**How can a Pākehā (non-indigenous) researcher engage families in a way that is practical, effective and respectful to Māori?**

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**Background and aims:** Māori have disproportionately high rates of brain injury, yet service delivery tends to be built on Western and individualistic paradigms which run counter to Māori values. Community organisations and individuals often experience research to be extractive and burdensome. In order to work respectfully and effectively in conducting research in a low-income predominantly Māori and Pacific community it was important to develop an appropriate methodology and sound processes. This paper will outline the values and principles of Māori-centred, Community-Based Participatory Research (CBPR) and demonstrate its effectiveness within a PhD project.

**Method:** A Māori-centred ethical framework was used to engage in CBPR with family members in South Auckland. This process was evaluated using pen and paper feedback, discussion processes and researcher journaling.

**Results:** A total of 19 people participated, as co-researchers, in 25 meetings over a period of 6 months. The group's work produced a well-received culturally relevant action project, in the form of a wānanga, that benefited the lives of co-researchers, wānanga attendees, and the wider community of families living with serious adult brain injury. In line with the CBPR principle of sustainability, the group’s work continues as the Brain Injury Whānau Action Project

**Conclusion:** Māori-centred CBPR is a practical and effective methodology that is respectful of Māori and delivers both a contribution to knowledge and direct benefits to participants and their community.

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