



26 August 2024

## Keynote address

# Aboriginal thought leader Tyson Carmody to talk wholistic mental health care at peak rural medicine conference

Rural Medicine Australia 2024

23-26 October, Darwin

<https://rma.acrrm.org.au/>

#RMA24

More than 1000 delegates at Australia's largest rural medical conference will hear from Tyson Carmody, founder and managing director of Kings Narrative, about supporting Aboriginal men to be the authors of their own story and building a proud future for their people.

Tyson Carmody is a trusted narrative therapist, community leader, proud Arrernte man who works to create a clear and direct link between culture and wellbeing, will deliver the opening keynote address at Rural Medicine Australia 2024 (RMA24) in Darwin.

RMA24 brings together the largest gathering of rural doctors from all around Australia, and is co-hosted by the Australian College of Rural and Remote Medicine (ACRRM) and the Rural Doctors Association of Australia (RDAA).

Dr Dan Halliday, ACRRM President, said that RMA24 delegates will have the rare opportunity to hear from Tyson about his work addressing the wholistic health challenges faced by many Aboriginal men.

"As an Arrernte man from Alice Springs, Tyson, through Kings Narrative, works with men of all ages in communities around Central Australia, such as Utju and Ltyentye Apurte, and communities as far as Groote Eylandt up north and Pukatja down south in the APY lands.

"Kings Narrative supports Aboriginal men to step outside the negative discourses that prevent them from seeing their true worth. Understanding trauma is central to their mission, allowing them to address it effectively."

"Tyson recognises that there is a clear and direct link between culture and wellbeing, and that culture is critical to the Aboriginal sense of self-worth. He works with men to shine a light on that person's existing skills and knowledge and help them to see that they are already an expert in their own life."

"Kings Narratives mission is to empower Aboriginal men to be the authors of their own stories by focusing on health and wellbeing, leadership and economic development, centering on Aboriginal ways and culture. They work on country and are guided by cultural protocols, creating a safe space for our men to come together, heal and grow."

“We are absolutely thrilled that Tyson will be delivering a keynote address at RMA24, and we can’t wait to hear from him about this work around Alice Springs and throughout central Australia.”

Tyson said he was looking forward to speaking at RMA24 as an opportunity to improve mental health outcomes for rural Aboriginal patients.

“While there are many services made available to Aboriginal people, many of our men won’t access these services as there are no Aboriginal men within the services who they can identify with. Men continue to suffer significant mental health challenges because they need to connect with someone and they often feel there is nobody suitable. “

“For the rural doctor delegates at RMA24 who care for Aboriginal patients, understanding this reality, reflecting on how this may be affecting their patients, and sharing insights into how they may best be able to help their patients connect with care that is culturally suited to them, will be invaluable.”

RDAA President, Dr RT Lewandowski, said that greater understanding of the challenges and limitations many doctors face when caring for Aboriginal patients will be fascinating learning for delegates.

“As rural doctors we are often the ones that members of the community are expected to turn to when they need help with their mental health.

“Closing the Gap is an issue that is close to the hearts of rural doctors, and we are often seeking for ways to improve the health outcomes of Aboriginal patients in our care.

“We are privileged to be able to learn from such a thought leader in this space and grateful to him for being willing to share his knowledge with us.”

The RMA24 program has more than 100 educational sessions, keynote speakers, social events and practical workshops.

#### The RMA24 Conference themes are:

- **Build Up Clinical Knowledge:** clinical skills and knowledge updates across all areas of rural and remote practice.
- **Build Up Cultural Competence:** strengthening rural healthcare through inclusive practices and a greater understanding of cultural diversity.
- **Build Up Effective Communication:** maximising scope of practice and collaboration in rural healthcare teams
- **Build Up Health Ecologies:** examining environmental sustainability, public health, and rural healthcare delivery.
- **Build Up Resilience:** Strategies for building thriving rural communities through promoting holistic community well-being.
- **Build Up Innovation:** research projects working to improve health equity, access, and outcomes for rural and remote communities.

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**Media are welcome to attend most sessions at RMA24, but must pre-register in advance by contacting one of the RMA Media Team on the contact numbers below.**

Find the program for RMA24 by [clicking here](#)

Find the keynote speaker list for RMA24 by [clicking here](#). (Check for ongoing updates))

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