Aboriginal and
Torres Strait Islander

Grief First Aid

Accredited Training

Practical skills to support someone through grief and loss.



A deeper understanding of Sorry Business

within Aboriginal and Torres Strait Islander contexts.

Including the importance of kinship, community, culture, spirituality and connection to Country.



Baydon Widdicombe
BPW Consulting
contact@bpwconsulting.org
0436 392 481

Grief FIRST AID™
grieffirstaid.au
hello@grieffirstaid.au

Licensed Grief First Aid Instructor

Grief First Aid

Aboriginal and Torres Strait Islander

The Value of Aboriginal and Torres Strait Islander Grief First Aid

Grief and loss are universal human experiences, but the ways they are understood, expressed and supported are deeply influenced by culture, family, community and lived experience.

Aboriginal and Torres Strait Islander Grief First Aid builds the knowledge, cultural understanding and practical capability to provide respectful support when someone is grieving. The course teaches adults how to provide initial, non-clinical support to an Aboriginal and/or Torres Strait Islander person experiencing grief and loss. The evidence-informed curriculum explores grief within cultural and historical contexts and builds practical communication skills, equipping participants to respond respectfully using the GRIEF Action Plan and facilitate culturally appropriate further support when needed.

Learning Outcomes

By completing Aboriginal and Torres Strait Islander Grief First Aid, participants will develop the knowledge and capability to:

- **Develop a deeper understanding of Sorry Business within Aboriginal and Torres Strait Islander contexts**, including the importance of family, kinship, community, culture, spirituality and connection to Country.
- **Understand experiences that can shape grief**, including colonisation, the Stolen Generations, intergenerational trauma, cumulative loss, premature death, displacement, and disruption to family, community and cultural connections.
- **Recognise the diversity of grief experiences and cultural practices**, including Sorry Business, while avoiding assumptions about how an individual, family or community may experience or express grief.
- **Build culturally responsive communication and support skills**, including Dadirri and deep listening, to create space for story, silence and connection, and respond with respect and cultural humility.
- **Apply the GRIEF Action Plan as a culturally responsive framework** to provide initial support, recognise when additional support may be needed, and connect people with appropriate family, community, cultural and professional supports.
- **Understand the role and boundaries of a Grief First Aider**, including culturally safe and ethical support, appropriate boundaries, and looking after yourself while supporting others.

Who can attend?

Aboriginal and Torres Strait Islander Grief First Aid is designed for adults aged 18+ who want to build their understanding and capability to support Aboriginal and Torres Strait Islander people experiencing grief and loss.

It is relevant to workplaces, community organisations, health and support services, and anyone who works with or supports Aboriginal and Torres Strait Islander people and communities.

Course Format

Aboriginal and Torres Strait Islander Grief First Aid is a 7.5-hour facilitated course that can be delivered in a single session or across multiple sessions to suit your organisation. Training is available face-to-face or live online via Zoom, with the full course content and learning experience maintained.

Participants who successfully complete the course and assessment become an Accredited Aboriginal and Torres Strait Islander Grief First Aider, with accreditation valid for three years.