



DESCRIPTION

SESSION DETAILS

AUTHOR DETAILS

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VIEW ABSTRACT

THE EFFECTS OF BUSH ADVENTURE THERAPY FOR ABORIGINAL MEN IN SOUTHERN TASMANIA


Joint oral presentations of 15 minutes + 5 minutes of questions

Environment, Country, Belonging - Thinking
Presentation Code: 26

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Abstract

Aboriginal and/or Torres Strait Islander men have the worst health of any group in Australia. Despite this, federal, state and territory government policies do not specifically address the issue. Existing research demonstrates the complexity of the problems facing Indigenous men in Australia. The intersection of masculinity and Indigeneity, compounded by colonisation, historical policies, stigma, marginalisation, trauma, grief and loss of identity are key factors that shape these poor health outcomes. This research explores the role played by Bush Adventure Therapy as a holistic health and well-being intervention for Aboriginal men in Southern Tasmania. Bush Adventure Therapy is a diverse and malleable field of practice combining adventure and outdoor environments with the intention to achieve therapeutic outcomes for those involved. The Indigenous methodology of yarning is used to conduct semi-structured interviews (n=11*). Preliminary results indicate the negative impact on colonisation and transgenerational trauma on health and well-being. While themes of holistic improvements to health, connection to Country, place and culture, friendship and community building, spirituality and self-determination have emerged. Bush Adventure Therapy is a malleable health and well-being intervention that has been reported to provide holistically benefits. The ability to weave cultural practices such as collecting traditional foods, making items hearing stories and yarning are important to Aboriginal men. To help improve Aboriginal and/or Torres Strait Islander men's health holistically, innovative and self-determining approaches that are culturally appropriate are important.