logged in.



### Working with Aboriginal and Torres Strait Islander families and children Toolkit

This toolkit has been developed to support non-Aboriginal practitioners in mainstream organisations to engage with First Nations families.



### Culturally informed trauma-integrated healing practice part one and two Podcasts

Judy and Caroline Atkinson share information and practical skills that can support mainstream professionals working with First Nations children and their families/communities.



### Aboriginal children and the effects of intergenerational trauma Webinar

This webinar explores the effects of intergenerational trauma on Aboriginal and Torres Strait Islander children and families, and outlines current research on the importance of cultural competence.



### Aboriginal and Torres Strait Islander wellbeing In focus

A snapshot highlighting the importance of practitioners embracing the principles of self-determination and recognising, understanding and embedding cultural healing practices in the support they provide.



### The whole Aboriginal and Torres Strait Islander child Video

This video offers a glimpse into the deep connections First Nations peoples have to Country, culture, spirituality, family and community.

To view all online courses and resources visit [learning.emergingminds.com.au](https://learning.emergingminds.com.au)

The National Workforce Centre for Child Mental Health (NWC) is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.  
September 2023

