

Building Resilience in a Troubled World

The Third “*Let’s Talk Culture*” Seminar

- Date and Time:** Thursday, 3 December, 1:00pm – 4:00pm
- Venue:** Theatrette, Department of Health
189 Royal Street, East Perth
- RSVP:** By 30 November 2009 to Bernadette.Wright@health.wa.gov.au
- Enquiries:** Gill Van der Watt Tel: 9224 0289
- Video Conference Booking:** mentalhealthreception.royalst@health.wa.gov.au
- Cost:** Nil
- Certificate of Attendance:** Available on request

Parking and Transport Details: Parking available opposite the Department of Health in Royal Street or at Moore Street Multistorey carpark. Costs apply. Trains run approximately every 10 – 15 minutes. The best station to stop at is Claisebrook or Mclver. Free CAT service also available. Information on departures and arrivals, times for trains and buses phone TRANSPERTH on 13 62 13.

The ‘*Let’s Talk Culture*’ seminar series aims to assist mental health clinicians and service providers across all sectors to work confidently in a culturally competent way with clients from culturally and linguistically diverse (CALD) backgrounds. The seminars are jointly organised by the **UWA Community, Culture and Mental Health Unit**, the **Department of Health’s Mental Health Division**, and **South Metropolitan Area Health Service, Mental Health**.

The seminar on ‘*Building Resilience in a Troubled World*’ aims to explore and discuss the following topics:

- **How have different communities around the world developed resilience upon resettlement in a new culture? What can western societies learn from different models of coping adapted from traditional cultures?**
- **How can service providers better understand the cultural meaning of coping for a given community and facilitate the use of culture-specific coping strategies in this society ?**
- **What are the challenges faced by the WA Police Department in its engagement with new and emerging communities ? What are the insights and observations made by the Department to inform a co-ordinated approach across all sectors to assist CALD communities in building resilience ?**

Dr Jon Laugharne from the UWA Community, Culture and Mental Health Unit will chair proceedings. Speakers will deliver thought provoking presentations to stimulate interactive discussions to broaden audience members’ views about the elements that impede or facilitate the building of resilience among culturally and linguistically diverse communities.

Seminar dates in the 2010 series: 18th March, 19th August, 25th November (09:30 – 12:30).

About the guest speakers

Professor Harry Minas has been the Director of the Victorian Transcultural Psychiatry Unit since 1988 and the Director of the Centre for International Mental Health. He has been a consultant to the International Organization for Migration and the World Health Organization.

Prof Harris has led the development of research, teaching and service development in the areas of transcultural mental health and international mental health development. His expertise is in the fields of mental health system development, particularly in low resource and post-conflict settings; immigrant and refugee mental health and the development of services for culturally diverse societies; and human rights of people with a mental illness. Central to all of these is the issue of leadership for system change.



April Pearman is a psychologist who has worked with survivors of extreme violence in Australia, the U.K. and Sierra Leone. Since 2002 she has worked exclusively with survivors of torture, having worked with the Association for Services to Torture and Trauma Survivors (ASeTTS) and the Centre for Victims of Torture, in Sierra Leone. More recently she has worked with VSO-UK (Voluntary Service Overseas), aiding development work in 34 of the world's poorest countries.

April graduated from Harvard Medical School's Harvard Program in Refugee Trauma, with a postgraduate qualification in global mental health. Her work has focussed largely on the coordination of psychosocial mental health services to refugees/asylum seekers and in post-conflict communities. She has a particular interest in combining western and local/traditional approaches to achieve maximum healing potential whilst empowering and rebuilding traumatised communities. In February 2009 she rejoined ASeTTS as the Coordinator in the Training & Research Team.



Barbara Etter is the Assistant Commissioner of Strategy and Performance with the Western Australia Police (WAPOL). She has previously been a Commander with the Northern Territory Police and the Director of the Australasian Centre for Policing Research.

Barbara's particular interests are in victims of crime, women in management, leadership, ethics, transcultural and diversity issues, law reform, forensic science, professional development, strategy and policy formulation, and policing research.

Barbara holds degrees in Law (Hons) and Pharmacy, a Master of Laws in Comparative Law and an MBA in International Management. She is also an Adjunct Associate Professor at the School of Law and Justice, Edith Cowan University. Barbara was the 2006 Telstra WA Business Woman of the Year and has been awarded the Australian Police Medal (APM) in the Australia Day Honours List.

