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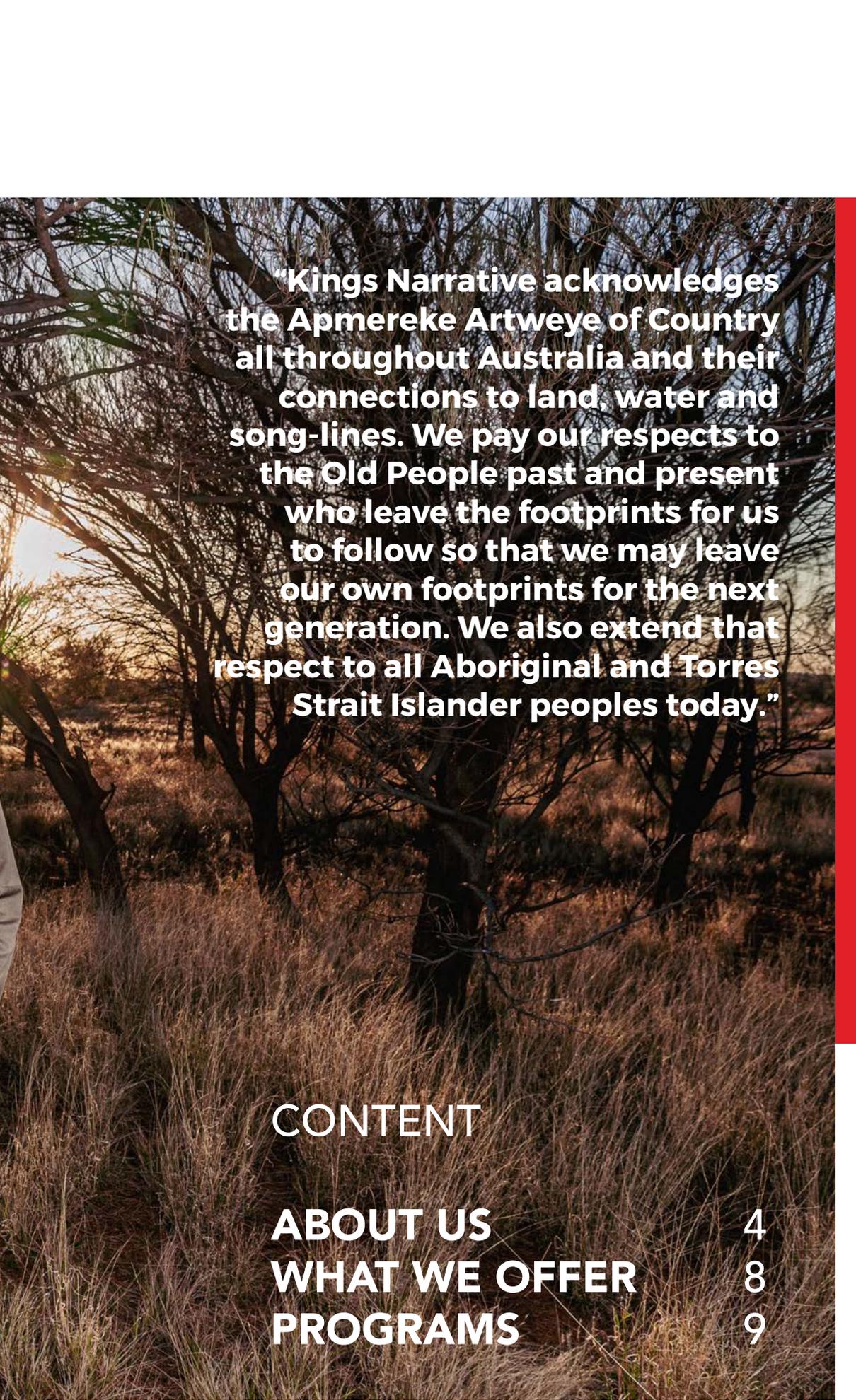
KINGS NARRATIVE
Authors of our own stories

SERVICE CATALOGUE

CHANGING THE NARRATIVE, AN ABORIGINAL OWNED AND OPERATED SOCIAL ENTERPRISE

Aboriginal men have often had their own narratives dictated to them by outsiders and have not had the type of counselling support needed to help navigate societal pressures. As a proud Arrernte man with strong connections to people, Country, and lore, and having worked with young Aboriginal people in the education and community field for over 10 years, Tyson Carmody is hoping to change this.





“Kings Narrative acknowledges the Apmereke Artweye of Country all throughout Australia and their connections to land, water and song-lines. We pay our respects to the Old People past and present who leave the footprints for us to follow so that we may leave our own footprints for the next generation. We also extend that respect to all Aboriginal and Torres Strait Islander peoples today.”

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ABOUT US

Kings Narrative is an Aboriginal owned and operated social enterprise that is centred on culturally appropriate counselling and coaching for Aboriginal men. Founded and led by Managing Director and proud Arrente man, Tyson Carmody, King's Narrative aims to change the discourse surrounding Aboriginal men and provide much needed support services to our men.

Society has put boxes and labels around Aboriginal men since white settlers first colonised this land. Feeling frustrated at the lack of support services available, and in an effort to challenge and change narrative, Tyson decided to launch King's Narrative in 2021. King's Narrative is built to make a real difference in the Mparntwe community and to provide desperately needed support for Aboriginal men.

By taking men out on Country, making bush medicines, and providing cultural immersion, Kings Narrative is connecting and reconnecting Aboriginal men to their roots. Using Narrative Approaches to help Aboriginal men unpack, understand and re-author their own story, Tyson's mission is to unlock the potential of each participant.

Our Vision:

To see Aboriginal men re-author their own stories to challenge the discourses in place preventing them from seeing their true worth.



TYSON CARMODY

Managing Director and proud Arrernte man, Tyson Carmody, holds more than a decade of experience working with Aboriginal men and young people, together with his in-depth and innate cultural knowledge and Aboriginal Lore, Tyson has started Kings Narrative to support men to be the authors of their own story, their preferred story.

Before establishing Kings Narrative Tyson held lead position's in both community and education departments, as Coordinator of the Reconnect Program at Gap Youth and Community Centre, Head of Wellbeing at St Joseph's Catholic Flexible Learning Centre, Director of the Centralian Senior College Clontarf Academy and Head of Health and Wellbeing at Children's Ground. Tyson's experience in these positions provided much insight into the systemic landscape that further disadvantages Aboriginal Men.

Recognising the need for an Aboriginal owned service that could provide culturally sensitive support for Aboriginal men, Tyson undertook study in Narrative Approaches for Aboriginal People in 2016/2017. Narrative Approaches is a decentred approach all about sharing stories, teachings, and deep listening. All of which, is instinctively imbedded in Aboriginal culture.

Tyson's experience in these positions, combined with his lived experience, provided much insight into the systemic landscape that further disadvantages Aboriginal Men.

"I've seen firsthand how challenging it can be for Aboriginal men to engage in counselling and I have felt so frustrated with the lack of culturally appropriate and trauma-informed services being offered to our men. Which is exactly why I have founded Kings Narrative."



BLACK TANK (APMWERRE) 80KM NORTH EAST OF ALICE SPRINGS

Apmwerre is situated on Anarpipe Country. Kgnwarraye and Peltherre Skin Names are Apmereke Artweye (Traditional Owner) for Apmwerre. Peltherre is my grandfather's Skin Name. My Skin Name is Ampetyane, which makes me Kwertengwerle (Caretaker). I must look after this Country and all the sacred sites.

Anarpipe is a Country full of song-lines, ceremonies, sacred sites, and stories that connect us to surrounding families and Country. Stories like Ngkwarle Untyeye (Corkwood Dreaming) and Ngkwerenenghe (Two Sisters), plus many more.

As the sun goes down over the trees, and the landscape changes colour.

I like to sit and listen. I can hear the old people telling stories and singing. Letting me know they are here, watching me, making sure I am listening to the Country.

My blood runs through this Country. My grandfathers are buried here.

I know this place, like the back of my hand. I grew up running through the creek beds and sleeping under the stars with my family and our grandfather.

Land, Lore and love. Apmwerre is where I am me.



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WHAT WE OFFER

The programs offered are delivered through Narrative Approaches for Aboriginal People to facilitate deeper discussions around:

- Valuing culture and its role in supporting our wellbeing, our identity, and our sense of belonging.
- Challenging the stereotypes of masculinity - specifically relating to Aboriginal men.
- Owning our actions and being in control of our emotions.
- Relationships.
- Mental health.
- The impacts of suicide.
- Working with men living with a disability to provide cultural connection experiences on Country.
- **1:1 Counselling session.**
- **Bush Therapy.**

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“This experience was so good, I learnt so much myself and Tyson really knows how to connect with people, he is just someone that people can feel comfortable with and not shame. He made the whole group feel good about talking and talking about hard things we wouldn’t normally talk about; I left that camp feeling really connected to my culture and to those men.”

FPDN ABORIGINAL ADVOCATE

PROGRAMS



Camps

Narrative Camps

- Programs targeting Aboriginal Men 15yo and above
- Referral basis
- Narrative approaches combined with cultural activities
- NDIS

Cultural Experience Camps

- Schools and youth groups (local and interstate)
- Leadership groups
- Team building exercises
- Enhancing Cultural Awareness

Group Sessions

6-week Artwe Mape program 18yo and above (for Aboriginal men)

- Weekly contact in the afternoons (2 hour sessions)
 - Lunch provided (optional)
 - Workshops on different topics each week
 - Camp in week 6 (optional)
- **Week 1** – Kings Narrative Introductions, Tree of Life
 - **Week 2** – Statement of Position Map, This Thing
 - **Week 3** – Sparkling Moments
 - **Week 4** – Values, Landscape of Action and Identity
 - **Week 5** – Re-membering, Who is your hero?
 - **Week 6** – Overnight camp, making bush medicine, reflection

Schools/Youth 6 week program Youngbul Mob (15yo – 18yo)

(for Aboriginal Men)

6 Week Program

- Weekly contact for 2 hours
- Lunch provided
- Workshops on different topics each week
- Camp at the end
- Certificates of participation
- **Week 1** – Kings Narrative Introductions, Tree of Life
- **Week 2** – Statement of Position Map, This Thing
- **Week 3** – Sparkling Moments
- **Week 4** – Values, Landscape of Action and Identity
- **Week 5** – Re-remembering, Who is your hero?
- **Week 6** – Overnight camp, making bush medicine, reflection

Arnkentye cultural re-connection on County

(for Aboriginal Men)

2-night 3 day

- Trauma informed healing practices and activities
- Narrative Therapy
- Re-connection to Country and culture
- Cultural activities
- All catering and transport provided

Leadership Cultural Immersion on Country

(for both Aboriginal and Non-Aboriginal people)

2-night 3 day

- Welcome to country
- History of Apmwerre
- Sacred Sites
- Cultural activities
- My story
- Unpacking the backpack of white privilege
- The fear of the Invisible Spear
- Courages conversations
- My score
- Deep listening
- All catering and transport provided

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“I’ve been to counselling before but I’ve never done anything like this. This is a much better way to get fellas to talk and get help.”

- PARTICIPANT

Bush medicine workshops

(schools, youth organisations, men’s services, mental health services)

On Country Day Sessions

- Smoking ceremony
- Collecting bush medicine
- Making bush medicine
- Tasting bush tea
- Tasting bush tucker
- Lunch provided
- Tea and Coffee
- Transport included
- Participants keep the medicine they make

Centre Based Sessions

(school, office, town)

- 2-hour session
- Learning about traditional bush medicine
- Smelling and identifying different bush medicine
- Making bush medicine onsite
- Participant take-home medicine they make





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