

WARBURTON –MENTAL HEALTH WORKSHOPS 25-26 NOVEMBER 2013

PRESENTED BY DR LEWIS MEHL-MADRONA
AND BARBARA JANE MAINGUY



Narrative Therapy and Mental Health *Healing the Mind through the Power of Story*

Monday 25 November 10am to 5pm

Upper Yarra Arts Centre

For professionals and consumer peer workers.

Bookings 1300 368 333

Talking Circles as a Way of Healing *Evening Workshop*

Monday 25 November 7pm to 9pm

St Mary's Hall, 3360 Warburton Highway, Warburton

For those involved in small group mutual support circles.

Bookings Keith Simons 5966 5544

Exploring Mental Wellbeing for Carers *Caring and the Helping Power of Story*

Tuesday 26 November 10am to 5pm Upper Yarra Arts Centre

For carers and those working directly with carers.

Bookings 1300 368 333



Dr Lewis Mehl-Madrona

Lewis Mehl-Madrona, MD, graduated from Stanford University School of Medicine and trained in family medicine, psychiatry, and clinical psychology. Of Cherokee and Lakota heritage, Lewis has worked extensively with indigenous communities around the world, including Australia. He is the author of five books, his latest: *Healing the Mind through the Power of Story*. His current interests centre around psychosis and its treatment within community and with non-pharmacological means, and narrative approaches to chronic pain in primary care.



Barbara Jane Mainguy

Barbara is a creative arts therapist, with a background in art, philosophy and psychology. She completed her MA thesis on the connections between Lakota healing traditions and psychotherapy. Her work utilizes energy, story, ceremony, art, movement, drama, music, imagery and Lakota quantum physics to guide people into an approach to self-healing.

Narrative Therapy and Mental Health

Healing the Mind through the Power of Story

Monday 25 November 10am to 5pm Upper Yarra Art Centre

An opportunity to explore complementary approaches to mental health, for those working and studying in the mental health field. By reframing and sharing our stories we discover healthier ways to understand each other and ourselves. For professionals and consumer peer workers.

Cost \$25 (professionals), \$15 (others) Light lunch provided.

Bookings 1300 368 333

Talking Circles as a Way of Healing

Evening Workshop

Monday 25 November 7pm to 9pm St Mary's Hall, 3360 Warburton Highway, Warburton

An open workshop exploring how Hocokah (talking circles) can open up ways of healing and recovery. For those involved in small group mutual support circles.

All welcome. Polymer note donation. Bookings Keith Simons 5966 5544.

Exploring Mental Wellbeing for Carers

Caring and the Helping Power of Story

Tuesday 26 November 10am to 5pm Upper Yarra Arts Centre

Who cares for the carers is a question close to many who care for those with intellectual disabilities or mental health issues. This workshop will seek to expand and transform our capacities to help those in our care and ourselves as carers. For carers and those working directly with carers.

Cost \$25 (Peer workers), \$15 (Carers) Light lunch provided,

Bookings 1300 368 333



Life Is... Foundation

A not for profit community organisation dedicated to well being and harm prevention in young people.

