



March Informer

Keeping you up to speed with what's going on. I certainly would be happy to receive information on events coming up in your district and any short articles that you have.

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Celebrating 20 Years

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ARTICLE SUBMISSION GUIDELINES

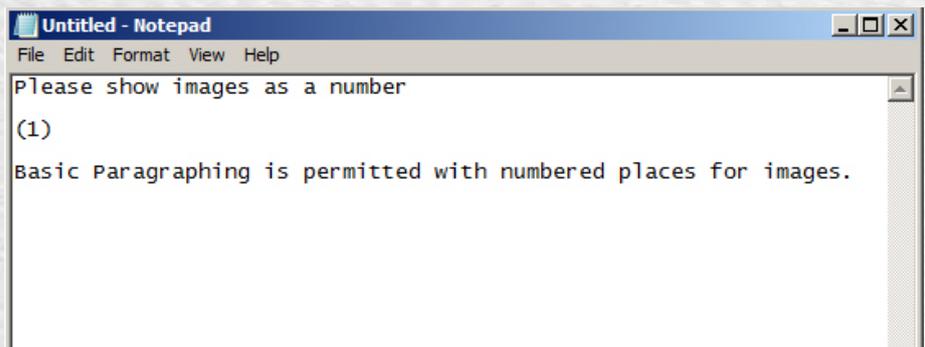
Please Submit all articles in raw text format. A note pad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

All images must be submitted individually named with corresponding numbers.

Article Length Maximum
1000-2000 words

- *Editor*

Please email .txt documents to:
president@ahhca.org



Taking a Mind-Body Therapy to the Refugees in Jordan | by Leonie Blackwell

In a time where we, in Australia, are witnessing the Senate investigate natural therapies for scientific proof of their effectiveness I was privileged enough to be in Amman, Jordan training frontline workers of refugees in a therapy called Trauma Buster Technique.

Jordan is in a unique situation of having more refugees than original Jordanians living in the country and it was touching to observe the compassion and empathy held for the plight of the most recent refugees from Syria.

There were three of us who travelled to Jordan - Rehana Webster who developed the TBT therapy and Karen Marrington who instigated the trip and whose networks enabled us to train workers from the United Nations run refugee camps, Caritas, Noor Al Hussein Foundation and the Chechen Women's Society.

Karen Marrington, Maha, Leonie Blackwell, Manager of the Noor Al Hussein Foundation Trauma Centre, Rehana Webster.



The Trauma Buster Technique is a mind-body technique that effectively, simply and permanently eliminates the symptoms of post-traumatic stress. It combines the tapping on meridian points used in Emotional Freedom Technique with specific Neuro-linguistic Programming strategies to change the way the brain responds to traumatic memories.

In Jordan it is the psychologists, social workers and counsellors that work with refugees and their training is 'talk-therapy' based. This means that they let the refugees talk about their experiences over and over again until they eventually normalise their stress and stop responding with hyperventilation, shaking, panic, anxiety and fear. To complicate this situation the workers are often refugees themselves and during our training sessions they initially talked about the effects of transference. As the Syrian refugees talk about their terror, shock, fear and horrendous experiences the workers memories of escaping similar trauma is triggered and impacts on their capacity to listen, let alone help.

They were thrilled to experience TBT on themselves and resolve their own traumas and to understand how effective the technique would be for the refugees. All of a sudden transference was no longer their concern. The buzz in the room as each worker felt the release of the trauma and when thinking back to the original image could not recreate the anxiety, shaking or fear previously associated with it. They were keen to share this therapy with their clients.



Training at the Chechen Women's Society

But what happened in the two weeks we were there was that they enthusiastically shared it with their bosses, friends, family and key organisations. I was even

able to present our self-funded pilot programme to a sub-committee of the Department of Health. People and organisations came out of the wood work and we were requested to provide demonstrations and sessions with as many of them as we could possibly fit in. What we thought was an already full programme became jam packed.

After training the workers we spent the second week mentoring them in the refugee camps or at their health care centres using TBT with the refugees. Our goal was to ensure that once we left they would be able to competently conduct TBT with the refugees in our absence. In all honesty, I expected to be confronted with the horror stories of abuse, violation and the worst in humanity. And when I re-tell the stories they do sound every bit as horrendous as any of us would expect them to be. But in the moment, working to help them heal, and using a technique that dissolves the trauma so effectively, it allowed all of us to deal with reality with a sense of empowerment.

Watching a Syrian refugee shaking, hyperventilating, with tears rolling down their cheeks as they described their experiences my heart felt so expanded as compassion, empathy and a sense of human oneness enveloped the session. As they tapped, spoke about the trauma, preceded through each step of the process, their scores dropped from 10 out of 10 to zero. At the conclusion of the process these same people sat smiling, requesting to come back and do more and holding their hands out in front of them declaring their surprise that they were not longer shaking, often for the first time in months.

For the workers, they were elated because, until now, they had no answers, no effective way to truly help the refugees despite their heart-felt desire to be able to do so. Each of the NGO's (non-government organisations) expressed their desire for us to return to conduct further training and mentoring. All funding allocations for 2015 have been completed but, fingers crossed, 2016 will see more training session being held there.

The local holistic healers in Amman were also keen for us to return. Rehana and I will be going back to Jordan in May to conduct the first certified practitioner training for anyone who wishes to be trained in TBT. We are hoping that some of the NGO workers will be able to attend this training opportunity as well.

It's exciting times for holistic therapies. I took some of my flower essence sprays, simply to help clear the energy in the training rooms. By the time I left I was being asked to return with as many bottles as I could because it would be a simple way for refugees to support themselves and build their resiliency.

Leonie Blackwell

www.leonieblackwell.com

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WORKSHOPS

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Turn your love of meditation into a business and share the magic of meditation with those around you, this course is accredited by the AHHCA.

Learn to write a meditation, plan & run groups, importance of breath and how meditation helps in our life.

For an information sheet please email diane@angelicpresence.com.au

Investment: Live outside Melbourne area?
Contact me to discuss new correspondence course.

Dates:

Mar 15, 22,

April 19,

May 3, 17,

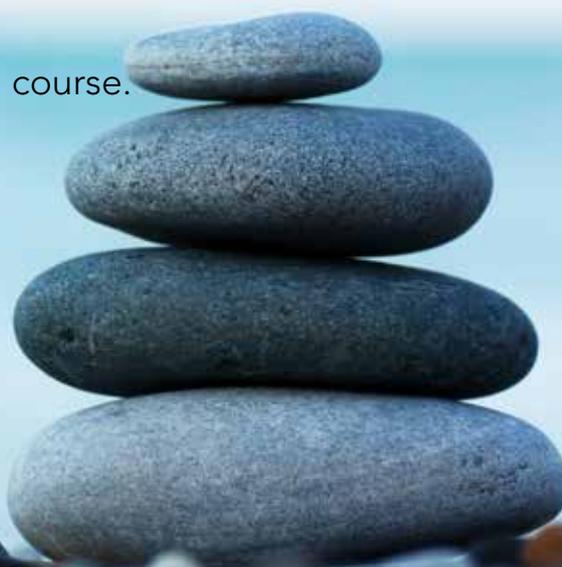
June 7, 21 28/ 2015

2nd intake starts August 2015

Delivery: 8 sessions day sessions

10am – 4 pm (Sunday) in person

Mitcham, Victoria)



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Term 1: Mar 2, 16, 23

Term 2: April 13, 20, 27, May 4, 11, 18, 25, June 1, 9, 22

Investment: \$35.00 casual per class

Or buy a 5 sessions or term pass to save

Based in Ringwood 7pm to 9pm

All other details given when booking is taken.



COMMITTEE 2014-15

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AFFILIATED MEMBERS

Australian Doctor Healer Network

www.doctorhealernetworkaustralia.com

Free Listing Please contact: tim@doctorhealernetworkaustralia.com

Healing Centre • Educational Retreat

www.whiteeaglelodge.org.au - (07) 5494 4397

Mental Health Academy

www.mentalhealthacademy.com.au

Pathways Wellness Centre

www.pathwayswellnesscentre.com - (07) 5326 3336



The committee would like your support

We would like to get our organisation noticed by a lot more people, you can help us by displaying our logo on your website.

Please contact the office for a copy of our logo

March Birthdays

Happy birthday to the following members

Mari Recasens, Danielle Pollard, Olga Perkins, Rudi Pauli, Mandy Pattenden, Phoebe Allwell, Kimberley Anderson, Christina Bertram, Gemma Castigia, Faye Fowler, Maria Garrido-mondejar, Mary Hoodless, Fiona reddoch, Gail Withers, Natalie Oakley

NETWORKING

The committee feels it is important for all our members to support like minded organisations conferences; it's a great way to learn new things, gain professional development hours and meet new people.

WEBSITE LINKS

Hearts in healthcare

www.heartsinhealthcare.com

Australian Industry Training Association

www.aitd.com.au

Australian Hypnotherapy Association

www.ahahypnotherapy.org.au

Walter Last

www.heal-yourself.com.au

Strauss heart drops

www.straussheartdrops.com

National federation of healers

jenny@nfh.org.au

Magnetic Healers Unlimited

www.magnetichealers.org.nz

kathyaauric@atrix.co.nz

Cancer support organisation

www.ucansurvive.org

White Eagle Healing Centre

www.whiteeaglelodge.org.au

Australia Counselling association

<http://www.theaca.net.au/>

Caledonian Colour

PRINT | SIGNS | DESIGN

www.caledoniancolour.com

CONFERENCES

Australian Reiki Connection Presents

THE FUTURE FOR REIKI

Pathway to wellness

Saturday 17th & Sunday 18th October 2015

-SYDNEY NSW

Mindd International Forum 2015

Nutritional and Integrative Treatments for Children & Adults

15-17 May, Australian Turf Club Randwick, Sydney

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Final thought "Be yourself; everyone else is already taken."
for the month

~ Oscar Wilde

Tim Fraser - President and Editor

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