Towards a cross-cultural psychotherapeutic framework for Psychologists working with Western Australian Aboriginal people
• Aboriginal peoples’ mental health largely neglected
• Many Non-Aboriginal (NA) therapists reticent about working with Aboriginal people
• Australian training in psychology does not equip psychologists to work in a culturally appropriate manner with Aboriginal people
• Little understanding of how to transform cultural awareness into a workable, effective and sustainable therapeutic relationship.
• Deficiency of applied methodologies for intervention with Aboriginal clients
• Insufficient psychological research in this area.
• Little information pertaining to culturally appropriate and sensitive methodologies available
• Available information mostly anecdotal and experiential in nature rather than research based
• My experience working as a Clinical Psychologist at an Aboriginal Medical Service
Research Aim

• To explore/develop applied methodologies for intervention with Indigenous clients to assist in delivery of culturally appropriate therapeutic interventions.
• Focusing on grief, loss and trauma
• The development of a process framework or guide that may provide a foundation for more successful interventions
Methodology

• Grounded theory and qualitative research methodology
• Flexibility in carrying out the research
• Allows participants and their communities an ongoing role, provide a theoretical framework and can identify theories to be tested
Grounded theory

- Emphasises steps and procedures for connecting induction and deduction through the constant comparative method, comparing research sites, doing theoretical sampling and testing emergent concepts with additional fieldwork.
- Uses methods that take the researcher into and close to the real world so that the results and findings are grounded in the empirical world.
Location

- This study will be conducted within the South West.
- Area has regional centre (Bunbury) and smaller town sites.
Process

• Several stages
• This aims to ensure that the research methodology/process is culturally appropriate.
• Tried and tested
• Stages feedback into each other over the course of the research project.
Steering Committee

• Provides guidance and evaluates all aspects of the study from Aboriginal terms of reference.
• Provides many functions during the research including providing information to participants and prospective participants about the study and the interpretations drawn.
Data Gathering

- Field observation and interviewing
- Cultural validation groups
- Interview schedule developed through consultation with the Steering committee and community representatives.
- Semi-structured interview
- Observations during interviews, adding process notes to the audio-taped interview content
• Interviews conducted by Cultural Consultants from within the community.
• The researcher will remain in the community for the duration of the information gathering to support this process.
• Employing Aboriginal people to conduct the interviews will reduce respondent bias.
• Interviews will be audio-taped with the participants’ consent and will be transcribed.
• Members of the Steering committee will review selected transcripts.
• Steering committee retains the right to veto or exclude data/transcripts from the research for cultural reasons.
Data Analysis

- Data collection and analysis carried out simultaneously.
- Feedback of results to the Aboriginal Community and participants as they become available
- Data analysis an ongoing process including data collection and feedback of results.
- Data analysis through use of QSR NVIVO
- NVIVO provides many options for document preparation, coding, retrieval and dynamic linking of information.
- The built in tools help to ensure that there is transparency in the process of analysis as well as an audit trail
How to find us:

http://bmw.curtin.edu.au

http://www.facebook.com/pages/Building-Mental-Wealth/152130671468063

http://twitter.com/BMW_group_WA

The story of our logo: The logo uses the central symbol of a head to represent the field of mental health. It is surrounded by large circles which symbolize the organisations and community groups which contribute to a combined effort to improve mental health in Australia. The smaller circles in between the larger circles represent the individuals affected by mental ill-health and their families. The roads in the outer section of the logo symbolize the many pathways that lead to mental ill-health and back to restored mental health. The logo was designed by Allison Bellottie, an Aboriginal artist belonging to the Malgana and Nanda tribal groups from the Shark Bay area of Western Australia.