

Challenges Facing Families in Australia and Opportunities for Renewal

Melbourne, Australia - Anne Bellavance - June 15, 2019



Organised by UPF and WFPW Australia, this second seminar in a series of four Peace Building Seminars explored the challenges faced by Australian families and the skills needed to face these challenges. These seminars have become very popular with community and service organisation leaders to augment their professional development.



Presenters - Kosina Hanson (right) Taniya Jayasinghe (centre) and Dr John Bellavance (left)

Kosina Hanson: *The neuroscience behind relationships and how emotional intelligence can be practiced in the home environment.*

Kosina is a social worker supporting young families experiencing violence in the home. Her work seeks to restore and strengthen the family by encouraging positive and safe relationships. She discussed how human beings are deeply connected on an emotional level. She argued the need for a new societal movement emphasising human connectedness.

Taniya Jayasinghe: *How Family trauma affects psychological adjustment in adulthood.*

Taniya spoke about the effects of trauma on individuals and within families. She explained the nature of trauma and how to cope with it. She is a counsellor and a member of the Crisis Assessment Team for teenagers, where teenagers are assessed for physical violence and diagnosed and medicated for personality and anxiety disorders. Taniya also facilitates workshops for teenagers dealing with self-esteem, anger management and body image issues.

Anne Bellavance: *Family Wellbeing and Functional Behaviours.*



Anne is the national President of Women’s Federation Australia and sits on the Board of WFP International. Her presentation looked at the dysfunctional aspects of human nature that cause conflict. Anne spoke about how to turn these around to create unity and peace. Anne explained how maladaptive strategies to cope with life that become habit, are believed to contribute to many, if not all emotional disorders.

Randall Apps: *Building bridges between Interfaith Communities.*

Randall is the director of the UPF branch in Geelong. He spoke about the security and emotional support he and members of the interfaith community provided the Geelong Mosque community members in the hours and days after the Christchurch Mosque massacre.



Dr John Bellavance: *Mindfulness and Peace Building*.

During his presentation, Dr. John focused on the following abilities: the ability to live in the moment; focus on a task; take on challenging tasks; being resilient; forgetting yourself; and, focusing fully on another person.

Ambassador for Peace Award

Dr John Bellavance (left) and Will Abdo, UPF Victoria Assistant State Director presenting the Ambassador for Peace award to Hussam Cheebo (centre).



Mr Cheebo was the 2009 recipient of Victoria’s Multicultural Awards for Excellence. His contribution to the area of multicultural media is immense, particularly in the Arabic language. His service to migrants in the settlement process over the years has also been outstanding.