

TRAUMA HEALING WORKSHOP AS DISASTER MITIGATION FOR INDONESIAN CITIZENS IN AUSTRALIA USING PLAY THERAPY IN TRADITION AND THE CREATIVE CRAFT INDUSTRY BASED ON CULTURE ZOOLOGY

by Suwardi, Susilo Pradoko, Dwi Wulandari

ABSTRACT

The Covid-19 pandemic has had a major impact on the decline in mental health and economic stability in society globally. In facing this situation, the Indonesian people in Australia need alternative solutions to improve mental health and the capacity to be innovative and able to be independent even in the midst of limitations. Because of this, a trauma healing workshop is needed as a disaster mitigation for Indonesian citizens in Australia using traditional play therapy and a craft creative industry based on cultural zoology. The workshop will be held on August 11, 2022 online via a zoom meeting. This agenda was attended by 17 participants. The workshop was carried out using lecture, discussion, demonstration, observation, assignment, and evaluation methods. Through quantitative and qualitative evaluations, it can be concluded that the implementation of the activities has reached good quality and is effective because it is supported by various factors, including the expertise of team members, the latest needs of participants in dealing with the Covid-19 pandemic, and good cooperation with IDN Victoria partners Australia. The obstacles found were related to the implementation of creative practices which were difficult to carry out because of the online workshop form. Implementation of this workshop is expected to be sustainable.

Kata Kunci: play therapy, cultural zoology, trauma healing, creative industries