

Weaving the Cultural Therapeutic Thread: A Practical Session

This workshop aims to help practitioners understand that healing for children impacted by trauma occurs through relationships, daily experiences and cultural connection, not only within therapy sessions. Participants will be introduced to the Cultural Therapeutic Web as a practical framework for mapping key relationships, environments and moments of safety in a child's life. Through reflective activities and case examples, they will explore how to create small, consistent and culturally meaningful strategies that support regulation, while engaging carers, kin and educators as therapeutic partners in the child's healing.

Participants will be guided through a practical activity to design a Cultural Therapeutic Web around a child, a framework for weaving daily, relational and cultural moments of safety, rhythm and connection around children impacted by trauma. It honours the belief that healing happens in relationships and across environments, not just in therapy rooms.

Using case examples and reflective tools, they will:

- Identify key relationships and environments in the child's world.
- Map moments of safety, connection, rhythm and cultural connection.
- Co-create small, consistent, culturally meaningful strategies to regulate the child's nervous system.
- Explore how to engage carers, kin and educators as therapeutic agents.

This session supports participants to leave with concrete tools and a culturally grounded approach for weaving connection, culture, and healing into everyday practice.

Presenter: Janine Cattanach



Janine is an Aboriginal social worker, a clinical play therapist, and is certified in the Neurosequential Model of Therapeutics (NMT). Janine integrates this neurodevelopmental approach with Aboriginal healing ways and evidence-based Western therapeutic practices to foster resilience, cultural identity and emotional wellbeing for children and families.

As the founder of Yilimu House, Janine has established a culturally safe and trauma-informed play therapy practice that provides a gentle and creative space for children to heal, connect and grow their stories

and Spirits strong. Her clinical work focuses on helping children who have experienced complex trauma to regulate, relate and recover. Working alongside families and educators to weave Cultural Therapeutic Webs: intentional, everyday moments of safety and connection that surround a child and strengthen healing in community.

In addition to clinical practice, Janine leads The Cultural Consultancy Group, offering organisations and practitioners the skills, tools and cultural frameworks needed to engage respectfully and effectively with Aboriginal people and communities. She is passionate about creating bridges between Aboriginal and Western ways of knowing and healing, empowering communities to grow strong Spirit and belonging.

Janine's approach is grounded in cultural knowledge, neurodevelopment science, and trauma-informed practice and is committed to amplifying Aboriginal voices and healing stories within therapeutic spaces.

Presenters Professional Affiliations

Bachelor of Social Work, Master of Child Play Therapy, Certified in Neurosequential Model of Therapeutics

Director of The Cultural Consultancy Group and Play therapist at Yilimu House

