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Cultural capability for mental health eLearning

Chapter 6 Page 64

Cultural Learning Journey

Dr. Ed Heffernan:

“I think I personally feel I have a long way to go and there’s a lot that I can learn. I think some of the things that I have done that have been really helpful have been to learn a lot more about the history of this country, to learn a lot more about indigenous culture and to also learn a lot from observing the way others, particularly indigenous clinicians interact with indigenous persons with mental health problems. I think one of the most useful things that I have done is to immerse myself into indigenous health with support from indigenous clinicians and indigenous non-clinicians and be prepared to ask questions and not be embarrassed about the limitations of my knowledge.”

Video courtesy of the **Aboriginal and Torres Strait Islander Health Branch**