

A Study
in Resiliencē

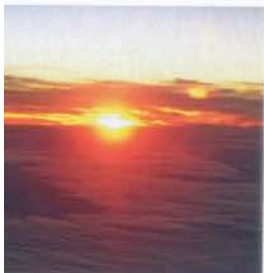
He Kokonga Ngākau – Ma Wai Te Mātauranga?

‘He kokonga whāre e kitea;
He kokonga ngākau e kore e kitea’



THE UNIVERSITY
OF AUCKLAND
FACULTY OF MEDICAL
AND HEALTH SCIENCES

The International Collaborative Indigenous Health Partnership



He Kokonga Ngākau – Ma Wai Te Mātauranga

This is the major Aotearoa/New Zealand health research project being conducted as part of the International Collaborative Indigenous Health Research Program (ICIHRP) titled 'Roots of Resilience – Transformations of Identity and Community'.

The ICIHRP initiative was established to bring together international experience and expertise to develop innovative research methods for examining resilience amongst Indigenous peoples.



Who Are We?

We are a team of researchers lead by Dr Pamela Bennett and guided by an Expert Advisory Committee.

Our team includes academics from the community and Te Kupenga Hauora Māori, Faculty of Medical and Health Sciences, The University of Auckland.

The associated Investigators are Emeritus Professor Colin Mantell, Mr Bob Elliott, Mrs Phyllis Tangitu and Associate Professor Jane McKendrick. Ms Tania Pompallier is the Project Manager.

Your local representative(s) for the team are

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Why do this Research?

Previous work, including our own has suggested that Māori ways of addressing crises and mental health problems, which have been passed down through the generations, may promote resilience and the maintenance of wellbeing.

This research is a step further along the road to the incorporation of Māori systems of knowledge and healing into mental health programs and services, so that they are available, accessible and useful to our communities.



'He kokonga whāre e kitea;

He kokonga ngākau e kore e kitea'

This whakatauki can be translated as 'you can see the corners of a house, but not the corners of the heart'.

The metaphorical meaning of the whakatauki is 'Things are not always as they seem'. Ngākau here refers not to the physical heart, but the seat of emotions, feelings, thoughts and behaviours.

Thus our whakatauki urges us to look beyond the surface to acknowledge difference - Māori knowledge and associated healing practices may enhance our resilience and the maintenance of mental health and wellbeing.

The Study

'He Kokonga Ngākau – Ma Wai Te Mātauranga'

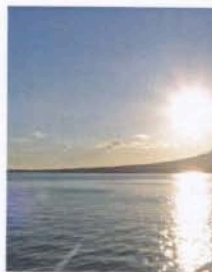
Examines:

1. Māori concepts of resilience.
2. Māori ways of coping with adversity, stressors and distress.
3. Māori ways of utilising this knowledge for mental health and wellbeing.

How You Can Help

We would like to speak with you individually and in groups about:

1. Achievements and success (of individuals, whānau, hapu and iwi) and the things, which contribute to these.
2. The ways you or others close to you (whānau, friends, others) have managed personal crises and/or problems of mental health and wellbeing.
3. The ways you or others you know (whānau, friends, colleagues) can help people who are facing adversity and/or problems of mental health and wellbeing.



A Contribution to the Development of Better Mental Health Services for Māori

Thank you very much for your time and help in making this study possible.

Nau Mai, Haere Mai

If you have any queries or wish to contact us please call or write to:

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Photographs courtesy of Jane McKendrick