



**Nagula**  
COUNSELLING & MENTORING



community

counselling

mentoring

support

*“ Take care of your body, it’s the only  
place you’ll have left to live ”*

# About Nagula/Rowena

Ngaji Gurrjin (*Welcome*)

Nagula Buru Counselling and Mentoring services provide counselling and ongoing mentoring to families, individuals and businesses in the remote Aboriginal and Broome communities in the Kimberley. Nagula Buru is made up of locally trained counsellors who hold all relevant qualifications and have up-to-date training. Nagula specialises in assisting Aboriginal families after traumatic situations. This essential community service is led by Yawuru/Bard woman Rowena Puertollano, who holds a Diploma of Counselling and Psychotherapy and is accredited with a Seasons for Healing Certificate. Rowena also offers workshops for those who require further skills to help our community. With ground root and local counsellors, Nagula Buru is a consistent service for families faced with constant turnover of support services in our remote region. As a result, Aboriginal families and members in the community achieve positive outcomes in a safe environment with consistent, continued and sustainable counsel. Nagula Buru offers long-term and proactive support mechanisms that provide goals and solutions for the wellbeing of community members. This structure will enhance, engage and create future leaders with support mechanisms and individual community-owned strategies to empower members.

A specialist for 6 years, Rowena and Nagula Buru offer a unique, capable and essential service to Broome and its surrounding communities.

## Objectives

Nagula Buru aims to provide and deliver authentic and unique support in counselling and project delivery to our Aboriginal families and clientele. We prioritise a culturally appropriate delivery and a whole community based approach to address community issues. Our objectives are to complement our counsellor's support by implementing community members to assist in family and communities issues. Nagula Buru recognises community support workers and helpers that assist families and communities with a 'safe community' or safe home environment. These objectives are realised by not only providing a counselling service, but by also conducting workshops and community development to upskill service providers.

Our goals are to:

- Provide an Indigenous driven delivery in counselling/mentoring

- Provide support through listening or offering a shoulder to lean on
- Provide an opportunity to upskill or workshop families to help solve problem issues
- Provide a healing tool to help families in traumatic situations
- Assist families or community members to achieve outcomes

## An essential service

Recent qualitative research conducted in metropolitan Perth and the Kimberley region of Western Australia has highlighted major gaps in service delivery to Aboriginal clientele suffering depression and suicidal ideation (Vicary, 2002).

Seventy Aboriginal people were interviewed about their beliefs and attitudes towards mental health, western psychology and western practitioners and strategies for improving mental health care delivery.

The study highlights that participants consistently perceived the course and treatment of depression as following a different aetiology to that of mainstream Australia.

The authors' references to depression do not conform with Eurocentric perceptions, but rather to the Aboriginal Australians' conceptualisation, as explained within the paper.

Almost three in four respondents indicated they believed Aboriginal people did not perceive depression as a state that could be addressed via treatment. Instead they perceived it as a characteristic of the individual concerned stating, "that's just the way he is". Subsequently, they reported individuals might not get the assistance they require in overcoming their illness.

As local Aboriginal counsellors, it is of knowledge that most issues are part of a trans generational occurrence and proposed projects/ programs can assist and help address the ongoing issue through long-term and localised strategies over a long-term period. The strategies should consist of local activities and projects inclusive of spiritual healing and long-term goals. It is not driven with metropolitan outcomes but locally driven solutions.

## Services

Nagula Buru provides sustainable and high-standard counselling and mentoring services.

We are the only local Aboriginal-owned counselling service that

works according to the cultural requirements of each land group in the Kimberley.

In addition to our services offered to individuals and families, we also offer workshops to upskill and serve our business community.

All our clients are offered a culturally sensitive and confidential service by certified staff with local knowledge.

### Counselling

- We understand what works with local communities and the issues they face
- We work with community members to develop their own strategies
- Counselling for families, individuals, youth and corporate clients
- Tailored programs for each community

### Mentoring

- Offering support to those who have no-one to share their thoughts
- Non-judgmental and succession goal planning
- Individualised programs

### Workshops

- Certified training programs
- Seasons for Healing
- Capacity building
- Counselling modules

## Mission Brief

Deliver an Indigenous, cultural and authentic locally-owned counselling support service to clients in Broome and remote communities the Kimberley. Provide unique, cultural and sensitive service delivery to each Aboriginal community and its members.

Offer a transparent and diverse range of support through strategies such as women's groups, health and wellbeing and holistic education.

Provide leadership and mentoring skills and guidance to members in the community inclusive of youth and adults.



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