

Social and Emotional Wellbeing for First Nations People

Edward Mosby (Psychologist/CEO- Wakai Waian Healing)



Rockhampton Office

Level 1 Tobruk House, 8 Archer Street
PO Box 4080 Rockhampton Q 4700
Phone: **1800 732 850** Fax: 07 4829 4011

Thursday Island Office

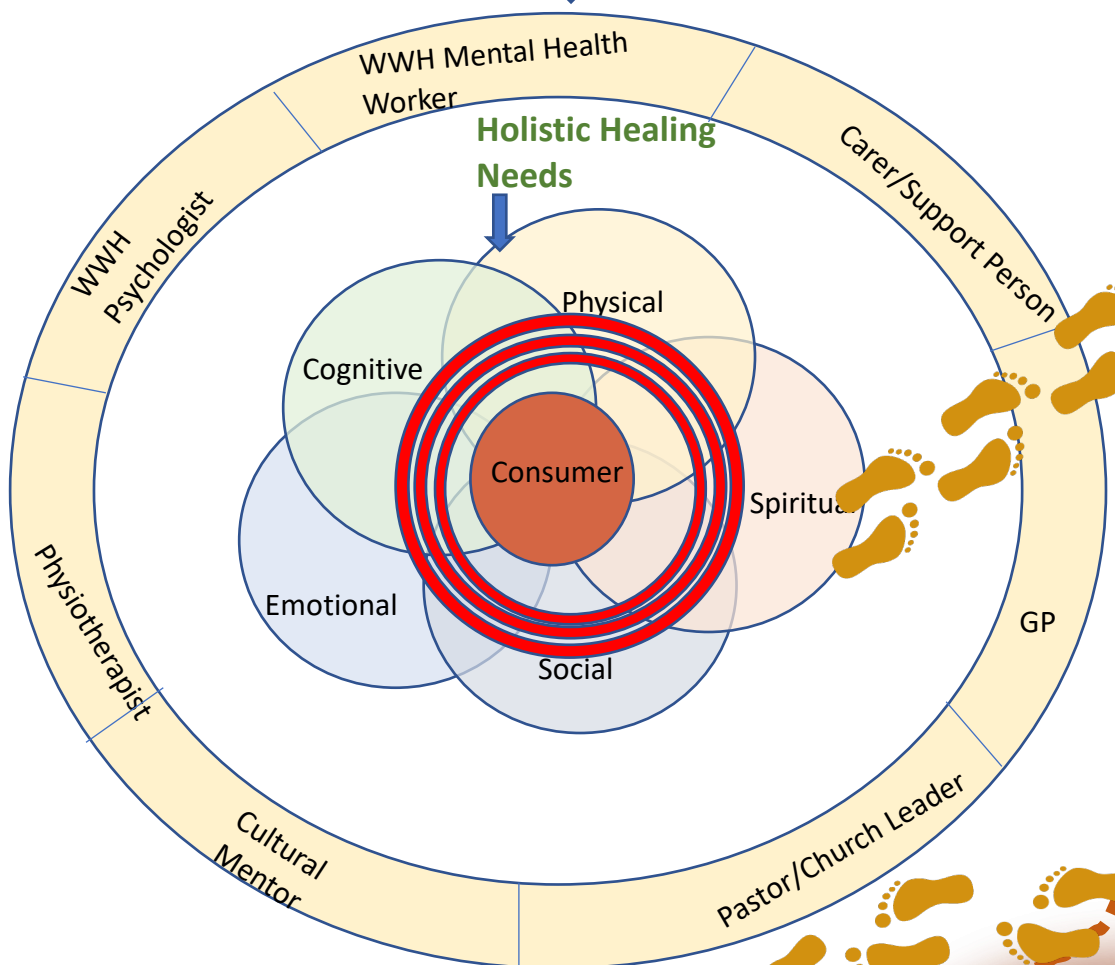
40 Douglas Street
PO Box 767, Thursday Island Q 4875
Phone: **1800 732 850**

enquiries@wakai-waian.com.au

www.wakai-waian.com.au

ABN 83 626 186 034

Collaborative Support Partners



The 3 Rings

- Connection to Time
- Connection to Place
- Connection to Person

Strengths

- #2 Connection to People
- #1 Connection to self**

Practice Principles

- Respecting reality
- Non-judgment
- Owning success and failure

'Unhelpful'

- Reduction in selfcare
- Social media
- Mind altering substances
- Labels
- Lack of role models

'I desire'

- Autonomy
- Structure
- Discipline
- Boundaries