

Performances

Friday 20 September
11.30am – 12.50pm

Te Whānau o Puanga: Reframing Whānau Trauma Care Through Pūrākau

Aaryn Hulme-Niuapu, Pou Taki Reo Torohū (ADHB Mental Health and AOD Consumer Leader), Kāhui Tū Kaha

Our stories of whānau trauma can at times feel like they define who we are. However, in the re-telling, the re-narrating and reframing of our stories we can find the space for recovery and rangatiratanga in future family dynamics.

In the mental health and AOD (alcohol and other drugs) sector, cultural frameworks of assessing and addressing whānau trauma are often given little clinical focus. In sync with this year's theme – looking back, moving forward – 'Te Whānau o Puanga: Reframing Whānau Trauma Care Through Pūrākau' is a kaupapa Māori framework of professional care when encountering AOD-related family trauma. Building upon the lived experience of childhood whānau trauma, related AOD dynamics and the recovery facilitation of pūrākau (old ancestral narratives), the author will perform the foundations and application of Te Whānau o Puanga through an interactive pūrākau session.

Biography of performance presenter

Aaryn (Ngāti Whakaeu, Te Ātiawa, Nofoali'i, Leulumoega) is a Pou Taki Reo Torohū (Consumer Leader) with Kāhui Tū Kaha, a Ngāti Whātua mandated organisation. Aaryn has lived experience of depression and self-harm, accessing mental health services in 2012. He previously worked as a Māori AOD clinician for Whitiki Maurea, the WDHB Māori mental health and AOD service. Aaryn has previously presented at Cutting Edge (Mana Tangata as clinical practice) as well as other conferences relating to indigenous health equity. He is also the co-founder of Racial Equity Aotearoa, a grassroots organisation committed to addressing systemic racism.

Hoki ki tō maunga kia purea ai e ngā hau o Tāwhirimatea

Willise Ruha: Clinical Co-ordinator, Te Ātea Marino

David Ihimaera: Amokaiora (AOD Counsellor), Te Ātea Marino ki te Tonga

Bridget Harris: Amokaiora (AOD Counsellor), Te Ātea Marino ki te Uru

Nikisha Edmonds: Amokaiora (AOD Counsellor), Te Ātea Marino ki te Uru

Kahurangi Fergusson-Tibble: Amokaiora (AOD Counsellor), Te Ātea Marino ki te Uru

Brent Coulston: Clinical Supervisor, Te Ātea Marino

**Karakia
Mihi
Waiata**

Te Ātea Marino would like to present a pūrākau and a whakaaturanga as follows:

Pūrākau

Introducing Pūrākau: Tāne ascended the heavens to collect the three baskets of knowledge. Pōwhiri Poutama, a Māori therapeutic tool for **healing the past, present and future.**

Whakaaturanga

Introducing Tama, a young Māori man who has limited connection to his Māori heritage, language and culture, and telling his story about him living with his whānau in 'urban town', and the impact on his developing self, including the good, the bad and the ugly. Acknowledging adverse life events that support his AOD use to self-soothe. Mapping the journey of Tama as he gathers courage to leave urban town.

Setting out to the unknown, Tama wants to find 'something better'. Standing between him and his future is 'Maunga Teitei'. Tama realises the effort and skills needed to conquer his lofty mountain. Journeying with Tama as he takes each upward step, the journey is framed using the concepts inherent in the Pōwhiri Poutama framework. Each upward step provides new light, understanding and insight. When Tama reaches the summit, he celebrates, reflects and **looks back to where he has been** but positioned **in the present** to also **know where he can go.**

Hātepe Haumanu (Therapeutic Process)

When the mountain is flipped upside down, it matches the Western approach to counselling and demonstrates how Pōwhiri Poutama can be effective as a tool for **healing the past, present and future** within the therapeutic counselling hour.

Karakia

Willise Ruha



Ngāti Whātua, Ngā Puhī

Willise is the Clinical Coordinator for Te Ātea Marino Alcohol and Drug Service. A trained supervisor and counsellor, Willise brings many years of experience working with individuals, young people and couples. During the past four years, Willise has extended her therapeutic reach to bring her expertise to the alcohol and drug field, specifically to work with Māori tāngata whai i te ora, who present with significant substance use issues.

Modalities: PCT/Interpersonal Psychodynamic Psychotherapy, IDT, Symbol Work, Sandtray/Sandplay, Psycho Somatic Integration Advanced Trauma 1 & 2, Supervision, Whanake Whānau Development, Addictions and Mental Health.

(RFT/Pastoral Cert. Dip/BCouns, Post Grad Cert MH/AOD, MNZCCA, Accredited Supervisor, DAPAANZ, Full Member DAPAANZ, Accredited ACC Counsellor)

David Ihimaera



Ngapuhi, Te Rarawa

David is working as an AOD Counsellor (Amokaiaora) for Te Ātea Marino based in South Auckland, supporting whānau Māori to address their AOD substance issues through individual counselling and facilitating group programmes. David has an extensive history of working with predominantly Māori populations in the addictions field.

Modalities: Te Whare Tapa Whā, Pōwhiri Poutama, dynamics of whanaungatanga, kaupapa Māori theory.

(Bachelor Māori Performing Arts, Bachelor of Applied Social Services, Te Pinakitanga – Diploma of Te Reo Māori, Dapaanz practitioner)

Bridget Harris



Ngā Puhī, Te Rarawa, Te Aupouri

Bridget is working as an AOD Counsellor (Amokaiaora) for Te Ātea Marino based in West Auckland, supporting whānau Māori to address their AOD substance issues through individual counselling and facilitating group programmes. She has worked for Te Ātea Marino since 2011.

Areas of focus: Rangatahi, Pakeke, Pōwhiri Poutama, Te Whare Tapa Whā, Wairua, Hinengaro, Tinana and Whānau.

(B.A. Māori, Grad. Dip. of Teaching (Secondary), Post Grad. Dip. of Counselling – MNZAC, Registered Dapaanz practitioner)

Nikisha Edmonds



Ngā Puhi

Nikisha is currently working as an AOD Counsellor (Amokaiora) and occupational therapist (Whakaora Ngangahau) for Te Ātea Marino based in Auckland Central. Key roles include implementing occupational therapy-based interventions in individual sessions, and facilitating group programmes. Nikisha is a new graduate and she is currently doing a post-graduate diploma in Mental Health and Addictions.

(Bachelor of Health Sciences – Occupational Therapy)

Kahurangi Fergusson-Tibble



Ko Hikurangi te maunga
Ko Waiapu te awa

Ko Ngati Porou te iwi
Ko Ngai Taharora te hapū
Ko Taharora te marae
Ko Kahurangi Fergusson-Tibble toku ingoa
Ko Chloe Fergusson-Tibble taku hoa Rangatira
Tokorua nga Tamariki ko Jaxyn raua ko Storm a raua nei ingoa
He Mataora ahau, I roto I a Te Ātea Marino.

Currently I am a change agent within Te Ātea Marino (Maori Addictions Service), employed as an Amokaiora (Addictions Counsellor).

Wairua Focused, Whānau Driven

Kohe Pene

Cultural Counsellor Higher Ground Drug Rehabilitation Trust

Abstract

Have you lost a baby in your life whether it be to miscarriage, termination or sudden death?

Most people do not address the guilt, grief, trauma associated with these painful circumstances (or situations) but desire a way to express what they have kept buried. Some people do not think it has affected them.

Through my own whānau journey and healing process in this area, which I will share, we would like to invite delegates of the conference to come and experience a cultural ceremony we practice in the whānau group at Papa Taumata (Higher Ground) with tangata whaiora to help heal this sacred moment in time.

We would like to give you an opportunity to write a letter around your experience of losing a baby. Things you would like to say to bring about healing. To honour yourself, your baby, your whānau .

To those who have not experienced this loss we ask you to bring your aroha, tautoko (support) as we embark on a spiritual letter burial ceremony.

Nau mai, haere mai ki te wahi tapu.

Kohe Pene

Ko Mihimarino te maunga,

Ko Waipapa te awa

Ko Mataatua te waka

Ko Te Whānau A Apanui te iwi

Ko Te Whānau A Kahurautao te hapu

Ko Kohe Pene taku ingoa

He kaimahi ahau no Papa Taumata

Tena koutou katoa

I was raised in addiction, have been in recovery for the past 26 years and have worked in the field (paid work) past 8 years. Currently I am a Cultural, Clinical Practitioner at Higher Ground Alcohol and Drug Residential Treatment Centre in West Auckland. My greatest joy is to see people set free from their past hurts and trauma and live a life in recovery.