## **Cross-Cultural Communication QA WWUNSW - 2025/05/12 08:17 ACST – Transcript**

# **Attendees**

Natalia, Paula Andrea Ramírez Diazgranados, Phillip Trudgen, Richard Trudgen, Timothy Trudgen

# **Transcript**

Richard Trudgen: Get rid of that thing first. Get rid of Genie. Just click it. Mute yourself. Yeah.

### 00:05:00

Phillip Trudgen: Morning. Just hold on a

Natalia: Thanks.

Paula Andrea Ramírez Diazgranados: Good morning. Yes, I can hear you and…

Phillip Trudgen: Paul, you can hear me fine, can you?

Paula Andrea Ramírez Diazgranados: you well as well.

Phillip Trudgen: Yep, I can hear you, too. So, that's good. Natalia, how you going?

Natalia: Good. Thank you.

Natalia: Can you hear me?

Phillip Trudgen: All good. I can hear you as well. Tim might be a little bit late.

Paula Andrea Ramírez Diazgranados: I'm here.

Phillip Trudgen: Dad's just Yeah,…

Phillip Trudgen: he's just getting himself ready. It's all Okay. Okay,…

Natalia: That's okay.

Natalia: Marie is not coming. So yeah, we can just start whenever you That's okay.

Phillip Trudgen: No worries. I'll turn my camera off and turn the mic off.

Paula Andrea Ramírez Diazgranados: Hola. No,…

Natalia: Yes. Sorry.

Paula Andrea Ramírez Diazgranados: no. Okay.

Natalia: Foreign. I got you.

Paula Andrea Ramírez Diazgranados: Hallelujah.

Natalia: They won't put Yeah.

Paula Andrea Ramírez Diazgranados: for

Natalia: I will. Okay. Forelic condition is classific.

Natalia: Respir. state of

Paula Andrea Ramírez Diazgranados: …

Paula Andrea Ramírez Diazgranados: Oops. sit.

### 00:10:00

Paula Andrea Ramírez Diazgranados: I say stupid.

Natalia: Is that right? Hello.

Timothy Trudgen: Hello. Hi.

Paula Andrea Ramírez Diazgranados: Hello. How are you?

Timothy Trudgen: Hi Paula. Hi Natala.

Paula Andrea Ramírez Diazgranados: team. Yeah,…

Timothy Trudgen: Good. Thank you.

Natalia: Marie is not coming. So, today will be just the two of us. She had a unexpected clash in her calendar and so she couldn't move it around. So, she asked me to send her the recordings and brief her about everything we spoke to.

Timothy Trudgen: Okay.

Timothy Trudgen: And we're waiting on Richard.

Natalia: I think Richard,…

Timothy Trudgen: He's there,…

Natalia: I'm not sure if he's still

Timothy Trudgen: but he's muted. Okay.

Paula Andrea Ramírez Diazgranados: he's there. But don't know if Philip said yeah, we're waiting for him.

Richard Trudgen: Yeah. Yeah, we're here, We're just trying to get all the So, now you're in that sort of things working. So, there's only two of you this morning, guys. Yeah. Yeah. Can you hear me? Okay. Or not?

Paula Andrea Ramírez Diazgranados: Yes. Yeah,…

Paula Andrea Ramírez Diazgranados: we can hear you.

Richard Trudgen: We just had a bit of excitement as usual with technology. I'm also a bit dyslexic, so then I get two or three screens working and all going all over the place. Yeah. Tim, and you're back there. I just wanted to just do a little revision, what we were talking about the other day.

Richard Trudgen: And one of the big problems of people coming to a yung community, we got the balong and always is there this Yeah,…

Timothy Trudgen: All right.

Timothy Trudgen: Can we just make sure we're recording first? Okay.

Richard Trudgen: we are recording. That's good. Thanks, Jim, for checking it. So, we come into a y community and we usually face this situation where we're both missing each other. the communication's just not happening. and It's fairly standard. we had a podcast that I did for answering some of the Yung questions and that's the basis of our methodology is working with Yung on their questions. Let them set the curricula. And one of the questions one morning was what does closing the gap mean?

Richard Trudgen: this is after 10 years of the government trying to close the gap and they hadn't even got to one first base by getting the people clearly to understand what closing the gap and the man who was asking the question unfortunately he's passed away. he said to me and I said to him but you were the interpreter in all He said I was the interpreter in all those meetings. He says, "I actually chaired all those meetings with the government over 10 years." So you chaired the meetings, you were the interpreter, and after 10 years of trying to get government to understand what the government was talking about, closing the gap, none of it made No sense to me and no sense to all the other young in the community. we did then 12 radio programs.

Richard Trudgen: We worked through our methodology which is a design methodology of constructing programs and it ended up being 12 programs to unpack that closing the gap theme. And so in a sense it's a lot of I'll just get technology working here again.

### 00:15:00

Paula Andrea Ramírez Diazgranados: Heavy.

Richard Trudgen: It's a lot of Philillips changed my screens on me. I got it now. Down from both of them. Yeah. So, in that brick wall there can be A lot of things. the big ones is culture and worldview and language is the big ones.

Richard Trudgen: But there's a whole lot of other things slogans we use the word yarning we'll look at later on means nothing to y it's an English word it comes from the panabbor originaliginal worldview and so they'll go what the hell are we talking about some you might know it the ones who are doing interacting with other English first language people might have picked up on it but

Richard Trudgen: There's a whole lot of anything that is like a slogan we need to watch out the two-way confusion drug name loss of mastery…

Paula Andrea Ramírez Diazgranados: Thank you.

Richard Trudgen: but other things like the different sentence structure the intergenerational transfer of trauma hurts whole stack of stuff there people's living environment is totally different and even English has joining words yung mata doesn't have joining words all those things and of course things like history

Richard Trudgen: Yeah. Yeah. the deficit thinking that a lot of young people now believing that they just can't operate in the mainstream world. they're not smart enough. They're saying to themselves and all that sort of stuff. There's a whole lot of stuff in the brick wall that there needs to be a level of Sorry about that. That Don't put your hand on the pages to awareness knowledge and then skills those three levels which creates cultural competency and both you guys have got a degree of that because you've had to work from your own culture back even into mainstream Australian culture and that will give you especially Awareness is probably high on your list.

Richard Trudgen: and some of the knowledge around you've got fair bit of that I'm quoting Freyer and you're going okay we sort of know air a lot of people know free air but it hasn't been put into a practical what we call a ps in free air terms action reflection in the Australian context and especially in the yung context it just hasn't happened in most cases and that's where

Richard Trudgen: Of course, the skilling comes in to be able to do those sort of things.

Richard Trudgen: Tim, you got an idea where we go from here in relation to the questions cuz my head was in those other things question or…

Timothy Trudgen: Yeah. …

Timothy Trudgen: I think

Richard Trudgen: question from How you guys both traveling this morning?

Richard Trudgen: And I'm using the word how you guys both traveling this morning. Is that all right? Australian comments. Yeah.

Natalia: Yeah, we understand that now.

Natalia: We're totally fine. Yeah. we sent a lot of questions that we know that are very thick and probably difficult to answer in depth because there are So we're just happy to hear whatever you want to share.

Natalia: But we send this question so …

Richard Trudgen: Yeah, I think the questions are good.

Natalia: where is our heads at? What is it that we want answers to in this planning stage?

Richard Trudgen: I think the questions are good. There's not a problem with them. this subject is always, a big subject. Tim, where two from here you say? Yeah. Yeah,…

Timothy Trudgen: Yeah. …

Timothy Trudgen: I think we want to start going through the questions. and I think definitely with the first question, we'll start there and just probably see where we go.

Richard Trudgen: I think so.

Timothy Trudgen: Because we want to spend a fair bit of time in part two, your questions that you listed in part two. but maybe the first few questions just fill in some blanks.

### 00:20:00

Timothy Trudgen: Yeah.

Richard Trudgen: Yeah. Yeah.

Richard Trudgen: So based on your experience with the community, how you understand what pictures in their heads might come…

Richard Trudgen: but yeah what images would you use to explain mental health and wellbeing? …

Timothy Trudgen: You want to go down to that image below?

Timothy Trudgen: U that's in relation to this question.

Richard Trudgen: yeah. Yeah, we could go down to that image below. which I think we'll move on here. just shifted the thing on the other side so it scream so it showed up better on the share.

Richard Trudgen: Okay.

Timothy Trudgen: Yeah, you need to also make that larger.

Timothy Trudgen: There's a full screen button in the bottom right and then you can just zoom in a bit.

Richard Trudgen: Full screen button. Okay. couldn't work on that page.

Timothy Trudgen: No, that doesn't work so well.

Richard Trudgen: No, cuz I put there's other things on that page.

Richard Trudgen: How do I go? Yeah, escape on your screen.

Timothy Trudgen: You should be able to zoom in though.

Timothy Trudgen: Where's all your tools gone? Sorry guys, we haven't used this one to present before.

Natalia: Don't worry.

Paula Andrea Ramírez Diazgranados: It's fine. Don't worry.

Richard Trudgen: Escape on my board over here.

Timothy Trudgen: Yeah, just zoom in a little bit.

Richard Trudgen: Yeah, not difficult on not little difficult ones.

Richard Trudgen: Yeah, I know. But it just threw straight over to massive. I know. Z.

Timothy Trudgen: Yeah, just don't go full screen.

Timothy Trudgen: Just zoom in.

Richard Trudgen: Yeah, I'm coming in on the key. but then it won't allow it's now gone to the side and covering up over on the side. Yeah, I put those other images on there and it's confused it.

Timothy Trudgen: Do you want me to run it from my end?

Richard Trudgen: You run it.

Timothy Trudgen: I'll share my screen.

Richard Trudgen: You run it from your end. if you got it,…

Timothy Trudgen: Okay.

Richard Trudgen: we put some of the words together here around a whole lot of things. but if I'm working with somebody and trying to find out what imaging they got in their head around any subject, it's the conversation that I need to have, the dialogue I need to have.

Richard Trudgen: And as I was just using the example of closing the gap. I had to work with that Yung guy for a fair amount of time to get him to we actually worked through 12 programs just answering his questions before about the 10th program, it started to make some sense to me where his worldview was coming from. And What it ended up in the end, and I almost hit myself between the eyes and say, "Richard, how stupid are you? You didn't get this." Is that when we're talking about closing the gap, we're talking about graphs on pages and…

Richard Trudgen: all that sort of stuff.

Richard Trudgen: Know what I'm referring to. You call them graphs. and YA don't do graphs and…

Timothy Trudgen: Yeah. Graphs scales.

Timothy Trudgen: And scales.

Richard Trudgen: scale and YA don't do graphs and scales. So when they're hearing enclosing the gap on a page which has a graph on it and saying y are down here and bellander up here Didn't make any sense whatsoever. They were seeing the gap closing between two rocks or two bits of timber or two people or two things two objects.

Richard Trudgen: they weren't seeing all the stuff that ends up in universities with all the graphs about this and that and something else wasn't in their worldview. It took me 10 programs working with him over a number of weeks to go I see you're not seeing the graphs here that all the balander are saying. so trying to get their imaging there's no shortcut to it there. There's absolutely no shortcut to it. you don't know what the other person knows until what they know. Yeah. You just got to work at it. And sometimes that means drawing images or getting them to tell you what pictures are you seeing, what images are you seeing.

Timothy Trudgen: Okay.

Richard Trudgen: I've probably got a little PowerPoint that cultural knowledge thing, Tim, that will actually explain that. if you want me to go off and do that while you work on this one.

### 00:25:00

Richard Trudgen: Yeah, I'll take you and take you this way just to see it's called cultural knowledge. and let's just go to go to it and sorry come back to page one and is it going to share from there Philip or you got to share your screen again. how do I do that? Go down to share screen. Come in over here. which one's share screen? Present.

Richard Trudgen: And what? Yeah. Present Entire Screen and pick up the screen. Yeah. it's this one here. Share that. Okay. Why is it not just Okay. just cultural knowledge and this will help us sort of get through this. It's what we call cultural knowledge base. In other words, what are people thinking which you guys understand hide that cultural knowledge base is the core knowledge accepted by the majority of the people. It's accepted by the majority of people. There'll be some people who won't be with that same but accepted by the majority people.

Richard Trudgen: and it accepted by the majority of the people as the true knowledge. So people will say yeah that's right that's right everyone will agree to it. different cultural groups have different core knowledge that they accept as their true knowledge. That goes without saying that new guys would be across that. the culture knowledge is the core knowledge accepted by most of the people as true knowledge. You can have a situation like this where and this is a danger coming to young communities. This is one of the dangers guys.

Richard Trudgen: just let me get a tool up here. And one of the dangers coming to yawn community is you people will say, we'll get you to work with and so has been off to college and speaks English better." and they've got a whole lot of special knowledge which sometimes they'll use even as a weapon back against the people. They'll say, "I've got a certificate and I've been to university. I know it all, but then the relationship between both of them is pretty bad. But they get used.

Richard Trudgen: they get used with the baler because they've got English and so you got to be careful you don't run into that that you've got what Yung will call somebody who's cranky really good in English. but they're really sometimes not connected with the traditional base. So what we got to be looking for is when we come into community

Richard Trudgen: we come into community, we got to be looking for, how we can have a conversation with ordinary people on the street or and work through different things. One of the big cardinal rules in my mind and I try to say to people, assume nothing like try and start with a blank page when you're working with a group of people. assumptions. Assume nothing. you've got to find out what the people know. You got to find out what makes sense to them, what they're thinking, what's going on, all that sort of stuff. So try and come in with a blank page. And that's for any cultural person Almost impossible to do. and we sit down and we start having conversations, with those people.

Richard Trudgen: And It could be around the football. It can be different places across the community or sitting down with elders at their home and having discussions with families. It could be a whole group of things. And we might even end up with something asking questions when you hear the word bacteria. notice I'm saying there when you people the didn't like that. Let's just get me I'll get the tool up again. Notice I'm saying I'm not saying when you hear the word. Yeah.

Richard Trudgen: And that's really important because people then go, I'm answering from myself, my own perspective, which I might not want to do. But when I'm in this mode here, I'm more acting like A detective. But I'm also wanting to include these guys as being the detectives, the investigators. So what I usually say is what do yung think about this as a group? So it's then not putting the person on the spot. Am I clear what I'm saying there or Natalia? Yeah. And yeah now come with your question.

### 00:30:00

Natalia: And I do have a question when you finish that idea. Yeah. I was thinking that in your book you were talking about these subjects that are secret and…

Richard Trudgen: It might help me answer.

Natalia: are as the messenger you're not supposed to know.

Natalia: So you were told to learn memorize some bits and then communicate the message and you're not supposed to know the meaning. So I was thinking about these subjects that you are not supposed to know and…

Richard Trudgen: Yeah. or…

Natalia: I am not sure if in mental health and in this space there are things that we should not explore.

Richard Trudgen: all the time and I'm glad you asked that question because when you're in yung society let's put a line down here. It's all right. When you're in normal society and if you're at a particular point of learning as a human person, you are here at this point.

Richard Trudgen: You're not supposed to assume up here. And it's the same across most societies. the university, if I go want to go to a university, I can apply, but then I have to be invited, To go and study to be a doctor, a lawyer, or whatever. I've It's the same in Yong society. you've got to be invited into these different levels until you reach the top level of where all knowledge is understood.

Richard Trudgen: So sometimes asking young people to think about higher levels of knowledge that they'll just go, " hang on. We shouldn't even be going here. Yeah. because they don't know of what is above them here. They have no idea of what is above them here. it's all a big question. That wasn't a problem in Yuma society because the teachers in Yung society knew those young people. They knew where they were up to and they could transition them through the different stages of learning without them running into a brick wall or I like to see it as a lane that's got a deadend lane. Yeah. Does that image make clear to you?

Richard Trudgen: they're going down a lane, but there's a dead end all of a sudden because the YA teachers elders knew those young people, they were always taking them through a transition of learning which had no end to it in a sense. but with modern education, they're running into dead ends lanes all over the place. They're running to dead ends. they learn this but then there's no connection with the next lot of learning the next lot it's way off on a different subject now so it creates quite a lot of confusion for them so I like to make these guys here we become an investigation team together I'm not wanting to know what's in their head I want to know what's in the community what the community think about these things

Richard Trudgen: So, I'll usually say, money, think about where money comes from? Or what do y around here think about this subject or that subject? you keep it an open subject. a lot of people say, " a originalinal people don't like, answering questions or don't like a lot of questioning and all that." it's the method you use. I can get you more asking me a lot of questions flat out. but there's got to be that collegical collegial relationship that we're in,…

Richard Trudgen: that we're both investigating together because there's no known end to where we're going. and yeah,…

Timothy Trudgen: The other side of that is permission giving…

Timothy Trudgen: because they don't know the knowledge on the baller side there they might be assuming there's things that they can't ask on the baller side.

### 00:35:00

Richard Trudgen: yep. Yes. Good, Tim. Yep.

Timothy Trudgen: So you have to give them permission in a sense sometimes just by saying you can ask any question about this subject you're now in a space you're allowed to ask anything.

Timothy Trudgen: So that's the other side of it.

Richard Trudgen: It's and…

Richard Trudgen: that's very strong because in your society if I'm a young person at this level down here I'm here if I start asking questions up Yeah, I can get into really big trouble. And it's the same in most societies, if I start acting, I already cop it now because they say, I get it from men's school of health." They say, " Trojan's never been to university. He's not a professor. He's not a doctor. and in a sense I'm talking about subjects that only they should be talking about." Yeah. And I cop it. I cut the back backlash from it.

Richard Trudgen: much stronger in your society if you start purporting yourself to a different level. So you have to be invited and because of that process if we come in they don't know that the same rules are not in play and some ways they are in play still because if I tried to ask questions about things like corporate knowledge you could say you can ask any questions about the university and what we're doing and all that and then somebody starts

Richard Trudgen: saying, how much money are you spending on that?" You might have to say, " no. We can't answer that." But don't worry about that too much. Just give mission permission to people to ask any questions they want. There's no problem because in your society, knowledge is seen as do you as holy, right? There's levels of holiness that you're actually breaking into. And it's like breaking into, a church or a cathedral whatever. that's a bad image, but not a good simile, but you just do You just don't do it because it can get you into trouble. and so go

Natalia: How do youngl people communicate when they don't want to give permission to talk about something? Would it be just silence or they would say you're not supposed to know that or…

Natalia: I'm not comfortable?

Natalia: How they communicate that?

Richard Trudgen: They use a word called me.

Richard Trudgen: Tim, it's A M M A L.

Timothy Trudgen: Y A L I.

Richard Trudgen: No, M A L Y A.

Timothy Trudgen:

Timothy Trudgen: No, just I L Bye.

Richard Trudgen: Yeah. L I me Yeah. Yeah, you're right. They use a term called me. me is closest thing in English is beating around the bush.

Richard Trudgen: So if you asked a question which was definitely into that area…

Richard Trudgen: which you shouldn't know about you would get an answer not even connected to it. You get an answer like I'm just trying to think about can you think of one Tim?

Timothy Trudgen: You get a tangent,…

Timothy Trudgen: …

Richard Trudgen: It'll take you off into completely different.

Timothy Trudgen: been misdirected.

Richard Trudgen: This is but the answer will be stupid almost and straight away you'll go I shouldn't be here answering this some people will say to you in me my relatives are all stuck in Darwin they're all stuck in Darwin and I'm really worried about them right now traditionally that would have meant to me this person is looking for some help to get them a ticket and get them

Richard Trudgen: home, Buy a ticket for a plane and get them home. That's mailing. So, they'll ask the question without asking it. And I'm supposed to deduce clearly from that they're concerned about their rallies in Darwin. they actually want help to see if they can buy a ticket and get them back home again. And if I didn't want to answer that, and traditionally that's what would happen today. People are more in your face. And traditionally I would go, " gee, I owe a lot of money to the bank." Right? So I haven't said no to the person, but I've told them that, I owe a lot of money to the bank for my house." And I go, "All right, end the conversation." So that's like pointing towards something without actually talking about it.

### 00:40:00

Richard Trudgen: And there's this deeper sense of knowing and this is where world view and all that comes in very very important at that deeper level. Yeah. Is that making sense to you guys? Yeah. Okay. And And so moving on here the people have got a whole stack of knowledge all the pulse points on their body…

Richard Trudgen: which they call the pulse point they call the breath of the spirit they don't say pulse points it's not connected to the heartbeat or any and there's a whole stack of other things the shape size all the organs they know where they

Timothy Trudgen: We could probably just go into the language around mental health.

Richard Trudgen: Yeah.

Timothy Trudgen: that point. Dad. Yeah,…

Richard Trudgen: Yeah, I could slip through to the contradiction one here, but we could come back to it maybe, Tim. Yeah.

Timothy Trudgen: let's come back to that.

Richard Trudgen: Okay, let's get this out of here you take over then on that one, Tim. I got to stop sharing, do I? No, don't let me do it. Philip's doing it. You take over. Ready to share, Tim.

Timothy Trudgen: Yeah, if you stop sharing, I think manager comes up. You need to stop sharing.

Richard Trudgen: No, it's all right.

Richard Trudgen: It's all Just give me a sec. There you go. It hasn't come up here on mine. Okay. Everybody should be pinned on yours, but where stop sharing.

Timothy Trudgen: It's probably better just to stick to one so we know what people are seeing.

Richard Trudgen: No, we're here. Yeah. Stop pressing.

Richard Trudgen: Okay, there you go. You got it.

Timothy Trudgen: Yeah, I probably should have stopped sharing before.

Timothy Trudgen: I didn't realize it did that. so yeah, you guys can see that we've got a picture of a body there and some names.

Paula Andrea Ramírez Diazgranados: Yeah.

Timothy Trudgen: Yeah. So, this is just to paint a little bit of a picture of the cultural knowledge base around mental health. and it's one of the things that we were talking about in looking at these questions was that a lot of the mental health conditions that people are facing,…

Richard Trudgen: very very new.

Timothy Trudgen: they're new to the YMA world. and so when they're thinking about the modern mental health conditions, there's going to be a lot of confusion there. maybe some strange ways of looking at it and that kind of thing. And a lot of the time we can't say what their pictures are. that's an important part of the exploration process. that you have to do on the ground to actually know what people are thinking about different mental conditions.

Timothy Trudgen: But if we look at the cultural knowledge base and the language that you already have around emotions and inner wellness the virtues if you there's quite a lot there. so a quick rundown of the way language is constructed around mental health issues. We use the word mental health which refers to mind. but it's actually fairly holistic in some ways.

Timothy Trudgen: We're not just talking about emotions are we're talking about general sense of wellness. Yep. Okay.

Richard Trudgen: Mhm. Yeah.

Timothy Trudgen: So, you would break that up differently and one of the ways of looking at that is Leah M and is that screen big enough for you guys? I might make it a little bit bigger. you can see it.

Richard Trudgen: if you can without throw it out of the places.

Natalia: We can see time.

Paula Andrea Ramírez Diazgranados: It's fine and we can zoom as well on our side so it's fine. Yeah.

Timothy Trudgen: You can. great. Yep. so Leah literally just means head, but you will use the word to refer to a mind or a mindset or a thinking, the way that people think. and…

Timothy Trudgen: thinking is located in the brain. bong.

Richard Trudgen: But just interesting on that Tim,…

### 00:45:00

Richard Trudgen: one of the reasons why you will use the word Leo when they're thinking about it, they used to keep skulls of their ancestors and they would be kept for 30 or 40 years and they would bring them out and talk about that person that person was there. all the stories about the person, what they used to be, what their character was and all that. So the skull actually become like an encyclopedia about that person and the transition of knowledge from one generation to the other was all done around sitting around the skulls because Europeans come along and they saw that as evil parsy rather than seeing it as a university function.

Richard Trudgen: today a lot of confusion about whether keeping skulls would be evil or not because of bell under influence…

Richard Trudgen: but that's where the connection to Leah is it's like your university is in that and we know today the brain is connected to the whole all the body and all that sort of stuff

Timothy Trudgen: So the thinking part of mental health for Yong is about Leah.

Timothy Trudgen: There is a word for think but that's literally for the word think. It's not about the general what's happening but mental health would also fit into some other terms that you will use.

Timothy Trudgen: And another one is mar which is very complex word and…

Richard Trudgen: very complex.

Timothy Trudgen: there's no equivalent in English. it's something like your inner power or your strength. it's like the condition of your spirit when you're mira when your spirit is strong. You have right standing with the world. you feel powerful.

Richard Trudgen: You feeling? Yeah.

Timothy Trudgen: Literally have authority in society. you're not in debt. and so M is attached to a whole lot of words that relate to virtues and emotions. and sometimes it's similar to how we would use the word heart, but that's not a good generalization. Then there's and you would have seen this word in one of the questions later on you say how do you understand waw and so is the seat of the emotions or the soul. you might think of it about as gut intuitions but it's very much where the emotions are. and it's located in that stomach region.

Timothy Trudgen: which is a common thing in Asia to seat the emotions in the gut. and that area is called in yam tail n o y. when you use it in yung mata I'll write it here. you always put it with a oi or…

Timothy Trudgen: you always put it with a ng gu. Don't like that pen. It's too thick. how do I erase? No. O Y N.

Richard Trudgen: down below.

Richard Trudgen: The one below. blue one's smaller.

Timothy Trudgen: So tail n u r that mo is a suffix which moa means at that point that seat of your emotions in the center of your gut around the navl just above the navl that's mo yeah so when you use moi in yung around mental health stuff it's usually used in a sentence but in language you use with other words to make a whole range of term terminology.

Timothy Trudgen: So, we've got some listed here to offend or to prick the conscious to feel guilty. Don't know that one, but this is out of the bulo dictionary, which is actually available online. So, one of the things I suggest that you do is actually get access to that and have a look at all the words that relate to that start with Leah,…

### 00:50:00

Timothy Trudgen: Mar, and over on the right here, I've got a list of other words. yeah,…

Richard Trudgen: In conversations with Yong,…

Richard Trudgen: I've heard and we've never had the resources or the time to go there. they have said to me around the words and there could be up to 200 terms that have not been recorded.

Timothy Trudgen: there's lots of them.

Richard Trudgen: There's lots and we've just never had the dollars to go off and research them and work with people on it.

Timothy Trudgen: But the Bolo dictionary does provide a short list of relatively common ones. there'd be some that are used today that are more common

Richard Trudgen: And who

Paula Andrea Ramírez Diazgranados: Okay. I just Mhm.

Timothy Trudgen: which have changed with time. but it's a starting place to explore of so things like to be depressed. you could start by discussing words like ah w medi or leah. Some of these you can shorten in some ways. So you would use your interpreters to kind of find out what word is being used around that today.

Timothy Trudgen: they'll recognize these words and they'll know how they're being used in urala. So, lea that's this one here, be sad. you see this word here,…

Paula Andrea Ramírez Diazgranados: Are you happy?

Timothy Trudgen: that's the same as the word that you questioned us about, w Yeah. So, you can say it two different ways. you can say w. So this literally means you've got leah means in the head basically the mind. w go means is grieving or is worried and by having two a repeat of go we know it' It's a plural vow.

Timothy Trudgen: So it's something that's happening kind of repeatedly and mid year is it just turns it into a verb. so this is a kind of sadness that is actually happening in the mind that's associated with grief or worry. and you might see sad pop up other places. I don't know if it's listed here, but in the dictionary, you might see sad pop up in other places.

Timothy Trudgen: And they have a slightly different sense because it's about orang. So, it's just sadness that's located somewhere different in the body. so I just thought I'd give you that as a place to start. that's from the research the

Paula Andrea Ramírez Diazgranados: Yeah, team I have two questions.

Paula Andrea Ramírez Diazgranados: One is one of the words that we have found when reading about mental health is diary. Does that connects with anything in Yongloo? Is it another language does it make sense for Yongloo people that word? Yeah.

Timothy Trudgen: That's one of your references for your methodology.

Paula Andrea Ramírez Diazgranados: Yeah. Yeah. so there's a bunch of stuff that we've been reading on mental health and…

Timothy Trudgen: Did he? Yeah. Yes.

Paula Andrea Ramírez Diazgranados: and the idea comes quite often. So I don't know…

Timothy Trudgen: I read that one. And that term's not from Anamand.

Paula Andrea Ramírez Diazgranados: but I don't know.

Paula Andrea Ramírez Diazgranados: But I don't know if it connects with Mar. Do you know about that or…

Timothy Trudgen: Yeah cuz from…

Timothy Trudgen: what I read from what you shared with us I went back to the reference and it's about a process of listening and reflecting right yeah I'm really not sure of the origin to say whether there is a direct connection or…

### 00:55:00

Paula Andrea Ramírez Diazgranados: But it has to do with that inner power strength as well.

Paula Andrea Ramírez Diazgranados: Okay. Mhm.

Timothy Trudgen: but there's a lot of concepts around MA…

Paula Andrea Ramírez Diazgranados: It is everything.

Timothy Trudgen: which are about how to treat someone appropriately in order not to disempower them. So for example I'm trying to think of one that's kind of in the content area. someone would become Mariel, which means without lacking in M. if you were to lead them …

Richard Trudgen: Yeah.

Timothy Trudgen: if you were to take away their informed decisionm they would start to become Maru because they would feel disempowered. and…

Natalia: We just

Timothy Trudgen: you often talk about being led around by the nose,…

Paula Andrea Ramírez Diazgranados: I'll talk about this.

Timothy Trudgen: by the system and by the balance system and not really having the choice in their lives about how to control their life and where they want to go.

Richard Trudgen: It happens daily in hospitals and…

Richard Trudgen: clinics and all that where people are just feeling they don't even want to go to the clinic because they just say that's a place where you feel marmmor all the time you feel disempowered trashed

Timothy Trudgen: So, I'd be confident that that processes that don't allow for listening and…

Paula Andrea Ramírez Diazgranados: I hope that

Timothy Trudgen: reflection and sharing both directions, a two-way sharing, would, be disempowering.

Paula Andrea Ramírez Diazgranados: Mhm. Yeah. Gunma.

Timothy Trudgen: And so it would connect to Mah in that sense. that the term did yeah it's not from Armland…

Natalia: Did you say sorry I don't know…

Natalia: if I heard correct that that term is not from Ireland that ask about you okay yeah so that is yeah in the resources we have.

Timothy Trudgen: but is that one GMA that you also using.

Natalia: Yeah. Yeah.

Timothy Trudgen: Yeah that is from Arland.

Natalia: In the resources we have that is part of the language that the researchers use to engage with that. So I understand that some of them are and some of them aren't from that. Yeah. Okay. Thank you for clarifying that.

Natalia: And Richard I have a question now that we are talking about this language in your book that you said that what is the word for intellectual mata.

Richard Trudgen: Yeah. Some of the words that Tim's using there are still in common use.

Natalia: So you're talking about that and you're saying that that is intellectual language that now is being called language of the old people. So I wanted to know if there is a distinction in the words that you use to describe mental health and the mind and between this intellectual knowledge and all the old people knowledge and what is being used now.

Richard Trudgen: the gurang mat guranga mat is basically anything that's an intangible or cognitive what's the word the cognitive language the language of thinking it's not tangible you can't see it touch it and so on and it's seen as the old people's language and a lot of linguists used to call it the ceremonial language and they never investigated it so they would say things like Aboriginal people never had any economic system, legal system, all that sort of stuff because it's very hard to investigate that language to find the word for shares in a company. It took me 30 years before elders come back and said of course we've got a word for that and they give me the word and we investigate it and all that sort of stuff.

Richard Trudgen: So if the gor matu is something that is that higher level language that today is being seen by this a lot of the people the people coming back from college and all that and the people coming back from college are saying that's just the old rubbish ceremonial language chuck it away.

Richard Trudgen: And the younger people are not even learning it today. even common words for contract the word.

### 01:00:00

Timothy Trudgen: MA is a good example.

Timothy Trudgen: Contract and also a lot of young people don't even…

Richard Trudgen: Yeah. Be happy.

Timothy Trudgen: though they use the word in some of the joined up words like which means to love cherish they use the word…

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen: but they don't actually know the meaning of the word and so m itself is being put in the category of that's old people's language because a lot of young people just don't understand what it means Just make sure you roll the

Richard Trudgen: And it gets confused in English with the yung the word m a r one r…

Richard Trudgen: which means you've got the smell of feces on you.

Natalia: as well.

Natalia: Yeah,…

Richard Trudgen: Hey, it's M A R without the rolled R with the long A and the rolled R is the smell of feces on your hands or something. So that's one of the things you can get caught out with…

Natalia: that one.

Richard Trudgen: because people go, what? you were saying I got the smell of feces on me or what?" You know?

Richard Trudgen: And that's one of the traps with language all the time. so that I've been caught out too.

Timothy Trudgen: Don't worry,…

Timothy Trudgen: I make that mistake all the time. So, it's okay.

Richard Trudgen: Don't worry. and you got to get used to that when you're working across languages as we've just given the wrong meaning all together. Let's pull up here and find out what people are thinking. but the mat is that high level academic language and it's disappearing in aramland flat out because people are just saying it's not used in schools it's not in universities even some groups who dare I say it even jouer not using it they're almost in opposition to its use because they don't understand it and

Richard Trudgen: So it's if that answers your question.

Richard Trudgen: No, go

Paula Andrea Ramírez Diazgranados: No, no,…

Paula Andrea Ramírez Diazgranados: no. It's fine. It's a question that you and I have been talking about and is around what I see here is that there are terms that actually refer to mental health processes. But there are other components that may be seen as witchcraft or things that are not like how is the relationship between mental health and the things that they cannot explain mental conditions that cannot be explained. are they taken as something supernatural?

Richard Trudgen: Me too? Yeah.

Paula Andrea Ramírez Diazgranados: What's the relationship there?

Timothy Trudgen: …

Timothy Trudgen: I'll start just briefly. I've seen a few different things be classed as witchcraft or sorcery. And it usually is when it's something that happens that people don't understand. and both in the general health area of someone passing away suddenly from a heart attack or something but also in the mental health area. so generally speaking when something serious happens or someone has a serious condition and people don't have a meaning for it often sorcery is the place people go as a solution.

Timothy Trudgen: Suicide for example has often been blamed on sorcery …

Richard Trudgen: the worldview of Yung is that sorcery basically created all illness.

Timothy Trudgen: because people are not understanding the mental processes that have led to that.

Paula Andrea Ramírez Diazgranados: Clear. Thank you.

Richard Trudgen: Unless they knew you just eaten poison from a tree somebody speared you or killed you or whatever.

Richard Trudgen: So all the stuff around chronic disease, diseases caused by bacteria, virus, infections and all that can be all classed as sorcery. But what we're going to need know is sorcery is illegal at traditional law. So it's seen as really bad fellow stuff. Now a lot of Aboriginal people across the country will say, " no, sorcery is part of our culture." Yes, it was part of the culture, but it was an illegal part of the culture. If a person is found doing sorcery, they'll be sent out from the community,…

Richard Trudgen: sent I've known one person who is ostracized from the community for the rest of their life for just being involved in Excel.

Paula Andrea Ramírez Diazgranados: So something as suicide has an ex like…

### 01:05:00

Paula Andrea Ramírez Diazgranados: how suicide would be seen is there an understanding of it? is it sorcery? what's the meaning making of suicide if anything?

Timothy Trudgen: that basic first of all people don't understand it. They're very confused by it. that's changed a little bit over time because there's been a number of suicides in the different East Arm communities over the last 10 years. but there's still a lot of confusion about what could really cause how could someone really do that to themselves?

Timothy Trudgen:

Timothy Trudgen: so the assumption often is particularly in people's grief and anger about it happening that someone use sorcery to take control of that person's spirit.

Richard Trudgen: In actual fact, they believe in a form of hypnotized state. I haven't been able to find the word for that. but it's definitely there that a sorcerer can hypnotize you basically or control you and they do things like take the blood out of you but put you in a hypnotized state where you'll go and do some bad act. either kill somebody else or kill yourself or drive a car into a tree everything. the sorcerers are thought to have incredible powers. I usually say to people, why don't they just make themselves rich or make you rich if they got such incredible powers? but sorcerers are believed to be.

Richard Trudgen: And sorcery also I believe in it because seen it work with people and I've had to intervene in number of cases…

Timothy Trudgen: But a lot of it is just

Richard Trudgen: where sorcery is involved and undo the sorcery act another massive subject so another thing in here we must mention there's a lot of accidental suicides in Arnamland we've got a process and I think there's

Richard Trudgen: There's a podcast on our Jumb Ham which we can't use right now which we can't jump morams down today with server in Melbourne down Jumbaram but we could probably send them to you later on which talks about a practice that's being done in Arnamland which is sniff sniff choking the two with your fingers or with a cord around your neck to get what we call widen a high feeling by blocking the oxygen to the brain.

Richard Trudgen: some of those cases, if you put a cord around your neck that's really tight, phone charging cord, which has been used quite often, and you become unconscious, you can't get it off. that's put down to suicide by the system. And I would say, maybe it could have been totally accidental because the person was They're in down by themselves, away from home. They want to get high. They go through that process and next minute they're dead and that'll be seen as sorcery by the family. because the knowledge around the need for oxygen is not there in the Yong society which is something I've been talking about for a long long time now. and government doesn't even seem to want to even think about.

Richard Trudgen: We have a heart attack video that does actually try to teach people about the need for oxygen and…

Richard Trudgen: so on and also those other programs on sniff hang.

Timothy Trudgen: We're close to an hour in.

Timothy Trudgen: So we're going to need to get moving.

Richard Trudgen: Do we want a 5m minute break guys or you right?

Natalia: I'm all right,…

Natalia: but I'm happy to

Paula Andrea Ramírez Diazgranados: I'm good as well,…

Paula Andrea Ramírez Diazgranados: but if you need the break,

Richard Trudgen: I need a few minutes out…

Richard Trudgen: but Tim can start off onto another thing. Just keep on it, Tim. Yeah,…

Timothy Trudgen: All right.

Timothy Trudgen: Okay. …

Richard Trudgen: I'm just out for a second. Yeah. Anything?

Timothy Trudgen: so I'll just quickly cover the question about and the sentence. so like I said before, W as I understand, is worry, but it has a strong element of sadness or grief to it. and it would be important if you're using that word a lot, wow, it'd be important to just understand whether it's mostly about sadness and grief or whether it's mostly about the kind of repeating thoughts in the mind heaviness in the emotions.

### 01:10:00

Timothy Trudgen: because it's a very common word and you wouldn't want to kind of use it in one way just to mean worry when it may define grief more. and we talked about that but that sentence I'm just wondering you gave me the sentence there. I'll put it up on the screen. was that law or…

Natalia: And if you want something I can copy and…

Timothy Trudgen: was it written like that?

Natalia: paste it. No, it was not written like that. I did it because every time that I cannot do the I'll tell you one second.

Timothy Trudgen: But I'm just saying wondering if on the end of the word was there a suffix

Natalia: I'm opening the document. Oops. So is Yeah. Yeah.

Timothy Trudgen: And Why you

Natalia: Yeah, sorry. So, it's new slashu. So, there's ng u and then slash. yeah. Yeah,…

Natalia: you like that. No. Engina. Why you?

Timothy Trudgen: NG like that.

Timothy Trudgen: Why you okay?

Natalia: Yeah. Sorry.

Timothy Trudgen: Okay. Right. Yep. Sorry. that makes more sense. so that sentence basically means I've got it written down here anything bad associated with something bad coming from the war that's what that sentence literally means located in the war you could say and I would be careful

Timothy Trudgen: careful with that using that sentence because like we said before there's those different aspects le and mental health is more than just so I would not use that as it might be okay as a shortcut to express the idea of mental health but you need to make sure that people have a bigger picture than that because baler are thinking about very much as in the mind. Whereas if you're talking about that is mostly the emotions.

Timothy Trudgen: So is that you got that?

Natalia: Yes. …

Timothy Trudgen: Yep.

Natalia: yeah. these are the words that I think Richard Noer Miniature is working in a project on being and they put together those words. So we just wanted to check if we are understanding the same things.

Timothy Trudgen: Okay,…

Natalia: We're just exploring that.

Timothy Trudgen: cool. Yeah.

Natalia: Yeah. Yes.

Timothy Trudgen:

Timothy Trudgen: let's jump over to you because I really want to get to the process questions for you because it seemed like that was really important. so let's go there.

Natalia: Thank you.

Timothy Trudgen: And I feel like at the time that we might not want to explore this very much. but what one of the key problems that I think we have in working with Yong is that when people come to communities they come with an objective and they focus on that objective right so when you're coming to Arnumland

### 01:15:00

Timothy Trudgen: What is it that you really want to achieve? what is the real focus of that work?

Natalia: Ours is about helping out with suicides to prevent suicides from happening. The ones that come from anxiety and depression not…

Timothy Trudgen: Yes. Right.

Natalia: because we said It was because Belinda working in the community.

Natalia: So it's happening and people kept telling her there needs to be something especially the adult saying our kids are killing themselves or hanging themselves every day in that major kala. We need to stop that. So we need something that help us with that from our perspective. and nobody's understanding what the young people is understanding. So that's how I started.

Timothy Trudgen: Mhm. So without going into the details just generalizing…

Timothy Trudgen: what are the root causes of these kind of mental health issues and suicide just generally not talking about you all just generally human beings trauma.

Natalia:

Paula Andrea Ramírez Diazgranados: Roma in many ways, but Yeah.

Timothy Trudgen: Yep. Lack of control.

Paula Andrea Ramírez Diazgranados: Yeah. All that is possible.

Richard Trudgen: Lack of control of your life.

Timothy Trudgen: So, yeah. Feeling lost.

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen: So, those things are about the experience that people have. So the experiences lead to the mental health issues that lead to etc etc right the process starts with the experience that the people have and what that means and this this is just the case in nearly every subject in armland. What that means is our focus has to be on the experience that the people have changing that experience.

Timothy Trudgen: If we want to change the problem which is suicide happening in the community, we have to actually impact the experience. So the outcome that we measure, whatever that is, coming up with a good program, producing research, the outcomes of the research, the paper, whatever, that can't be The focus has to be on what the people's experience is. I mean, and this probably obvious, But the trouble is we get caught up in the objective, the activities, the goals that have been set.

Timothy Trudgen: And that actually circumvents a process that you've already fairly clearly defined as being a designing process using d and gma and…

Timothy Trudgen: ya so all those things are a good process that are actually about listening to people's experience and building from that

Richard Trudgen: And in a clear picture of that when we've got that objective outcome problems,…

Richard Trudgen: it's like a railway track. It's very hard to get off it and especially when worldview difference and language difference and all the other things we looked at in the brick wall. we're going to get off that railway track.

Richard Trudgen: We're come over onto a people track where it's people investigating together. Yeah. Go Tim

Timothy Trudgen: And so that's the next part of it is if we focus on that experience of the people and if that is our primary drive then that will lead us towards more of a creation process…

Timothy Trudgen: because we will start from what is your experience and not this is the process not the methodology that we have to go through.

Richard Trudgen: And we can say that virtually every project we do is this based on this co-creation.

### 01:20:00

Richard Trudgen: Hundreds of projects have done across Arnamland. and the outcome is still there very clearly I wrote about in the first book with the petrol sniffing one was the ceremony the people brought back to solve that problem is still being run today by yung and they wouldn't even know where the origins of what that came from because the old people have gone but the ceremony because it's their political structure that they've been able

Richard Trudgen: to bring back into use. It's still there today and saving don't have the same sort of levels of suicide up there in central Anamland. We have them up at Urala because Uricala won't use this ceremony because it seen as pagan primitive and all that sort of stuff.

Richard Trudgen: So this process is something we use virtually daily. Sorry, Phil Tim.

Timothy Trudgen: No good.

Timothy Trudgen: So one of the things that always gets skipped in this process often and I think it's actually missing in the literature. So for example in the research paper on GMA that you shared it does this too. It talks about knowledge creating new knowledge,…

Richard Trudgen: Yeah.

Timothy Trudgen: but it doesn't explain the methodology for that.

Timothy Trudgen: And I've seen time and time again in the literature, there's very few places where they actually explain a process for sharing knowledge. so yeah,…

Natalia: Is this a protocol that we're talking about?

Natalia: The protocol that I sent or is this another Okay,…

Timothy Trudgen: the protocol that you sent. Yeah. Yeah.

Natalia: Got it. H okay.

Timothy Trudgen: I went into the research paper which I don't have open with me right now but I went into the research paper that you referenced in that and it does that it gives a good explanation of the methodology but when it comes to knowledge sharing there's no methodology there to explain how knowledge sharing occurs and I think that's a common problem

Timothy Trudgen: because it's assumed that that's easy that when you yarn you just tell things backwards and…

Timothy Trudgen: forwards, but it's actually a much more complicated process. So, it's got to be an educational process. yeah,…

Richard Trudgen: Yeah. and…

Richard Trudgen: a lot of that's got to be driven by the person and who understands. Yeah. We could look at the contradictions and all those sort of Yeah.

Timothy Trudgen: we'll jump over that on the next slide,…

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen: I think. so, Finally, when you're in that process, it doesn't mean you drop your boundaries. So, even though it's a process that is driven by listening, sharing, mutual respect, and reflection.

Timothy Trudgen: There's a tendency for mainstream people to remove their own agency. and…

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen: and again this leads to a failure of educating the people because we think we have to be in the background. We have to remove our power but actually you want to empower people by mentoring, supporting and educating as well as giving them space to share But we also need to hear where they need help.

Richard Trudgen: There's a stereotype.

Timothy Trudgen: In that process of giving help, we have to have clear boundaries.

Richard Trudgen: Yeah, there's a stereotype that sort of says, " it has to all come from Aboriginal people." But this is a new experience for them. They don't understand community development. that understand all these processes.

Richard Trudgen: This is why you more coming to us and they're saying, in domestic horizontal violence, they're saying, "We've never had this before in our lives. Our relatives never attacked us before. Why is this happening?" I remember sitting beside a lady who has been bashed up and she's in a clinic and she says, "This has never happened before. Why is this happening?" And I was able to say it's happened all over the world where there's col colonialism and indigenous people and what the way the colonial society then becomes the mainstream society pushes down your systems. it happens everywhere all over the world. And she says so you guys know about this. We know about it. I've written about it and all that. so you can't just divorce yourself from the process and say it's all over to the people to deal with him.

Richard Trudgen: You've got to stay connected into it. And a true dialogue,…

Richard Trudgen: a true intellectual dialogue that occurs. Damn.

### 01:25:00

Timothy Trudgen: So…

Timothy Trudgen: if we focus on those things and this is not a step-by-step process. This is not a methodology. it's a case of leads to this. Right? It's not strictly do this. it's about making sure your underlying ideology and values are in the right place and that you are focusing on the things that matter most to empowerment. so if you've got that process in the background of your methodology then it's going to lead to this positive feedback loop…

Timothy Trudgen: where people are actively participating in developing programs in using the services that are available and using you as a resource.

Richard Trudgen: Because a lot of the information they want is coming from mainstream.

Richard Trudgen: It's not coming from their traditional knowledge. It wasn't there. They didn't know that other indigenous people are suffering this across the world. They didn't know anything about that. They go, "Wow, it's happening to other people." Yeah. So the factors are intergenerational transfer, trauma, poverty, confusion, mystification, whole stack of things that are there. it's not a simple box to look at.

Richard Trudgen: but the conversation is it's a bit like Natalia's I think I shared it maybe last time that pyramid of knowledge where you're having a conversation at the top of the pyramid but as you go down the pyramid you are asking more questions they are asking more question you are asking more questions they are asking more questions and…

Richard Trudgen: the conversation the dialogue takes you down into the whole pyramid of knowledge and when they get to the bottom they say we can see where we're going here. and maybe where we can go forward. yeah.

Timothy Trudgen: Yep. Okay.

Timothy Trudgen: So that is background to your question on which I've just got to pull it up. here we go. tell us a bit more about the methods. actually that's not the mental health one. I'm jumping through to The next one down, if you were given the task by an external source to design a model of mental health care for you all, how would the process be? This is talking about what's underlying the process. but it's not the methodology. So it's the methodology,…

Timothy Trudgen: it's not the method. So if we want to focus a little bit more on method in that question, this is what it would look like. dad, do you want to take this one or do you want me to just give an overview?

Richard Trudgen: you give the overview.

Richard Trudgen: You're more familiar with the diagram that you've created.

Timothy Trudgen: So we would start the process with local elders,…

Timothy Trudgen: interested parents, the people who are going to be your co-workers or your steering group. we wouldn't start it with the clientele, the youth.

Richard Trudgen: Yeah, I call these people…

Richard Trudgen: which might make you more sense. I've got a cadre of yung elders, leaders, parents that I go and check things out with and it might not be in one community.

Richard Trudgen: I might move across Arnumland depends on but if I was at Duracal I'd want to have the same sort of cadre of people that I'm working with checking things back out there testing it out all the time.

Timothy Trudgen: And of course,…

Timothy Trudgen: we want to be careful that it's not necessarily a case of having to get good representation across the community,…

Richard Trudgen: And those also you could say…

Timothy Trudgen: but getting people who have the willingness and the ability to investigate the subject. and know some of the traditional knowledge, have good language skills, have bicultural skills.

Richard Trudgen: if you look at a group of people there's only about 20% of a group of people who are sort of natural-born leaders, the people who will be interested in the community. They're not interested in just making money for themselves and all that sort of stuff. They're interested in what is going in the community.

Timothy Trudgen: So guys go guys.

Richard Trudgen: They might be involved in making money, but they're interested in other people and they show that. And so you're looking for those people who are also looking for solutions. Yeah.

### 01:30:00

Natalia: I have a contextual question there. One of the struggles that I had when I went to Jerkala was h Belinda took me to houses of leaders of elders that were pretty busy with multiple projects, but they say, " we really like this. we support you." And they also send us support letters for the project and everything. But when I was there and actually trying to talk to people, my understanding at what Belinda told me was the dynamics of Jerkala was that actually the elders with this traditional knowledge where you could see more in the homelands than in Jerkala. And when we went to visit adults, she was saying they are in the same state of confusion and drugs and it's not that.

Natalia: So when I went to visit houses, I realized that both the adults and the young people were in the same kind of state. So only these two or three cases of leaders in the community I could see but I could not actually access or talk to because they are very busy. So I don't know how to go about the elders in Jerkala because as Richard said in his book, Jerkcala is a very difficult place to rule and…

Natalia: because of the historical context of how it has different clans and things like that, I don't know how finding the elders in the community looks like.

Richard Trudgen: Yeah. Yep.

Timothy Trudgen: Yeah. and…

Timothy Trudgen: look, it is difficult, but it may be just that you start with two or three co-workers and you go out to the elders and check things with them and have shorter discussions with them because people are so overloaded because a lot of the elders who have protected themselves from the addictions and all that kind of They might be out on homelands. You can't access them all the time. It may be the case that the better approach is to have a small number of engaged co-workers and then you go out to see leaders to talk about specific subjects and get background knowledge.

Timothy Trudgen: help your co-workers to have a better understanding of the traditional terms or the traditional knowledge or what the elders see as happening in the community rather than necessarily having them all come together for every group meeting or…

Timothy Trudgen: or anything like that. Yeah.

Richard Trudgen: And what you're saying is yes,…

Richard Trudgen: the confusion is right across the whole population on this subject to the youngest people. Matter of fact, a lot of old people are actually giving up and dying. They're actually just saying I don't even want to be in this world now.

Richard Trudgen: It is so confusing. so I haven't got a clue what's going on and We're hearing that very clearly. so yeah.

Timothy Trudgen: and…

Timothy Trudgen: your co-workers going to be confused too. And that's why we start with that group to explore the subject with them first.

Richard Trudgen: Yeah. And

Timothy Trudgen: Because if you try and talk to everybody, you've got no one with the cross-cultural skills to explore it with everybody. So you have to have whoever's going to be your interpreter, whoever's going to be an educator with you, whoever's going to help coordinate and facilitate things. they're going to have to know the subject quite well and of have to have their questions answered before you can get to the stage of actually hearing clearly from your clientele about what's going on for them.

Richard Trudgen: Yeah. Matter of fact,…

Natalia: Thank you.

Timothy Trudgen: So if we're exploring the subject with co-workers, and it could just be a small group, could just be two or three. …

Richard Trudgen: on the petrol sniffing group, we had a wider group of parents, but the people who worked on it with me, there was only three elders that were able to invest the time and actually just work on it and be there and every conversation and all that. But they were talking out to their other people. So, the networking was happening.

Richard Trudgen: That can turn up to every conversation.

Timothy Trudgen: it was same in hope for health when we developed that program. We had a steering committee of 12 people. but we really had two or three key people who were regularly working with us on solving the problems. They would turn up regularly and…

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen: they became staff at one point. so how do we explore the subject? We've dived into this a little bit but it's really really important to realize that when we're exploring the subject look this process is the process that you've already described in let's just let me get the reference so I can see in front of me so this is the one I'm referring to this process Yeah.

### 01:35:00

Richard Trudgen: Okay. Thank you.

Natalia: Yes.

Timothy Trudgen: So that methodology it's really very similar to this. it's just that we want to emphasize this exploring stage where there is both the listening that's that one discovering local knowledge and experience and the sharing which is you've got to actually share about the mainstream knowledge that they don't have.

Timothy Trudgen: But in order to do that, you got to know the gaps in their knowledge. and dad's going to talk about that a bit more in a minute. once you've been through this process and your co-workers are a place where they're like, "Okay, yeah, we think we've got a hold on things." or there's a question they want to talk to young people about this subject because I'm not really sure what young people think about this or that. Then go out and explore with your clientele, with your co-workers. and then bring back what you learn to the elders.

Timothy Trudgen: If your co-workers are there with you, then they already know That's fine. But they might want to bring that back to somebody. they might want to talk to a bigger group of parents or something about that and…

Richard Trudgen: Some of them might want to talk to the leader in their clan or…

Richard Trudgen: They'll go off and talk to them or whatever it is. Yeah. Yeah,…

Timothy Trudgen: then we go back through the process of exploring the questions that come up. and keep your eye out for contradictions and points of confusion because if you see a contradiction…

Richard Trudgen: we can go there.

Timothy Trudgen: where somebody is saying something that doesn't make sense, it probably means that they haven't understood something clearly or they have a knowledge gap that is underlying the issue that you're talking about.

Richard Trudgen: We can look at those contradiction maps. Tim, if you want just do that now.

Timothy Trudgen: Yeah. we can dive in and do that.

Richard Trudgen: And I just go share, don't we? No.

Richard Trudgen: and present. you just stopping there to May. Okay.

Timothy Trudgen: Okay, I'll just finish it off because this bit on the side here is just saying that okay, you move to the stage of actually collecting and discussing and identifying solutions that come out of this process. You go to that stage once you're confident and your co-workers are confident that they've got a good understanding and solutions start to manifest themselves. So ideas start coming Collect ideas as they come out. but eventually you'll get to a stage where people feel confident about discussing solutions and they start presenting things to you.

Timothy Trudgen: they might reference hey rapidity we need to get these kids through rapidity which is a word that means a formal process of teaching and…

Timothy Trudgen: discipling someone in ethical behavior and in knowledge about being a complete person.

Richard Trudgen: discipline of the mind,…

Richard Trudgen: body and soul.

Timothy Trudgen: So they might say that and you go okay let's what is rapidity you explore that you unpack it with them and you start to realize this could actually be a solution and so once you get to a place where everybody's talking about a solution then you test the solution you evaluate and you take it back through that process again right so it comes back around obviously that testing triing solution is longterm but I don't know within your model how quickly you want to get to that stage you're in a codeesign stage so mostly…

Richard Trudgen: Okay.

Timothy Trudgen: what you are in is that mostly excludes that for now right am I wouldn't expect you to like this this is the important process.

Natalia: The idea was to get there, but we've been three years negotiating ethics, so I don't think we will be able to reach that, unless not with the funding we have.

### 01:40:00

Timothy Trudgen: This part here is the most important process, right? Just going through that circle multiple times to get to a place…

Timothy Trudgen: where clear solutions are starting to come out. Clear solutions that don't have contradictions in them that make sense to both you and your co-workers. heat.

Richard Trudgen: makes human sense…

Richard Trudgen: because humans are basically the same. So yeah, okay, that's a human dynamic situation. Yeah. Yeah. Yeah. We can understand that. everybody needs food, everybody needs air, sleep and all those sorts of things and we usually can discover those things at one of the things that I'm hearing across Arnham land that's leading to all this is what Jung will call malian the confusion about the modern world. How Where does money come from? Where does government got power?

Richard Trudgen: why are they not just building all the houses in Urkala and…

Timothy Trudgen: Okay.

Richard Trudgen: they're building them all in Sydney and people don't realize it now that most of the housing are privately built and massive confusion which I've been talking about I talked about it in the last book not so much to a great extent in the last book but because people weren't ready to talk about it back then the elders sort of said this is embarrassing we don't

Richard Trudgen: even know how the world works. But it's worse today amongst young people. if I'm driving out to Uricala with a young person and we drive over the mine site. I'll say to them, where does this company get all the money for its vehicles and its employees and houses and everything? what the answer will be? From the government. Not from selling the bulk site. not from selling the mineral. and so a lot of young kids are now saying, "I'm just born on the wrong side. I'm born black. That's why I'm depressed. And I I even hate my culture now. I just hate who I am." so a lot of if I was to sit here and say, "What are you going to hear from people if we really here?" They'll say, "We haven't got a clue what's going on in the world."

Richard Trudgen: They haven't got a clue. if you have and I just want to go back to that other picture a little bit maybe can we jump out of that now or you got the good on you Tim which is back to that word m right my inability to my inner thing is totally confused to the point where I don't even know I'm human now as one guy leader was saying to me who's dying in Darwin hospital at the moment. He's saying the Bellander have approached us in such a way that We have lost our humanity now. we're not even sharing our humanity with each other anymore. We're attacking each other now. So, a lot of people will say, " it's because that other clan over there, they're attacking us.

Richard Trudgen: it's because they killed one of our people and we haven't been able to sort that out because the white fellow law has stepped in and taken the person who did the killing off the j so they can't even resolve that problem between their mari gutra their grandmother and their grandchild cleans so there's so many unresolved issues even frightened to have a football game now because somebody might pull a knife out and start doing rehabilit retal retaliation or something because there's just so many crisis points triggers that could occur. and of course you got alcohol in the community here because of the white fellow community here and they usually occur around the use of alcohol where somebody then gets hurt and all that. so what you're going to discover there might not be anything you ever thought was there.

Richard Trudgen: you've got to be ready for the openness to really discover what people are saying. And so people might say, really to solve this cross problem, we need answers to all these questions we're asking. And that's what's driving me now at 75 years of age to continue to do that. Try and get answers out to people to answer their questions so they can have control over their life. I was thinking of another English word but they can have that control over their life where they can say now we know where we're We can see today how it works. mine is not here getting money from the government and all those white fellows in Nulboy who have all the cars, all the boats, everything. They're not filthy rich. They actually have to sweat for their pay.

### 01:45:00

Richard Trudgen: People don't know how long they're working. They might be working 12 hours a day. That's not their experience. They just see them driving around with their boats and their big cars and everything else and they're thinking, " the government's giving them all their money. Why aren't they giving it to our people? Why aren't they giving it to our people? maybe our elders are so stupid now and they're so primitive and backwards they don't access government money." and you look at the community, what is driving the community? If you ask what is paying all the wages in the community, What is buying all the vehicles in it's government. So people have lost the private enterprise mindset…

Richard Trudgen: which was a very strong traditional mindset. They used to trade with Asia for four centuries.

Timothy Trudgen: And I feel mal Dad,…

Richard Trudgen: They feel their mar been bound up with a big rope where I don't even want to live anymore because my spiritual power is bound a big rope tied strongly around my waist binding me stopping me from being able to step outside as a human being and be human. so yeah, a whole lot of these things could happen. Yeah. Yeah.

Timothy Trudgen: we'll take some questions from you guys too, but would you like to dive more into that education and…

Richard Trudgen: Yeah. I'm just going there now. Yeah. Yeah.

Timothy Trudgen: knowledge gaps side of things?

Richard Trudgen: Yeah. Yeah. Yeah. Okay.

Timothy Trudgen: If I pull up a new page, you could use that. and you can just write on the whiteboard that you've got open.

Richard Trudgen: Okay.

Richard Trudgen: I'll just go that way. where's that going to come up? It's got to come up on here. I'll get rid I'm going to get rid of this then.

Timothy Trudgen: You just have to write on page five.

Richard Trudgen: Yeah. Yeah. Yeah. Yeah. But I got to get page five. Hang on. Just discard that. Let's get that one out of here. And Okay, we're on page page five. You got page five? Yep. And let me get a pen working. Yeah. So you basic basically in a quick map is and a workshop on this for four hours but sorry why is that not working some reason another come on okay that's going to work now so basically you're looking for the people's world

Richard Trudgen: You're looking for the people's worldview, but you're not going to get one world view. You can have a traditional worldview, a semi-traditional worldview, a contemporary worldview. You can have another view of the people who have come back from college. They could have a completely different worldview to the rest of the community. So, you're looking for how people see things. And that's an analysis we do like when we're looking how to explain diabetes for instance. We spent 3 years on this process. So you get the people's worldview and what you're looking for is the contradictions to doesn't like me putting my hands on those pages there. the contradiction to the actuality over here.

Richard Trudgen: actuality object reality. and the contradicts can be very like the one I just said to you, Alcan is getting all their money from the government where in actual fact they're getting their money from selling borit. So there's a very clear contradiction here around the subject and we try and map that out. mainly in my head I do that mapping I go okay you guys are seeing this way you're seeing that way somebody else more academically would be writing it all up and then at the same time we are getting those contradictions because if we don't deal with these contradictions we're not going to deal with the problem we're not going to come to a solution traditionally contemporary or any other solutions and the solutions can be contemporary

Richard Trudgen: they can be traditional because we're dealing with a group of human beings and humans are basically the same all over the world in terms of their needs. the other thing we then look for is what we call generative words and you've been looking for those already. Generative words, pictures,…

### 01:50:00

Timothy Trudgen: Themes, things

Richard Trudgen: what else? Generative words, p pictures, Themes. Yeah.

Richard Trudgen: So generative words, pictures of themes that come from the people's worldview, language and things that are going to generate conversations like if we say something like the word trauma, all of a sudden that generates a certain pitch around our headsa da we say that over with yung it's not going to generate anything. Yeah. they might go, " what the hell is drama?" so the generative words, pictures, and this is free area stuff, have got to come from their worldview, where they're at. generate conversations. you might remember some of the Ferrarian stuff where they were saying he'd take pictures of workers on strike, right?

Richard Trudgen: and he'd be showing them the pictures and they'd go, "" or he would say to the group, "What I'm seeing in this picture is da da da, what are you guys seeing in this picture?" And they'd come up with a completely different story of what they were seeing in the picture to what he was seeing in the picture. and so in that sense He was doing world viewing over here just using pictures. But you can do the same thing around subjects, and you can look for these contradictions. And at the same time, you're doing that because and you're in and out of their and language is another big thing because everybody can just speak easy. I've noticed even Natalia, your pronunciation of the tailed N is not there, the ing sound, right?

Richard Trudgen: which is difficult for English speaking people because in the tailed end sound is we can hear it English speaking people can hear it at the end of a word but they can't hear it at the middle or at the front of the word. It's funny how the brain works that way. language is that complicated know that because you're a bilingual person and maybe Paula that language is so critical and we've got to get that as close to being right but anyway I don't know if that makes any sense to you. we won't go anywhere. Yeah, we try and map this out and as I say over a subject I can spend mapping that out.

Richard Trudgen: in the past I spent up to three years on it over a particular subject. now we are dealing with one of the most difficult subjects in the world to deal with when we're talking about psychology and wellness on the mind and all that. It is incredibly difficult. and there's so much confusion about it because y will just go gawkka sorcery sorcery. because it's all that unknown world.

Richard Trudgen: So it just gets put over there in that unknown world. sorcery, must be gulka. and rather than saying, " it could be all these other things." Because they don't know. they have no idea about where the mining company gets their money from.

Richard Trudgen: And they're shocked to find out when they find out that those boats loading up the end of the conveyor belt that's been there for 30 years now putting bulkite into it is actually operating under jugle under contract. People will go What? So you're telling us our ancient old primitive language and our primitive culture is the way you white fellows work? They're absolutely shocked when they hear that.

### 01:55:00

Richard Trudgen: You're telling us to forget our culture. You got to give way let that primitive culture disappear. it's a lot of that derogatory naming that has pushed people now into what we're seeing now in suicide and so forth. That's the end result of I call it almost a structural violence that's come from colonialism. Yeah.

Timothy Trudgen: And the same goes with say suicide.

Timothy Trudgen: a lot of people really cannot comprehend…

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen: how a person could get to the place where they take their own life because it's only a new thing in new society. it was unheard of prior to that. there were probably some cases of what we would call suicide, but was more like euthanasia with old people.

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen: Is that right, Dad? when you get really old traditionally

Richard Trudgen: Close your mouth to food and water, which is a process which people if they're dying of chronic disease cancer or something And people would say

Richard Trudgen: D mukaram they tell the family I'm going to close my mouth to water and food and get myself ready for the transition back to the spirit world and…

Paula Andrea Ramírez Diazgranados: Okay. Thank you.

Richard Trudgen: and yeah just Yes.

Timothy Trudgen: But the idea of someone actually violently taking their life,…

Timothy Trudgen: particularly at a young age, people cannot comprehend it. And you will get people saying things to you that is the repetition that they have heard from the balance world…

Richard Trudgen: Yes. to stop suicide at the moment all the government committees and…

Timothy Trudgen: but is not really what they believe.

Richard Trudgen: millions of dollars being spent is saying, " we need to keep young people busy." that's what's causing the problem is the dominant culture taking over people's lives where they can't do rapidity anymore.

Richard Trudgen: They can't take kids out bush and go hunting and all that because they're all going to discos and basketball and all the programs that have been created by government money to keep them busy as though paternalistically yo were never talking or looking after their kids for 60,000 years and you are now saying to me we're into another stolen generation it's all these government programs for kids

Richard Trudgen: They're stealing their kids office. We can't compete with the government money. There's so much.

Timothy Trudgen: And so this is a good example of the kind of contradictions that occur…

Timothy Trudgen: because you'll get a lot of people saying to you both youth and maybe some elders and parents saying the kids are bored. now we know that that's a slogan that comes from the mainstream. and…

Richard Trudgen: It came from the mainstream.

Timothy Trudgen: people Yeah.

Richard Trudgen: They came out and they told them that over and over and over again.

Timothy Trudgen: over and over again. And it's why disos keep coming back. but the kind of contradictions you see is that the young people will say that, we're bored, we need something to do.

Timothy Trudgen: But then when you put on the disco and all the sports and whatever, the misbehavior gets worse.

Richard Trudgen: Yes. Hey.

Timothy Trudgen: And in Elco, the disos have been cancelled by the council. I was living in Elco for 10 years and the disco program was cancelled at least four times over the time that I lived there and then was brought back every time you got a new set of youth recreck people out out there.

Richard Trudgen: government. Yeah.

Timothy Trudgen: Right. I'm not saying discos can't be good. I'm just saying that the way that they were being delivered they were not good. because the rate of violence of criminal activity of kids up late at night went up every time a disco was on and…

Timothy Trudgen: the police were involved in shutting it down in one point in Elco. So that is a contradiction because people are telling you one thing and something different is going on.

Richard Trudgen: Yeah. And there's no and…

Richard Trudgen: there's no testing of that. This is what gets me about all the government flow out of money about education and everything and these programs for kids. No evaluation of that occurs. It's because They see it as the mainstream answer and they see that they got to be paternalistic to Aboriginal people. Come along, solve the problem for them, and so everybody just says, This should work." I remember that man who was doing the programs with me on closing the gap.

### 02:00:00

Richard Trudgen: He said after every break and entry, we would have government people getting off the plane and coming to us and saying, " look, we've got all this money. can we use this money somewhere to solve this problem over breaking in?" And they'd always go to these youth programs. They'd always go to the youth programs. When they opened the youth program in Alice Springs, they opened up that youth center down there. I said, " this is the most stupid thing you could ever do, guys, because you're just going to create more violence and more anger amongst these young people." Exactly what happened. They had to actually close it down. What happened was all the young people come from the homelands and everywhere into Ellis Springs and said, " they've now opened up a youth center in there for us. We can go and get free food. We can play on computers. We can do basketball. We can get all the goodies that Baller All the Bellander kids get this. they're going to give it to us in this youth center."

Richard Trudgen: So he had everybody come in from the homelands and then they got in there and they closed it down without explaining to people why they're closing it down. And so the anger just took off and it's still been boiling in Alice Springs right up until this day. They didn't solve the problem. They made the problem with

Natalia: Yes, with the few minutes that we have left, I just wanted to ask you about your experience. When I have called you, you have said I am with a patient with this bipolar or certain conditions. I want to know how would you think about this model of care if you would have given us by the community of we need to do something about preventing dealing with mental health issues and dealing with the person dealing with anxiety. What would be your from the content I'm asking not the process…

Natalia: but how would you do it with the knowledge that you have of the Planet.

Richard Trudgen: In a short script answering the people's question,…

Richard Trudgen: let them set the curriculara for access to information, and even knowledge, education, all in their own language. If we just did those few things, we wouldn't even be having this conversation. wouldn't be needed but let the people set the curriculara but not a crazy curricular set by people who have come back from college more the curricular that's coming back in that picture I had of the person coming back with the special information right back in the community itself where people are asking the questions one of the things for example

Richard Trudgen: but that's it. Basically, answer the people's questions. Give them access to modern news. They't I talked to Yung around here today. They didn't even know that there's a war in the Middle East. they know where the Holy Land is because most of them are Christians and they know where Jesus grew up and all that sort of stuff. Some of them have been to the Holy Land. They don't even know that there's a war going on there. They don't know there's 40,000 people being killed over there. They're more concentrating on now the argument they're having with the clan up the road because they think that's the only reality. So theyre They stop them naval gazing by give them access to outside knowledge. Screw their language. It's got to be in their Trouble is government then sets up a news service with the ABC. No listens to it because it's all literally Not meaning based translation.

Richard Trudgen: It's all literally translation, which doesn't make any sense. So, again, language comes in because people don't know. if you're going to do this, you got to do it properly. but that's the next book I'm trying to write,…

Timothy Trudgen: coaching.

Richard Trudgen: Natalia, at the moment. We're in the middle of trying to get it out. and do what Tim's working with the steering group at the Gallian with women ing coaching they're saying we can't understand this knowledge that's coming at us about my high sugar levels and da da da da we need somebody to sit down with us every day in language and so we understand what this is about I got you more people coming up to me and saying can you help me I'm now being called a diabetic I want to know what I should be eating what I shouldn't be eating so I don't get my legs cut off and end up in a wheelchair like all the other people

Richard Trudgen: around here. this is critical for Tim and me. And Yeah.

Timothy Trudgen: And I think that's a good point,…

### 02:05:00

Timothy Trudgen: Dad, because part of the content that Natalia is probably talking about is the maybe not clinical care, but supporting those individuals who have mental health conditions.

Richard Trudgen: Yeah. Yeah.

Richard Trudgen: That can be difficult also…

Timothy Trudgen: I was just going to say I think in a lot of cases those kind of people need certain tools.

Richard Trudgen: if the drugs are involved and all that sort of stuff, which I've had with a couple of families and they just say, " they're smoking marijuana." Yeah. The family needs knowledge about marijuana and how it's affecting them. Yeah. Sorry, T. Yeah. Yeah.

Timothy Trudgen: So whether it's the help to understand the medication that they're on and how to get off it or whether it's the psychological tools to deal with a particular issue in their life,…

Timothy Trudgen: a particular trauma or grief that they're dealing with. I think you have to work through the process with the people to really find out how those services should be delivered. But in general,…

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen: we do need a higher quality of individual care and the coaching model in chronic disease is a good example of that. And that's where you have the doctor who does the clinical care.

Richard Trudgen: Yeah. Mhm.

Timothy Trudgen: Then you have someone who comes alongside with them to help educate them around all the little issues. what is blood sugar level? what does this test result mean? how is sugar affecting your disease? and what can you eat differently? and what we have done is we've provided resources at those points where a cons a coach whether that's baler or y at this stage we're using baler because we're trying to find people who have the professional knowledge to be able to advise appropriately and…

Timothy Trudgen: because you are trusting that person more because they're like this is bound knowledge we want to know…

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen: how to deal with this bound of food I want to know how to deal with these baler diseases. I want a baler person guiding me through this.

Richard Trudgen: Not a younger person. Yeah.

Timothy Trudgen: And we have a young team member come alongside and they start to learn with that baler person. So they develop some coaching skills in the process. and…

Timothy Trudgen: it's all come out of a process like this.

Richard Trudgen: Yeah. Mass massive parents.

Timothy Trudgen: we did the testing and triing to get to the point where we could see that this is the path that people needed. These were the aspects that people needed in regard to chronic disease. and there's going to be parallels in the mental health area as well. and we Yeah.

Richard Trudgen: Yeah. Yeah. Yeah.

Timothy Trudgen: And the thing that always traps people at this point is that they look at and they go it's a bit too hard, because you need all these people who have language skills and cross-cultural knowledge and experience and all that, right? that's all true and you need to develop all that stuff in the staff you have on the ground. but you can also do it by developing resources. So when you're identifying things that people say we have people with this problem and they need to understand this and they need support with this so we might need say I don't know just off the top of my head right they decide that they need rapidity…

Timothy Trudgen: but in order to get a kid through rapidity they have to be overcome certain mental health issues so they're going to need the advice of, a psychologist or a counselor something like that, right? that counselor is going to need resources in language

Richard Trudgen: Yeah, they're not going to be able to do that.

Richard Trudgen: At the moment, we've got psychologists here who are lining up everywhere, well paid by government and everything, and they're just bombing people out with a whole lot of medication. They do a 20 minute I've talked to a psychologist here who's left Darwin left Arnham land because he says, "Richard, what we're doing is just disgusting. We sit down for 20 minutes with a person. We've got no language whatsoever. We use a Bellander framework to work through and then we put them on these high level medications where they turn into zombies and you got zombies walking everywhere around Eurala.

Richard Trudgen: So if you're going to work with that family, you've got to also then have somebody who's culturally competent to be able to work in that area. And you can teach people language skills that are needed not to speak everything in yung mata. but you can teach them the skills to I've talked to taught patient educators in the past and…

### 02:10:00

Richard Trudgen: all that to be able to deal with different subjects. and they can go, " right. Yeah, yeah, yeah. We've been through that. we can have that conversation." And so their language learning continues because they've been taught. They've been given enough. And we've had that over the years that gaps. Yeah.

Timothy Trudgen: but also it's the res you can build the resource to fill those gaps that you need to fill for people. So, I don't know mental health well enough to say what it is, but it might be something about how does trauma affect people and how does a person with trauma?

Timothy Trudgen: What are some things that can manage that trauma, right? That might be the subject area that the counselor needs help with. You can build a resource on that topic.

Richard Trudgen: Yeah. and…

Timothy Trudgen: a video that the person can sit and watch with that professional in another room and then he comes back in after whatever it is. and so even if that person is not at a stage where they can do that education, you can create resources to fill those spaces.

Richard Trudgen: they've got enough technical now to be able to click on things,…

Timothy Trudgen: And…

Richard Trudgen: go to the internet, find all that sort of stuff, which a lot of the old people don't have. They don't have

Timothy Trudgen: we found in the hope for health program that we could bring in a nutritionist, give them six weeks training on cross-cultural skills, a bit of language and a bit of this and that or similar to what you're doing here, but dealing with the part particular subject area that they're in. and the me method that they're supposed to be delivering and provided them with two 40-minute videos. they were then able to achieve changes in behavior that resulted in clinically significant outcomes in chronic disease.

Timothy Trudgen: So they improved their blood sugar levels, they improved their blood pressure, they reduced their weight all themselves. They made the decisions themselves…

Timothy Trudgen: how they were going to change the diet based on their education and the advice in that consultation with a nutritionist who had never worked in Arnamland before, who had never worked in ainal community before. So it's not the case that this is impossible was six weeks training and…

Richard Trudgen: in the six way strain.

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen: two 20-minute videos. That's what made it possible to take that professional to a place where they could actually be effective in the community.

Richard Trudgen: And those 20-minute videos is what we produced, Tim and myself produced along with your more co-producers. and we worked on it probably for a couple of months, right, to get the videos right. And so we use Yeah.

Timothy Trudgen: And with 10 years of kind of developing the program in the background as well. But

Richard Trudgen: Yeah. Yeah.

Richard Trudgen: and we work when we do that and we develop those resources, we work with the top professionals in that medical people in that area. We don't just rely on our knowledge. we work with them. Getting them to check every aspect of our storyline and all that to say,…

Richard Trudgen: ah yeah, yeah, yeah, that's Yes, that's right. That all adds up. and so it can be done these days. unfortunately, it's find it difficult to get it funded. Too loud.

Timothy Trudgen: and I think part of that is…

Timothy Trudgen: because people see the solving the cross-cultural issues as too hard basket.

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen:

Timothy Trudgen: But it's a step-by-step process and it's kind of if we stick to the process and get the process right, we will get to, the solution eventually, and a good pro the great thing about mental health is that if you're using a good process, you're going to be building people's mental health as you go…

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen: because your co-workers are going to get stronger mental health from this discussion and they're going to be able to have bigger influence on the community in that area. So the whole process of design around mental health,…

Richard Trudgen: Yeah. you strengthen the knowledge capacity.

Timothy Trudgen: if you do it well and you include the educational aspects that we've talked about, you're going to strengthen the mental health of those people that you're working with.

Richard Trudgen: But Paula, you got a question there.

Paula Andrea Ramírez Diazgranados: Yeah, it's thank you.

Paula Andrea Ramírez Diazgranados: This has been extremely useful. I agree team.

Paula Andrea Ramírez Diazgranados: No, as we go through the process, we reinforce the mental health capacity as we move through what we want to do. But then I have a question about the yarning that is not a term…

### 02:15:00

Timothy Trudgen: Yes.

Timothy Trudgen: Yeah, we didn't cover that specifically.

Paula Andrea Ramírez Diazgranados: but is there something similar in jerkala like a yarning process because in mental health that is going to be important.

Paula Andrea Ramírez Diazgranados: And I'm just curious to know how does it work in Jerica? there's a term for that yarning. Yeah. how does that work there?

Timothy Trudgen: I don't think there's anything that covers the methodology that has developed in the literature around yarning…

Richard Trudgen: Yeah. It's a western world view.

Timothy Trudgen: because I think that's a development outside of the context of anam land but it's also outside of the context of many communities. yeah,…

Richard Trudgen: It's English.

Timothy Trudgen: it was taken a term from somewhere in Arnamland I can't remember where it started.

Richard Trudgen: It's English for a start original English and…

Timothy Trudgen: It's Aboriginal English. It comes from a original English. Yeah. Yeah.

Richard Trudgen: It comes from the word yan. but also in that context in anam land we've still got very strong clan groups.

Richard Trudgen: So what's happening in the panabinal situation you could be having people and they use the word yarning across family groups…

Timothy Trudgen: Yeah.

Richard Trudgen: but I'd say in their situation they'd be still strong around family groups also. yong word rapidity and the discipline of children. I was hearing this just a few weeks ago in a meeting with us with a lot of Yong and they were kept on saying we need to be doing rapidity with our kids. the discipline of the mind, the body, soul. And when they're talking about that, they're talking about that being done in family groups, not across communities.

Richard Trudgen: Because if you have a cross community and there's already anger there because somebody was killed over there or something some other violence or an accident occurred or a bloke got killed on the road here by Jung running over him with a bike run over his bike and killed him. There's a whole lot of and if you go say we got to do this in the community you're just opening up asking for World War II in the community. So yarning where can be seen as we're going to have a yarning circle and over everybody but out of context here so you would be calling rapidity or they'd be just say we just need to sit down and talk together.

Timothy Trudgen: Yeah, I think that's closer dad to how it's used is it's just an opportunity to talk together.

Richard Trudgen: And they use a Y word I've never thought of before.

Timothy Trudgen: And would I be right that the reason you

Richard Trudgen: They got the Y word yan.

Richard Trudgen: Y A N which So Y means only. It's got a completely different meaning.

Timothy Trudgen: Yeah, just it means just.

Timothy Trudgen: Yeah, only or…

Richard Trudgen: But in just Yeah.

Timothy Trudgen: just. Yeah. Paula, would I be right understanding that you need that word in order to define the methodology or just to open the discussion and say this is a safe place to discuss this issue?

Paula Andrea Ramírez Diazgranados: Yeah, that is key to our like for us it's more okay…

Paula Andrea Ramírez Diazgranados: how is it that conversation happens no which are the terms if it's rapidity yes it's more that Yeah.

Timothy Trudgen: No, it's not rapidity because rapidity it's a process that you do within your clan and…

Richard Trudgen: is in plan Okay.

Timothy Trudgen: your family and that it's about elders teaching younger or…

Paula Andrea Ramírez Diazgranados: I think Anyhow,…

Timothy Trudgen: or initiates or no, it doesn't even have to be young people,…

Natalia: It's

Timothy Trudgen: but it's a process of learning.

Richard Trudgen: Yeah. it's example of that.

Timothy Trudgen: But we're talking about here,…

Richard Trudgen: the parents were saying we used to take our children to the bush, let's go hunting and we catch food and all that and then we sit around the fire and we talk about how to share the food and we talk. So they're doing the process of rape bidding, the process of discipline of mind, body and soul. So I know Yeah. Yeah.

Paula Andrea Ramírez Diazgranados:

Paula Andrea Ramírez Diazgranados: get back.

Timothy Trudgen: We're talking about with yarning.

Timothy Trudgen: It's about the researchers and the co-workers and the clientele coming together and having a discussion that's in a safe way. yeah,…

### 02:20:00

Paula Andrea Ramírez Diazgranados: Yes, that's safety.

Timothy Trudgen: that's I mean yan wang literally it means let's just have a discussion,…

Richard Trudgen: would be the term I'd be using and…

Richard Trudgen: you and…

Timothy Trudgen: let's talk together.

Richard Trudgen: because you're saying yani it's more than just it's like we're being hypothetical we're being analytical we're not going to locking it down to anything it's more yeah we're only just having a conversation,…

Richard Trudgen: it's like if we were talking about it's keeping it very open.

Timothy Trudgen: keeping it open.

Timothy Trudgen: Yeah. I know that they use the term da da for yarning around the place, but I'm not confident about that terminology, what it actually means to people.

Richard Trudgen: Diane picked up on that the other day, last when I was talking to her about it and she said, " you'd be using that word da da." but I haven't done an investigation on it. It's being used by Yung, one person on Y radio. that's the only other place I know it's being used. Yeah. Yeah.

Timothy Trudgen: It's being used in Europe Elco for health yarning circles. So they're calling it health da da. yeah.

Richard Trudgen: D just means stories around health.

Timothy Trudgen: So da means stories. Yeah. yeah.

Natalia: I think that's the word that our research assistant in the community was using when she was saying share your story and she'll say Man, grace.

Richard Trudgen: But if you're saying

Timothy Trudgen: And so if they're asking to share that's the only concern I would have to check is to be careful that D doesn't imply that it's one way.

Richard Trudgen: Yeah.

Timothy Trudgen: Make sure people that it's Balarali. so I would in English you can just say, let's say let's have a talk about how people, …

Natalia: Yeah, this Right now.

Timothy Trudgen: whatever it is,…

Timothy Trudgen: if it's about mental health, it's going to take a little bit of work to find your plain English for that. But this is the stuff we got to do with co-workers.

Richard Trudgen: Because what?

Timothy Trudgen: This is what you got to do with your interpreters is you've got to work these things through.

Richard Trudgen: Because…

Timothy Trudgen: What's your Plain English to cover this topic.

Richard Trudgen: because the English word health people will have a lot of confusion around what does it mean? we just assume that people are going to understand the word health when we go mental health and they go we understand maybe mental maybe bum and bong or mind the mind mind the brain but what does health really mean and they might even use the word they'll spill it and everything but if you ask them to unpack it is there a clear picture around what health means I've had people ring me up you will ring me up and say what and one lady who worked in the hospital for many many many years and then she was an interp

Richard Trudgen: interpreter in between interpishes. can I ask you a question? You might think I'm silly, but what does health mean? And I then checked out with other no idea what it meant.

Timothy Trudgen: And so one of the ways that are used in English is people say to refer to people…

Timothy Trudgen: who have mental health conditions. and they're usually referring to mental health conditions that have been diagnosed or are very obvious mental health conditions. they will say that person is mental or that's a mental one, right? and they'll just use that word mental by itself to refer to someone with a mental health issue.

Natalia: Yeah.

Timothy Trudgen: They'll say, " here's a mental one." yeah,…

Richard Trudgen: and that and…

Richard Trudgen: that means they're putting him over into that category of where Bellender been talking about mental conditions. and…

Timothy Trudgen: or they're a bit crazy or they're on medication and they just walk around the community and don't talk to anyone or all that kind of stuff.

Richard Trudgen: and the word would be bubbly and silly. Bab

Timothy Trudgen: Yeah, so the word mental is used in that way. But in mainstream mental health doesn't have that kind of derogatory nature to it.

### 02:25:00

Natalia: Yeah, you just talk about something that this will be the last thing is about this interpreters like the dynamics…

Timothy Trudgen: Whereas when they're talking about conditions that are quite severe.

Natalia: because we do want to listen and spend time and create connections…

Richard Trudgen: Thanks.

Natalia:

Natalia: but we do not speak mata. and we will have to have an interpreter. So I want to know how obviously you do speak Junglata but how would you do it if you did not how would you and this is referring to what you said in your book Richard about the magic is broken as soon as you start with English and I've noticed that when I was in Jerkala when they were speaking in Junglata they were joking and putting music and being free as soon as I started speaking English the magic broke. and then they will go silent.

Natalia: They only engage with me when they knew I speak Spanish and they try to speak Spanish with me. But English bros So how do we explore and do all of these processes if we do not talk? Do we use an interpreter at all times and don't bring English to the conversations or how do we do that

Richard Trudgen: What one of the problems you're facing here is soon as you say interpreter,…

Richard Trudgen: people would say, it's got to be a qualified interpreter working

Richard Trudgen: through nati the indigenous interpreter service I wouldn't be going there I'd be looking for people who are probably we would be using in the past some of our colleagues are getting a bit old the days because they're a lot of my colleagues passing away and they pass away 20 years younger than me but there are people out there who have and if I cuz you don't have to have the person there.

Richard Trudgen: They can be online these days. You can be on the phone these days or whatever. it's a broader question.

Timothy Trudgen: I think I would be looking for someone on the ground with you…

Timothy Trudgen: who can act as the interpreter. So don't think of them as someone necessarily having to be trained interpreter. I think that's what you're saying, Dad. but a coworker who has good language skills, they don't have to be super high skills in English necessarily. if someone has already had a lot of health experience or something like that, then they may have some good English skills. But the thing is in your co-workers should become like your interpreters and someone maybe even multiple people on your co-worker team would act as interpreter and you upskill them and you build good relationships with them in that explore the subject process.

Timothy Trudgen: So this process of exploring the subject is the process where you build the capacity of the people who are going to act as interpreters for you. and you work on exploring that subject with careful English, trying to pick up on the words that they might have problems asking those questions. What does the community about What does the community understand about that What does this yung word I find it in the bill dictionary. this word it says it means to be sad. What picture does it give yung when we talk about this word?

Timothy Trudgen: So those kind of conversations need to be had with your co-workers to build them into a place where they can act as your interpreter.

Natalia: Thank you.

Natalia: Thank you.

Timothy Trudgen: I don't know why it doesn't seem to be there.

Richard Trudgen: Yeah, he had to have a break.

Timothy Trudgen:

Timothy Trudgen: All right. Okay. Yeah.

Richard Trudgen: He's coming back in a sec.

Timothy Trudgen: So, that slows the process down a bit, Natalia, but it's vital that I think you could adjust.

Timothy Trudgen: Do you think you could adjust your codeesign model to include that process of exploring subject with co-workers first?

Natalia: We are getting rid of that protocol all together.

Natalia: We not the principles of deep listening and things like that are there but with this training with Richard all resources and conversations in the team we are completely changing everything so we need to redesign now the thing is yeah it requires both not planning and…

### 02:30:00

Natalia: flexibility but at the same time a lot of planning

Natalia: we need interpreters, we need transportation, we need and we had this Belinda that is speaking mata that at least that was our connection that Yes. And so now we don't have that.

Timothy Trudgen: That was your Yep.

Timothy Trudgen: Yeah. a person like that is really important to the process and…

Natalia: Very that beautiful thing. Yes.

Timothy Trudgen: if you don't have it it's difficult because you have to work so hard to build up your yal team. And look I don't know if we can help out in that area where we can come in and have some of the conversations between you and your co-workers to develop their knowledge. That might be a way to help that process. I do that online with some people in Arnamland doing health stuff. I wouldn't like to do it online as the starting point. It works online for me…

Timothy Trudgen: because I know the area so it would be better if we did it on the ground in person.

Natalia: I definitely have to talk about this with Marie and…

Natalia: I think we need to come up with a plan, but if you guys can help us in any way on the field that we would appreciate that. So I just need to talk to her about how would that look like and I will continue with you see how

Timothy Trudgen: And I'd have to check with dad, but I'm pretty sure it wouldn't be the same pricing structure as a training session.

Natalia: Yeah. Exactly our role.

Timothy Trudgen: Because we're not coming into those discussions knowing everything. we're coming into this discussion to support the process of exploring the subject. So yeah.

Natalia: I was talking to Philillip and I was saying I understand when Richard did the diabetes thing and the chronic condition. So I know that you had this knowledge also to understand what understanding and then fill in the gap with the knowledge you had but in this case the tools that are there in mainstream are also not working for the young people in the mainstream so it's not like we can't suggest so there are things that pa is an expert and…

Timothy Trudgen: Yes. Yeah.

Natalia: do about trauma and that she has worked with populations around the world that might be

Natalia: I think the only brightness shine that I see about that but we do not have a strong views about this is the way that we should take care of mental health. This is the solution and I'm just going to explain to you what it looks like where the opposite is like do you have guys have any idea from your traditional knowledge of how this can be solved in your way?

Timothy Trudgen: But before you get there, we've got to do that exploration with them of filling those knowledge gaps.

Natalia: Yeah. Yeah.

Timothy Trudgen: Just the word trauma, that's going to take I don't know, two, three, four hours with a coworker with your co-workers to get them to understand,…

Richard Trudgen: I think probably you're more available than me on that one.

Timothy Trudgen: not necessarily to just understand it from your point of view, but to align it with their own understanding. so Dad, I was just saying I don't know if there's some capacity for us to support that process of exploring with their co-workers the mental health topics. I'm more available except I'm not in Arnamland and it is very difficult to do a subject area I'm not familiar with over video.

Richard Trudgen: Yeah, I know.

Richard Trudgen: All right.

Richard Trudgen: You said that. Okay. Yeah. Look, we're available at the moment. …

Timothy Trudgen: So…

Timothy Trudgen: if they want to fly me up there, that's okay. I can do that.

Richard Trudgen: that's what I mean.

Timothy Trudgen: Every second month I have space to do things like that. Yeah.

Richard Trudgen: you and what you might be looking in for in a coworker, I was just thinking it through is that sometimes when you talk to the community, you say, "Who would be a good person to work with on this?"

Richard Trudgen: And they might say, " because he's got good relationships with the young people, but he's got also good relationships with the elders because he's been through the levels of training already in their system. you never lock it down." even if I walk into a hospital room and " who's really in charge of you?" If they say, that 15year-old girl sitting there, she's really the one in charge. I'll know why she is because of the kinship system and all that. So again, you don't lock it down. There is no fully accredited yong people to a nati level five in arament. they don't exist. And at the You're talking about that sort of level of translation. they might say, " yeah, we've got some people at that level. They got certificates."

### 02:35:00

Richard Trudgen: they shouldn't have those certificates because we know that there's no person who can do fast translation in medical, business. They just don't exist. Yongamat has only been working with English for 75 years and there's a lot of work to be done yet. So, yeah, it's don't limit what might come to you, but again, it's that same process we got in front of you there. even in finding co-workers where you're testing it out and exploring what this might work. And if you find out that the person being sent to you, sometimes the person being given to you is completely the wrong person, he's the one that's always working with the baller, because they're cranky around English, they're too good around English.

Richard Trudgen: Sometimes you don't want that person, but that'll only show up in the process sometimes if you don't know that particular person yourself. Yeah. Yeah.

Timothy Trudgen: and if you can start with a larger group initially you'll find that ideally about three individuals will come to the four u…

Richard Trudgen: Yep. Yeah,…

Timothy Trudgen:

Timothy Trudgen: because they've got very complicated lives even when they don't have a job. and that often means that one person is not going to be available all the time. So ideally you want about three people coming out of the mix as being regular workers with you. Yeah.

Richard Trudgen: especially when you got so many funerals at the moment and the morgs are all full up here. They're all full.

Richard Trudgen: And so some people are just involved in the ceremonial work all the time.

Richard Trudgen: And they'll be usually those top leaders that you want to get to and you might not be able to get to them, but there might be an in between person that you can work with.

Natalia: I think we have one person that lives in the community and…

Timothy Trudgen: You have a few people already or…

Timothy Trudgen: or not?

Natalia: she works as a interpreter in the hospital and…

Timothy Trudgen: Yeah.

Natalia: she was fantastic when we went there. She knew everything.

Timothy Trudgen: That's good.

Natalia: Her name is and I think he runs a discus at night that you mentioned Dama.

Richard Trudgen: Natalie I think somebody said somewhere Natali yeah I don't know I just saw the name somewhere and…

Richard Trudgen: I was trying to think whether I knew

Natalia: So she know the thing is Belinda will communicate with them and then Tama will communicate with the young people and that's how we were doing it and…

Natalia: Belinda pick up things that Tama did not understand of our project that she was communicated wrong. So that link now is cut. So we only have Tama and what she understands from us. Tama I don't know the last name…

Richard Trudgen: What's her name?

Richard Trudgen: No, I don't know. she's got very good English.

Timothy Trudgen: Armor. But that's the English name,…

Timothy Trudgen: isn't it?

Natalia: but apparently she is associated with this historical character a leader that was quite reputable in the community and…

Richard Trudgen: That lady someone I'm thinking of.

Natalia: not very good. No no…

Richard Trudgen: I don't know that name now.

Natalia: but she works as interpreter in the hospitals. The thing is there is as I said technical issue not technical issues…

Natalia: but she has kids and she has her family and…

Natalia: her husband is having mental health problems so she's alone navigating everything. So while she was with us she was trying to solve everything else. So we felt unfair with the burden.

Richard Trudgen: Yeah, It's off.

Timothy Trudgen: It's often the case.

Natalia: So things like that like where the kids will go and Yeah.

Timothy Trudgen: Yeah, that's why it's important to bring in a few more people around her and even if she's leading things a little bit, she'll be able to bring other people in and it's

Richard Trudgen: But You are dealing with a community in crisis.

### 02:40:00

Natalia: I also work with I think you might recognize Malati Mali.

Richard Trudgen: And say it again.

Richard Trudgen: Melody. Melanie.

Natalia: His number is Oscar. He has a disability.

Richard Trudgen: Just Yeah.

Natalia: He also was working with us but exactly as you have said in every single training Richard he was Yeah.

Timothy Trudgen: his name.

Natalia: Where is my money? When are we finishing? I'm tired. I don't want mala.

Richard Trudgen: What's it spell her name? It's Mel. No.

Richard Trudgen: Spell the name.

Natalia: M A L A may.

Richard Trudgen: Is that Mike or November? Sorry.

Natalia: Apple. Lola.

Richard Trudgen: And…

Natalia: M A L A T I M Oscar Mali I think maybe there's a W there in somewhere…

Richard Trudgen: Not that's the wrong eye. think Natalie I think it is Mali Mali I don't name…

Timothy Trudgen: It's Malati.

Richard Trudgen: then a man's a man not a

Natalia: but yeah so exactly what you described The Yes.

Timothy Trudgen: Mallet. Yeah.

Richard Trudgen: right here. I mean Yeah. Yeah.

Natalia: So we have a female tama and a male malati. H but with him it happened what you were describing not understanding how the employment work. So ask him the money every hour and where is my food and I'm tired and…

Natalia: then we will tell him everything for hours and then when he will go he will not say a word to anyone because probably he did not understand what we were talking about. Yeah.

Timothy Trudgen: Yeah. or…

Timothy Trudgen: he is in a state of habitual dependency and he's not going to be much use to you at all.

Natalia: No, we discussed that and…

Timothy Trudgen: Yeah. he might come around eventually,…

Natalia: for many reasons it will not be like yeah and…

Timothy Trudgen: but in with the time constraints you're probably better trying to find someone who's more directly engaged. Yeah. …

Natalia: also it turns out that I end up being related to him like I am his wife.

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen: yeah. Gal yeah people can use that against you sometimes.

Natalia: So when he figured out our relationship then he will send me to do the work instead of him doing it. So I understood that from Yeah.

Richard Trudgen: Yeah. Yeah.

Timothy Trudgen: And you just say no sorry this is jamba this is jama this is ceremony we're in ceremony right now so there.

Natalia: I kept saying I'm not going. It's your jama. Yeah.

Natalia:

Richard Trudgen: But it's…

Richard Trudgen: but it's also hard for people to work outside their family units. This is what people don't understand. They come and they say, " we got to get Yong to do it." Yeah, we get Yong to do it. They'll work inside their family unit. They'll find it almost impossible to go outside that family unit because of all the conflicts that are going on in the community and everything else. They just stick to the family unit.

Timothy Trudgen: And look,…

Richard Trudgen: Yeah.

Timothy Trudgen: I don't worry about that. if you're working with a family unit, it's a good place to start. So, yeah.

Richard Trudgen: You work with that family? Yeah. One family.

Natalia: As I think all our young people come from one family, one adult we need to redesign…

Richard Trudgen: I'm not surprised.

Timothy Trudgen: Yeah, that would be the case. Yeah. Okay.

Richard Trudgen: I'm not surprised because that's usually what happens. They just get picked within that one family unit. Yeah. And you work with that if that's what you got.

Natalia: what we are doing in a way that is flexible but also that we don't just go on.

Richard Trudgen: But Tim is also available there on the Gold Coast…

Richard Trudgen: if you want him in on that sort of stuff and all that. That's Yeah,…

Natalia: Thank you. I will have team meetings and then contact you guys again.

Richard Trudgen: we've invested more into this project than we thought we would because it's an area also that we've been interested in how we explain this stuff and how we work through this stuff with a group like you. because this is the stuff we want to be doing.

Richard Trudgen: We want to be empowering people coming from the outside while we're empowering yung because both have got to be working together and they both got to need empowerment around how we get this better conversation happening. It's why Tim and I are also working on a book at the moment. where from here and getting the basics right and closing the gap forever. we got to get that out an addendum to why warriors and…

Natalia: Absolutely. Absolutely.

Richard Trudgen: I've got to produce more of this training material stuff and so yeah one thing Natalia I might just say it' be good if we could get permission from you guys to we've got to work on that other video a little bit more and be able to share that with you but it' be good whether we can also get permission from you guys to use that in some of our other stuff and our

### 02:45:00

Richard Trudgen: the training things. Yeah, we'll probably need to do that formally somewhere.

Natalia: Yes. Yes.

Richard Trudgen: Yeah. Yeah.

Natalia: Whatever you need to do. Yes. Yes. And yeah, I don't know how to express my gratitude to you, Rich And I just felt that you were the person that we needed to get out of the confusion we were in and…

Timothy Trudgen: That's good.

Natalia: I think at least we know where to start to things not understanding.

Natalia: Thanks a lot. Thank you for your time,…

Richard Trudgen: No, it's been good.

Richard Trudgen: It's been a pleasure. Thank you.

Natalia: Richard, Timothy, Paola, Phillip. Thank you.

Richard Trudgen: We need addresses for the book, Natalia. Where those books got to go?

Natalia: Yeah, I'll send an email with that. And if Philip has the transcriptions of the recordings, that's what we are after. So, we can analyze it.

Richard Trudgen: Can you meet your

Natalia: The transcriptions in that event. of the recording which

Timothy Trudgen: That shouldn't be a problem, right, Dad? We've got that

Richard Trudgen: I don't know. Philip's asked me a question. I'm not sure what's going on. Just turn the mic off all together so I can talk and it doesn't get feedback. Okay. Just the mic down. Yeah. Go again. Yeah. Yeah. Yeah. Turn the sound off. Yep. They just Tell them what you No, I tell you. Yeah. So, with the videos, we're probably going to upload them to the website. So you guys can use them on the website. So it'll be like another course that you guys have got. I'm going to edit this one and I'll put the transcript in the website as well so you can download it as well. So as long as you've got your login to the L Warriors website with those other courses, you should be able to play those videos back and grab the transcripts as well. So they'll be all up there.

Timothy Trudgen: Yeah, we got it.

Richard Trudgen: That's…

Richard Trudgen: what I'm going to be doing this week is getting that stuff up ready to go. Some reason not working at all. It's coming through Sorry, Natalyia. Did you get any of that?

Natalia: Okay. Yes.

Natalia: Yes. Thank you. that would be perfect. Yes. Yes.

Richard Trudgen: Sorry, Natalia. Did you hear Philip there or not? Yeah.

Natalia: And I did

Richard Trudgen: My speakers are all off.

Richard Trudgen: Yeah. 10 years old. 12. It's nice.

Natalia: I hear everything.

Natalia: I got the message. I'm not here. But yeah. It's all good. I will write an email and clarify that. But yes, the videos in the online training is perfect.

Timothy Trudgen: It was head.

Timothy Trudgen: Cool. Thanks,…

Natalia: Thank you for your time. Thank you.

Timothy Trudgen: Natalia. Thanks, Paula. We'll catch you another time.

Natalia: Thank you, Rich Okay. Bye. Okay.

Timothy Trudgen: right. keep in touch. Bye.

Natalia: Okay. Bye.

### Meeting ended after 02:49:22 👋

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