



Naanggabun Yarning

Aboriginal Peer Reflection

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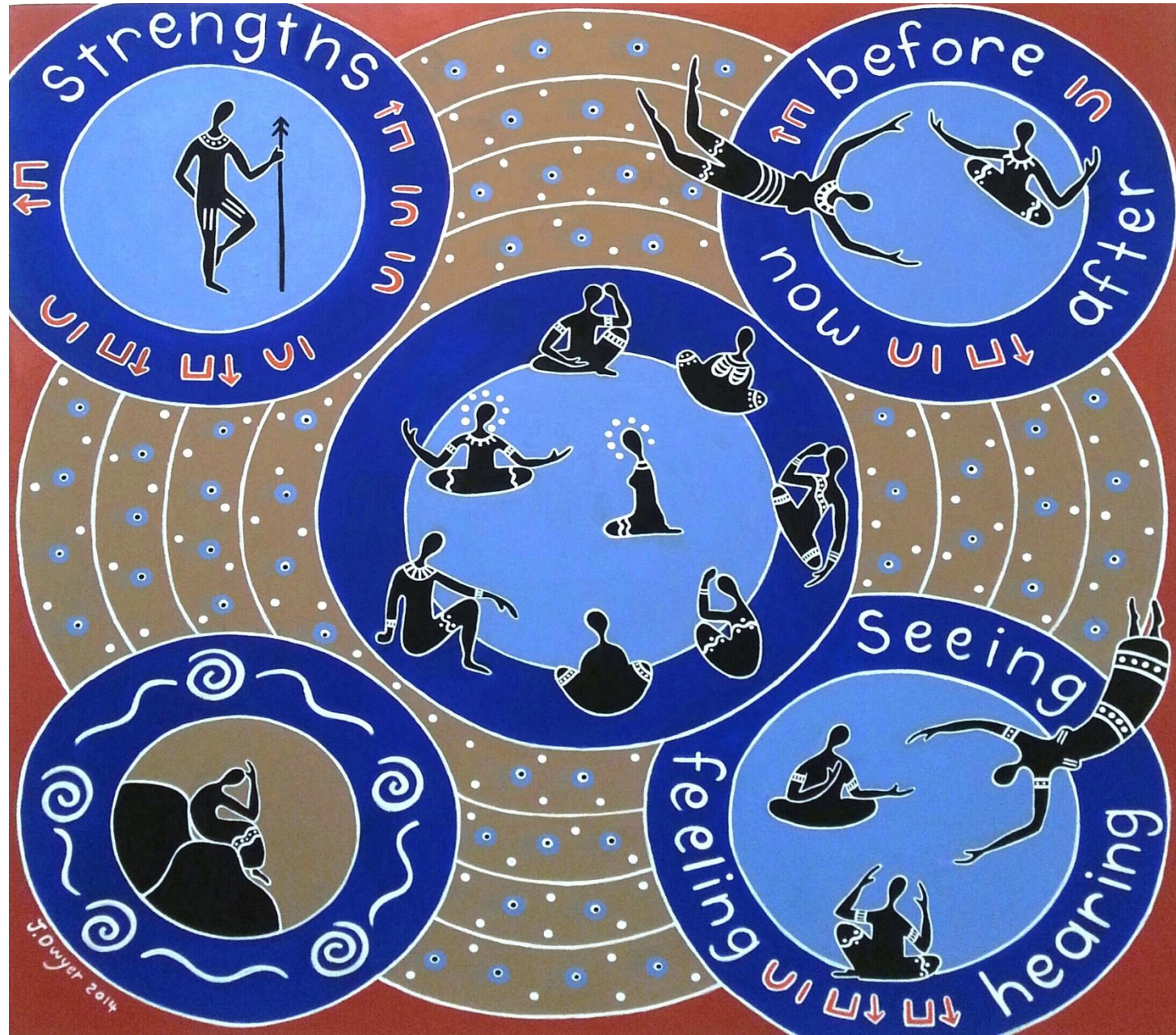
Naanggabun Yarning

Aim:

To provide a brief introduction into the Naanggabun Yarning framework and model for reflective practice in a peer group and One-on-One peer reflection or for clinical or practice SuperVision



The Naanggabun Yarning story



Naanggabun Yarning

What is peer reflection?

Having a regular time with peers to stop and reflect on the work we are doing and to continue to learn about ourselves in our roles, in our organization and in our communities.

It is a self care tool and professional development space where we receive and give support to and from our peers.





What is this thing called SuperVision?

SuperVision is the process of being with a skilled, experienced and wise person who respectfully, caringly and honestly supports a worker to reflect on their work. To reflect on how they work in a meaningful way that helps them to learn and grow as an Aboriginal worker in the context of working with community.

Naanggabun Yarning

Naanggabun; Wise in the Taungurung language of central Victoria.

Naanggabun Yarning captures the core of the framework, model and training.

The waterhole; is the representation we chose to explain how peer reflection can be; grounding, calming, helps give perspective, supports connection to our spirit. It is a culturally relevant metaphor



Naanggabun Yarning

Cultural Consultants

- **Gordon Bamblett:** Social and Emotional Wellbeing Project Officer: VACCHO
- **Nareida Wyatt:** Senior Education officer and Course Coordinator: VACCHO
- **Michael Honeysett:** Community member and Alcohol and Other Drugs worker
- **Doreen Lovett:** Community Development worker: Ngwala Willumbong Cooperative
- **Michelle Winters Gallagher:** Senior Aboriginal Liaison & Cultural and Projects Officer: St Vincent's Hospital Melbourne
- **Joel Wickham: Clinical Coordinator FCS** Victorian Aboriginal Health Service
- AOD and SEWB workforce in Victoria

Naanggabun Yarning

How we got Naanggabun Yarning

1. Introduction to Dual Diagnosis for Aboriginal workers
2. Our Healing Ways: research and resources
3. SuperVision: a culturally relevant model
4. Nexus; Aboriginal Peer SuperVision project; piloted training
5. Naanggabun Yarning: Aboriginal Peer Reflection Project

WORKING WITHIN COMMUNITY
Enjoying the advantages and managing the challenges

WORKING WITH CLIENTS

Doing my best to support them to do their best

LOOKING AFTER MYSELF

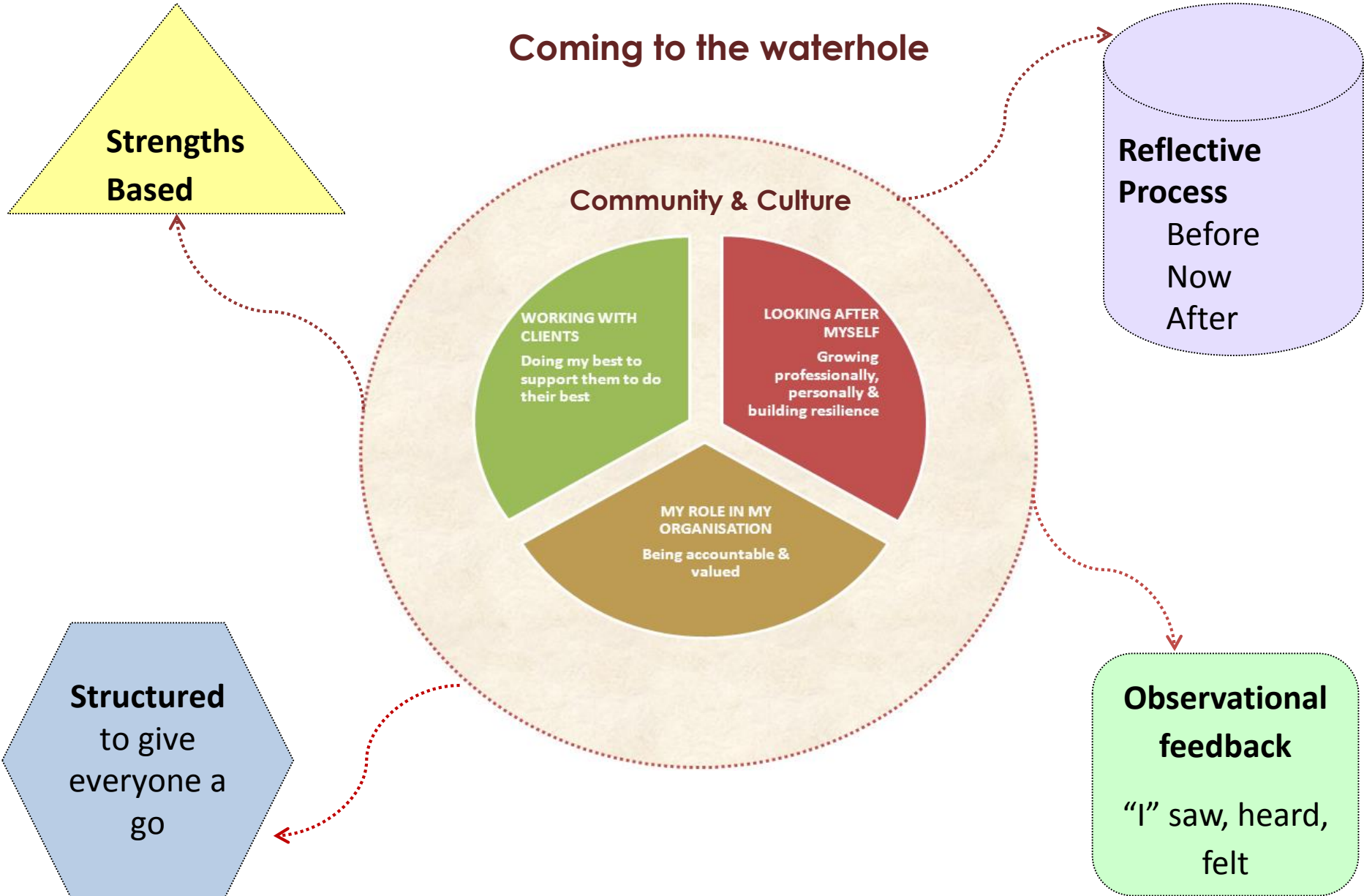
Growing professionally, personally & building resilience

MY ROLE IN MY ORGANISATION

Being accountable & valued

**PARTS
of a
culturally
relevant
Peer
Reflection
&
SuperVision
model**

NAANGGABUN YARNING Framework: Peer Group Reflection



Naanggabun Yarning

Three training programs

1. Peer Group Reflection

For all Aboriginal health workers

2. One-on-One Peer Reflection

For senior Aboriginal staff

3. Cultural Framework for clinical supervisors of Aboriginal staff

For all supervisors



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Evaluation of the training

1. Pre and Post training questionnaires
Self rating on skills and qualities

2. Evaluation forms at the end of the training

3. Documented verbal feedback

TRAINING	Satisfied	Stimulating	Useful	Discussions	Conducted	Pace	Learned	Recommend
Peer Group								
Rated between 8 to 10	97%	87%	94%	90%	93%	89%	90%	95%
Average rating	9.2	8.9	9.4	9.2	9.3	9.2	9.2	9.5
One-on-One								
Rated between 8 to 10	100%	92%	96%	96%	96%	96%	88%	100%
Average rating	9.6	9.1	9.4	9.4	9.5	9.6	9.1	9.8
Cultural Framework								
Rated between 8-10	92%	90%	93%	93%	95%	92%	95%	97%
Average rating	9.0	8.8	8.9	9.1	9.1	9.0	9.2	9.4
TOTAL% for all groups	96%	90%	94%	93%	95%	92%	91%	97%

Part 1- Pre and Post Training Questionnaire

% who rated self at 4 or 5	My <u>knowledge</u> about peer group reflection is	My <u>skills</u> to provide effective peer group reflection are:	My <u>ability</u> to ask for what I want in a reflective peer group is:	My <u>confidence</u> to provide effective peer group reflection is:	My confidence to set up my own reflective peer group is:
<u>Pre-</u> Peer Group Reflection Training	29%	22%	22%	18%	11%
<u>Post</u> Peer Group Reflection Training	93%	85%	90%	84%	77%

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PART 2 of Post Training Questionnaire	Pre Peer Group Reflection Training	Post Peer Group Reflection Training
	% rated self at 4- 5	% rated self at 4- 5
To be able to care for the relationship to build a trusting, supportive relationship	68	90
To be focused and committed to the process	41	90
To be able to be responsive	49	95
To be able to provide constructive feedback	35	82
To be objective	33	87
To be able to use language that is appropriate whilst being upfront	35	87

PART 2 of Post Training Questionnaire	Pre Peer Group Reflection Training	Post Peer Group Reflection Training
	% rated self at 4-5	% rated self at 4-5
To be understanding	76	95
To be an active listener	68	97
To be assertive	46	84
To be able to validate people's experience	54	90
To be able to keep confidentiality	94	100
To be honest and respectful	95	98
To be honourable	91	98
To have and show empathy	91	97
To be non-judgmental	81	98
To have knowledge of Aboriginal issues and the local culture	79	92



Naanggabun Yarning

Our Healing Ways Resources are available on
Dual Diagnosis Australia and New Zealand
Website www.dualdiagnosis.org.au

Australian Indigenous HealthInfoNet website
www.healthinfonet.org

For more information on the project
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