

Breaking free

asca

Adults Surviving Child Abuse

The Newsletter of Adults Surviving Child Abuse | ISSN 1836-6899 | January & February 2014

ASCA leads the way in education around childhood trauma

FACT SHEETS NOW AVAILABLE FOR FREE DOWNLOAD

ASCA has developed a number of factsheets which are now available for free download from the homepage of its website or click [HERE](#).

These factsheets have been developed specifically to meet the needs of different groups of people, impacted by childhood trauma. They have been informed by ASCA's Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery as well as additional research.

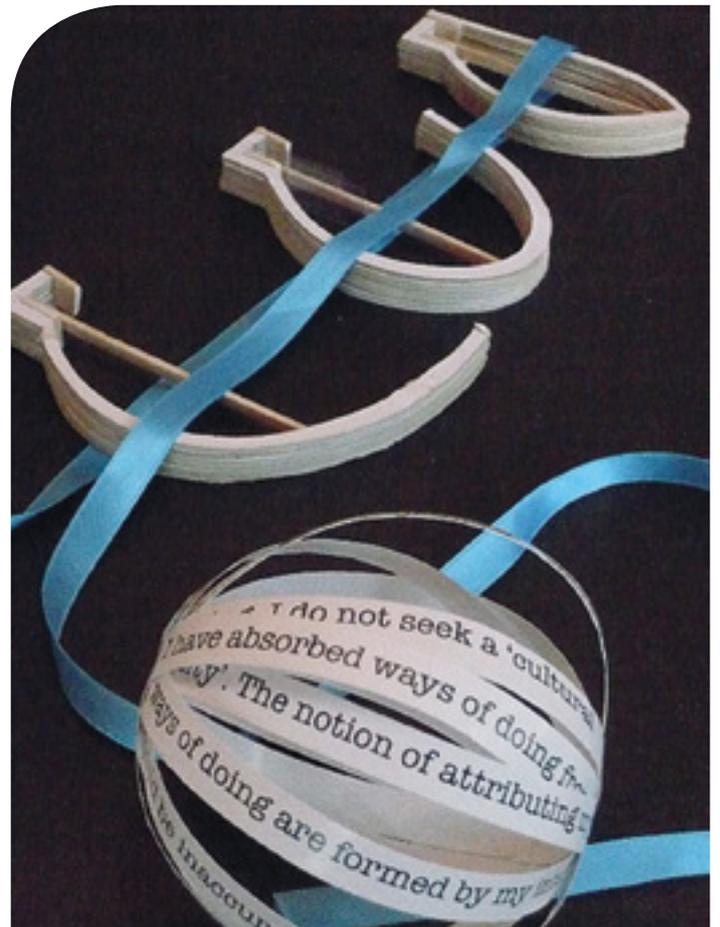
SURVIVORS: ASCA FACTSHEET FOR PEOPLE WHO HAVE EXPERIENCED CHILDHOOD TRAUMA (INCLUDING ABUSE) – TOWARDS RECOVERY

This fact sheet has been designed to provide those who have experienced childhood trauma in all its forms with information about trauma and its impacts and the ways in which people cope. It also provides some basic information regarding how to seek support, while providing hope, optimism, and pathways towards recovery.

Attendance at ASCA's one day workshop for Adult Survivors of Childhood Trauma & Abuse expands on the information provided in the factsheet. For more information click [HERE](#).

CARERS/SUPPORTERS: ASCA FACTSHEET FOR FRIENDS AND FAMILY OF PEOPLE WHO HAVE EXPERIENCED CHILDHOOD TRAUMA (INCLUDING ABUSE) – SUPPORTING RECOVERY

This factsheet has been prepared to provide information for family and friends who are supporting and/or caring for people who have experienced childhood trauma. It provides information about trauma and its impacts, and how being 'trauma informed' can help both those affected by trauma and those seeking to support them.



Attendance at ASCA's one day workshop for partners and supporters (carers) of adults who have experienced childhood trauma and/or abuse expands on the information provided in the factsheet. For more information click [HERE](#).

WORKERS (in the workplace): ASCA FACTSHEET FOR WORKERS IN DIVERSE SERVICE SETTINGS – TRAUMA INFORMED PRACTICE

This factsheet provides workers from a diversity of settings with information about trauma, its prevalence and impacts and the benefits of being trauma informed for staff and clients.

Attendance at ASCA's one day trauma informed training expands on the information provided in the factsheet. For more information click [HERE](#).

[Read more on Page 2](#)

From the Editor



It is with great pleasure that I take on the role of Editor, especially with such an exciting year ahead. This first edition of *Breaking Free* for 2014 comes packed with news of ASCA's achievements and growth. Our cover story introduces the new factsheets which have been developed to meet the needs of different groups of people, impacted by childhood trauma. As our 2014 workshops kick off this month we are travelling to areas to which we have not been for a while. The full schedule and registration are now available online (see *Workshops*, page 8). Meanwhile we continue to advocate for the needs of survivors through the media and provide readers with up to date information from the Royal Commission.

Prenessa Moodley | Editor

The Big Picture

As ASCA begins 2014, the Royal Commission into Institutional Responses to Child Sexual Abuse, has held its first public hearing. With a focus on the Salvation Army we heard a litany of alleged abuses and violations, following on those we heard last year involving the Scouts, YMCA and the Anglican and Catholic Churches.

While the Royal Commission has a brief to explore institutional responses to child sexual abuse testimony includes stories of multiple abuses, with experiences of gross neglect, physical assaults and humiliations compounding those of sexual abuse. The fact is that childhood trauma in all its forms is common and potentially destructive and of course most abuse occurs in the home and family. As a society we need to work together to address abuse, neglect and community and domestic violence wherever it occurs.

In 2014 ASCA will continue to provide short term counselling support and referrals from its 1300 line, workshops for survivors and carers, and training for health practitioners and workers. It will continue to lead the way in advocating nationally for the needs of adults who have experienced childhood trauma to be better met.

Dr Cathy Kezelman | President



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MANAGERS (in the workplace): ASCA FACTSHEET FOR MANAGERS – TRAUMA INFORMED SERVICE DELIVERY

This factsheet provides managers in the workplace with the core principles of trauma informed practice, its benefits for staff and clients and its relationship to risk management.

ASCA currently delivers trauma informed training to managers as one of the modules of its in-house training on request. This training expands on information provided in the factsheet. For more information click [HERE](#).

HEALTH PROFESSIONALS (other than GPs): ASCA FACTSHEET FOR HEALTH PROFESSIONALS – WORKING WITH COMPLEX TRAUMA

This factsheet has been developed to inform health practitioners about complex trauma presentations and the core principles for working with people who have experienced trauma as a result of a diversity of adverse childhood events.

Attendance at ASCA's one day professional development for health professionals expands on the information provided in the factsheet. For more information go to [HERE](#).

GENERAL PRACTITIONERS: ASCA FACTSHEET FOR GENERAL PRACTITIONERS – UNDERSTANDING COMPLEX TRAUMA

This factsheet provides GPs with information about trauma, complex trauma and the ways in which people who have unresolved trauma may present in general practice. It introduces the core principles of trauma informed practice and some insights into better supporting people with trauma histories.

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Donations can be made online at www.asca.org.au Donations to ASCA of \$2 and over are tax deductible.

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Have your contact details changed?

If your contact details have changed, you can update them at www.asca.org.au (or contact ASCA on (02) 8920 3611 if you do not have access to the internet or email).

Forgotten your Username and Password?

If you have forgotten your username and/or password, go to join/login on our website and click on *Forgot your Username?* or *Forgot your Password?* as appropriate.

Follow Us

www.twitter.com/ascaorg

www.facebook.com/AdultsSurvivingChildAbuseASCA

Disclaimer

The views expressed in this newsletter have been included to allow our members to consider a variety of therapeutic options and spiritual views. ASCA does not support any particular spiritual stance over another; nor does it uphold any particular therapy as superior. The Editorial Team accepts responsibility for all editorial comment.

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Your story

I discovered new joy in amigurumi crocheting during the Christmas/new year period. I've crocheted a monkey called Darcy, a unicorn, two tiny teddy bears so far. Darcy is my favourite and I have an urge to reproduce lots and lots of monkeys like him in different sizes.

Because I grew up without toys, every time I create a new part of the amigurumi I get a strong sense of excitement and gratitude that I'm working towards creating something out of almost nothing. I feel as if I'm living a childhood dream. I find it ironic because on one hand, I'm working to untangle the knot of my childhood trauma, but on the other hand I'm busy creating new knots through crocheting.

'I think perhaps people dealing with child abuse can benefit from doing some craftwork. That way, they can make something beautiful out of something ugly by turning their pain into something that others can appreciate or enjoy. The process of doing the work can make people feel less lonely and bottled up, and provide them with a sense of purpose even if it is short-lived.'

Danielle

*Pictured right:
Darcy with a tiny teddy bear*



Is there anything more unimaginable than a mother who allows harm to be done to their child?

I wish to break a silence that has suffocated me for over forty years. These were the statements that I grew up hearing, over and over again. From when I was a tiny child. And all through my life.

These were the things my mother told everyone about me, as often as she could. So that nobody would listen.

Don't listen to Kim...
Kimmy is just imagining things.
Kimmy is making things up.
She is just exaggerating.
Kimmy has mental problems.

Don't let Kim talk...
You will only encourage her.
She just wants to feel sorry for herself.
Kim is telling lies.
She just wants to get back at people.

Don't give anything to Kim...
She is already too spoiled.
She always gets what she wants.
She doesn't deserve it.
She hasn't earned it.

Don't help Kim...
She won't accept anyone's help.
She doesn't need help.
She doesn't want help.
She's just being lazy / stubborn / rebellious.

Don't be concerned about Kim...
She is just trying to get attention.
She is just being a hypochondriac.
Kimmy just wants people to feel sorry for her.
She just likes to be miserable.
Kimmy doesn't want to get better.

I have lived in this isolation and silence all my life.
I long to speak. To be heard. To be free.

Kim Jackson



ANGER

Impossible to detect
In its latent depth
A violent undercurrent
Of rage and sufferance.

Is it permanent?
Ongoing?
Or has it a destined
Course to run?

What's its purpose?
Or meaning?
Will it succeed,
Or be futile?

Will it surface?
Does it need to?
Cathartic
In its emergence.

Is it necessarily true?
Integral to its cause.
Needing to come forth
In silent declaration.

Will it emancipate?
Set free?
The enduring pain
Of abuse?

Denise Powell

ASCA Activities



ASCA's 1300 line operates 9am – 5pm Monday to Sunday EDST nationally and is staffed with trained and experienced health professionals, male and female. If you are in need of help, information or support, call ASCA's Professional Support Line on **1300 657 380** or email counsellors@asca.org.au for;

- Professional short-term counselling support
- Information
- Referrals for ongoing support
- Support and guidance for engaging with the Royal Commission

Introducing our new 1300 phone counsellors

Counsellor Jeanette

BA Social Work from UWS, M Counselling from UWS, Cert IV TAA

Jeanette is an Accredited Mental Health Social Worker and is a member of the Australian Association of Social Workers. Jeanette has a Masters in Counselling and a Certificate IV in Training and Assessment. Jeanette was employed by the Inner City Health Program at St Vincents hospital Darlinghurst from 2003 to 2013 and specialised in Alcohol and Drug work. Prior to this Jeanette worked in Child Protection in the United Kingdom and Ireland from 1999 to 2003. Jeanette has taught in the Community Services course at TAFE and she has delivered Alcohol and Drug training to Women's Services. Jeanette was in the role of Clinical Supervisor to Alcohol and Drug Counsellors in a non government agency in South West Sydney. Jeanette plans to set up a private counselling practice in 2014.

Counsellor Ken

BSc (Hons, London, Biol Science), B Nurs (UTS), Grad Dip Psych. RN, MACA (Member Australian Counselling Association)

Ken has worked in health and counselling roles for over 20 years and is committed to a holistic, strengths based, client centred approach to counselling. Currently, as well as at ASCA, he works for a hospital drug and alcohol service and at Relationships Australia. Ken has worked for several years in the area of substance dependence and also in relationship counselling. He worked for five years with Lifeline Sydney and with individuals and groups affected by trauma in Central Australia and recently in Nepal. Ken shares ASCA's vision of combining up to date research with a compassionate valuing of the story of every person who seeks support from the service.

Counsellor Alison

GradDip Counselling, Master of Human Rights, Master of Counselling (in progress), member of the Counsellors & Psychotherapists Association of NSW (CAPA NSW)

Alison has worked with not-for-profit organisations for more than 24 years and has a passion for human rights and social justice. In recent years Alison has worked as an accredited counsellor with Melbourne and Sydney services specialising in loss, grief and complex trauma.

ASCA congratulates its colleagues | January 2014

Dr. Pam Stavropoulos, ASCA's Head of Research and Clinical Practice, has co-authored the following two articles with Professor Warwick Middleton, Ass Professor Martin Dorahy, both members of ASCA's Advisory Committee and other members of ISSTD scientific committee.

Both articles pertain to the issue of institutional abuse and the Royal Commission into Institutional Responses to Child Sexual Abuse.

Institutional abuse and societal silence: An emerging global problem

For more information click [HERE](#).

The Australian Royal Commission into Institutional Responses to Child Sexual Abuse

For more information click [HERE](#).

ASCA would like to congratulate the following recipients of the OAM award in the 2014 Australia Day honours list:

Ms Pieta Anne THORNTON, President and co-founder of VWCCS, a service specifically focussed on supporting and providing information to victims and prosecution witnesses. Pieta's tireless commitment has seen the organisation grow from its initial 6 volunteers to 115 providing support at Downing Centre, Parramatta and Orange Courts. ASCA has worked with Pieta and VWCCS since the inception of the organisation in 2002, and many ASCA members have benefited from the highly professional work of the organisation

Ms Caroline Mary CARROLL, Founding Chair, Alliance for Forgotten Australians for her service particular to people raised in institutional or other out-of-home care. Since 2007 Caroline has been involved in the development and implementation of various projects designed to improve lives of Forgotten Australians. ASCA would like to acknowledge the critical work of The Alliance and of Caroline in particular, including in Open Place and look forward to our ongoing collaboration in supporting the needs of adults raised in institutional and other out of home care.

ASCA in the News

Catholic Church must open way to transparency | Sydney Morning Herald | 10 February 2014

The following opinion piece was written by Dr. Cathy Kezelman, ASCA President

Australia's Royal Commission into Institutional Responses to Child Sexual Abuse is a global first. Its private sessions and public hearings, including those into the Catholic Church's Towards Healing Process, have given a voice to victims. The royal commission, Australia and the world are listening and bearing witness to a litany of abuses and failures within the church as well as other institutions. More is to come.

The commission is helping to bring the deep-seated, pervasive and devastating issues of child sexual abuse into the light. It is an open and transparent process to uncover the systemic failures of institutions to protect children and respond appropriately to these alleged and established crimes. It is leading the way in how these investigations should be handled. Hopefully, this will be reflected around the globe.

Another world first is the unprecedented and scathing report from the United Nations into the Vatican's handling of child sexual abuse. The UN has deemed the Catholic Church to be in breach of the Convention on the Rights of the Child, a human rights treaty prioritising the rights of children, to which it is a signatory. This finding confirms what survivors and survivor groups have long known: tens of thousands of children have been betrayed, harmed and violated within and by the church, its clergy and workers.

The Vatican attests that the church has done more than any other institution to address these issues with repeated protestations implying distortion and exaggeration of survivor testimony.

Adults Surviving Child Abuse (ASCA) supports the UN's call that as a bare minimum all clergy and church official workers suspected of or found guilty of child abuse or putting children in harm must be removed immediately; that known sex offenders are removed from the ranks and turned over to authorities. These actions would indeed be in the best interests of the child.

The UN committee was gravely concerned, not only that the Holy See had not acknowledged the extent of the crimes committed, but also had not taken the necessary measures to address cases of child sexual abuse and protect children. In fact it was found to have adopted policies and practices which have led to the continuation of abuse by clergy, while ensuring the impunity of the perpetrators, and those complicit in covering up their crimes.

The findings of the UN and the experiences of thousands of victims who assert that they have been re-traumatised in the process of seeking pastoral support, compensation and justice, need to drive real change. The time is long overdue for large and powerful institutions, such as the Catholic Church, to acknowledge their wrongdoings and take action. For decades victims, individually and collectively, have sought for church officials to respond with compassion and accountability.

Experience has taught us that any shift in hierarchical acknowledgement or processes requires pressure from outside of the church. Large numbers of victims have been party to internal church processes and few, it would seem, have left feeling that they have been heard, supported or justly treated.

The Vatican announced in December that Pope Francis would create a commission to study how to prevent abuse and help victims. The details of this initiative have not yet been released. The formation of another internal mechanism, without true independence and the scrutiny that brings, implies continuing efforts to keep this in-house. To date this has been at the expense of child safety and victim support. The church – and all institutions – must be held accountable to the laws of the land. Criminal acts or serious allegations should be referred to secular authorities.

Abuse flourishes in closed systems and within cultures of hierarchy and secrecy. The UN report demands immediate and decisive action, action which puts an end to the "code of silence" which has seen the church prioritise its own needs over that of victims. The world needs this immediate action.

ASCA is calling for attitudinal change from the Catholic Church and, in fact, all institutions seeking to handle such matters internally – it's time for open, independent transparency. We want to see every suspected case of child abuse investigated with the proper judicial processes within which the public is kept in the loop.

The church must demonstrate a real desire to uncover the truth in its ranks without obfuscation or cover-up. And we need global support with the full co-operation of all institutions.

We need to deal with this as a community, as we are doing in Australia with the royal commission. The testimony of survivors before the commission has led the way. Their experiences and their courage must count for something.

Article available [HERE](#).

Institutionalised Child Abuse: an evil we must prevent | 2ser Radio 107.3 | 10 February 2014

When reports started to emerge in 2012 of possible paedophilia and sexual abuse in the Catholic Church here in Australia, people demanded to know the truth. In response, Prime Minister, Julia Gillard, set up a Royal Commission into systemic and institutionalised child abuse, warning at the time, the probe would go much further than the Catholic Church.

Now it is the Salvation Army that is under the microscope – what happened under its care, in boys homes that were set up to care for the very people that ended up being allegedly abused. So how as a society do we respond to these ongoing revelations of systematic child abuse and what's to be done?

ASCA patron, Professor Freda Briggs from University of South Australia is a child protection expert and has worked in the child protection of London Metropolitan Police before.

Listen to the interview [HERE](#).

Royal Commission pays tribute to Salvo abuse victim

| ABC Radio | 4 February 2014

The Royal Commission into Institutional Responses to Child Sexual Abuse paid tribute to Lewis Blayse, who died of a heart attack on Friday night just after giving his final interview to 7.30.

Lewis had campaigned for decades to bring the Salvation Army to account for the abuse they inflicted upon himself and others.

Dr. Cathy Kezelman reflects on his legacy and the progress of and expectations from the Royal commission to date.

Audio available [HERE](#).

ASCA in the News

Australian abuse victims in UK inquiry

| SBS | 15 January 2014

The United Kingdom's largest inquiry into child abuse opened yesterday in Northern Ireland.

At least 60 Australians have been listed among more than 300 witnesses.

The inquiry will look at allegations of physical, sexual and emotional abuse over a period of 70 years at homes and institutions run by state, church and voluntary organisations.

Chairman Sir Anthony Hart opened the inquiry and noted there were some who had waited years to give their evidence. Among those giving evidence were 61 people from Australia.

Caroline Carroll, Chair of the Alliance for forgotten Australians, said the need was great.

"I know there was a huge amount of interest from people who were in Ireland – so much so that two commissioners had to come to Australia to meet with people," she said.

Thousands of children from the United Kingdom were sent to homes in Australia and their treatment here was often just as harsh.

In 2009, then-Prime Minister Kevin Rudd issued an official apology.

Adults Surviving Child Abuse president Cathy Kezelman said the victims' trust had been betrayed.

"It was purported to be in the children's best interest but often they were lied to, told they were orphans and dislocated from their homes, families and identities," she said.

The inquiry is looking at 13 institutions and some are calling for that to be broadened. It will take 18 months, and the final report is due in 2016.

Article available [HERE](#).

Attorney-General to introduce legislation to prevent paedophiles from using 'good behavior' in sentencing

| news.com.au | 31 January 2014

PAEDOPHILES who use their "good character" to lure victims will be banned from using the same good reputation to get lesser sentences in court.

Attorney-General John Rau said it was contradictory that the traits which allowed paedophiles to gain the confidence of children and parents could also be used as a reason to limit sentences.

"Paedophiles should not escape harsh sentences due to the very character traits that enabled them to gain the confidence of children and their parents," he said.

"This is something I have been looking at and I will introduce legislation in April to address this."

The state goes to the polls in March and the Government could be out of office by April, but the Opposition says it will take similar steps.

UniSA children's rights expert Professor Freda Briggs, who helped with the study, said it had exposed a contradiction in the law which defied common sense.

She welcomed the law change, which she said had been the first time an academic study had contributed to an immediate change in the field of child protection.

Ms Briggs said most paedophiles who abused children outside their own family used their status in the community or good reputations to gain access to their victims.

Read the full article [HERE](#).

ASCA patron, Prof Freda Briggs speaks to Studio 10 about the proposed changes to legislation.

Full interview can be viewed [HERE](#).

Royal Commission News

Information and Contact

The following information provides contact details for the Royal Commission and some information to help you decide whether you might wish to write a submission, tell your story in a private session, or appear before the Royal Commission as part of the public inquiry.

ASCA's 1300 counsellors are available to help and support you in these decisions and in this process. To speak with one of our counsellors please call 1300 657 380, 9:00am – 5:00pm, Monday – Sunday.

Answers to some of your questions as to how you can best engage with the Royal Commission can be found [HERE](#).

To register your interest with the Royal Commission you can:

Call: 1800 099 340

Should you wish to tell your story in the coming months at a private hearing:

Call: 1800 099 340

Email: registerinterest@childabuseroyalcommission.gov.au

Write: GPO Box 5283, Sydney NSW 2001

Website: <http://www.childabuseroyalcommission.gov.au>

knowmore

A new independent legal advisory service

The Australian Government has funded the establishment of an independent legal service called 'knowmore' for members of the public who would like legal advice before contacting or providing information to the Royal Commission or at any other point in their engagement with the Royal Commission.

Similar to the funding to deliver services such as counselling, support and case management to individuals and affected family members, this is entirely independent of the Royal Commission.

knowmore is a free service that provides:

- Legal advice and assistance
- Legal information and referral to related services where necessary
- Assistance with preparing written statements and submissions

Staff at knowmore include lawyers, counsellors, social workers and Aboriginal liaison officers. knowmore's national free advice line is 1800 605 762.

Further information about the services knowmore provides can be found at: www.knowmore.org.au

Royal Commission News

Royal Commission Public Hearings

Public hearings are open to the public to attend or can be watched live on the Royal Commission's website.

For more information, visit

www.childabuseroyalcommission.gov.au

or phone 1800 099 340.

The first public hearing of the Royal Commission into Institutional Responses to Child Sexual Abuse commenced at 10am on 16th September 2013 in Sydney.

Four main institutions were the focus of public hearings during 2013:

- Scouts (including HACS, NSW Dept of Community Services and NSW Commission for Children and Young People)
- YMCA (including police)
- Anglican Diocese of Grafton
- Towards Healing Process of the Catholic Church in Australia

Fifth public hearing was held in Jan 2014 into The Salvation Army (Eastern Territory)

Upcoming public hearings:

February 2014

Monday 17th – Friday 28th | Case Study 6 – Queensland Catholic Education Office, of the Diocese of Toowoomba in Queensland

Monday 24th – Friday 28th | Case Study 7 – Sydney NSW Government institutions, The Parramatta Girls Training School, Sydney & The Institution for Girls, Hay NSW.

March 2014

Tuesday 11th – Friday 21st | Case Study 8, South Australia

Monday 10th – Friday 14th | Case Study 9, Sydney

Monday 24th – Friday 28th | Case Study 10, Sydney

Monday 24th – Friday 28th | Case Study 11, Sydney

Royal Commission releases its 'roadmap' for addressing justice for victims

The Royal Commission into Institutional Responses to Child Sexual Abuse has released a paper outlining its approach to examining the scope of justice for victims, 'Justice for Victims: Addressing or Alleviating the Impact of Child Sexual Abuse in Institutions'.

The Royal Commission's examination of the scope of justice for victims will cover:

- the criminal justice system
- past inquiries, the regulatory system and advocacy bodies, and
- civil litigation and redress/compensation schemes.

Along with this paper, the Royal Commission has also released Issues Paper 5 on Civil Litigation and is inviting members of the public to contribute ideas and expertise on the best ways to ensure justice for victims through redress.

Royal Commission CEO Janette Dines said civil litigation is one of the ways in which victims may bring a claim for damages against the institution where they were abused.

"Through our private sessions, we have already heard from many people about the impact of the sexual abuse they suffered as children, and their difficult experiences throughout the civil litigation process.

"Our Terms of Reference require us to inquire into what institutions and governments should do to address or alleviate the impact of child sexual abuse, particularly through the provision of redress.

"We invite interested individuals, government and non-government organisations to tell us their views on the effectiveness of civil litigation as a mechanism for providing redress or compensation.

"Other means of redress, such as statutory victims' compensation schemes and schemes established by governments or institutions, will be considered in separate Issues Papers," Ms Dines said.

Organisations and individuals wishing to respond to Issues Paper 5 have until 17 March 2013 to lodge a submission.

The Royal Commission intends to hold a public forum into the matters raised in Issues Paper 5 in 2014. The submissions received will help to determine the agenda for that forum.

The 'roadmap' and Issues Paper 5 are both available on the Royal Commission website [HERE](#).

ASCA In-house Workshops

ASCA workshops are now available in-house on request for organisations seeking trauma-informed training and/or professional development for working with adult survivors of childhood trauma.

Workshops cover topics such as:

- Principles of trauma informed practice
- Complex trauma vs. single incident trauma
- Practice guidelines for working with adult survivors of complex trauma
- Unresolved trauma (prevalence and impacts)
- Coping strategies – adaptive/risk factors
- Attachment, supportive relationships and self-care
- Neuroplasticity and recovery

ASCA in-house workshops provide many benefits as your team can request the topics which interest you and use the time to focus on issues pertinent to your clients and practice. Workshops of one day, two days and half day duration are available.

More information:

For more information on ASCA's in-house workshops, to discuss your needs and obtain a quote please email events@asca.org.au or call **02 8920 3611**

NOW AVAILABLE: A 2 day flexible trauma informed training package for community organisations which includes modules for workers, managers and administration staff/volunteers to enable the integration of trauma informed principles into practice across your organisation. This can be delivered in part or whole.

All ASCA workshops are grounded in the latest research presented in ASCA's *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* www.asca.org.au/guidelines. To find out more about our workshops, check the schedule and to register go to www.asca.org.au/workshops or call **02 8920 3611**. For all enquiries email events@asca.org.au

Professional Development for Health Practitioners

Working with Adult Survivors of Complex Trauma

ASCA's one day workshop for health practitioners is grounded in a substantive research base, which identifies and outlines effective responses to complex trauma.

Suitable Audience:

Psychologists, clinical psychologists, counsellors, psychotherapists, mental health nurses, social workers, general practitioners, psychiatrists working clinically with adults survivors of complex trauma.

This workshop covers:

- Understanding complex trauma – prevalence and impacts
- Neurobiology of attachment
- Supportive relationships
- Self-development and self-care
- Coping strategies – adaptive/ risk factors
- Reflective practice and vicarious traumatisation
- Practice guidelines for working with adult survivors of complex trauma

Date	Location
21 February 2014	Adelaide
28 February 2014	Darwin
7 March 2014	Melbourne
14 March 2014	Hobart
21 March 2014	Perth
28 March 2014	Newcastle
4 April 2014	Ballarat
11 April 2014	Gold Coast
16 May 2014	Bunbury

Full-day workshop: 9:00am – 5:00pm

Cost: \$250 / Concession \$190

Professional development endorsement:

ACMHN- 7 CPE Points | AASW – 7 CPD hours

APS, PACFA and CAPA members can accrue CPD hours by participating in activities that they determine to be relevant to their individual professional skills, learning plans and goals. CPD activities do not need to be endorsed by these bodies as long as the training meets policy requirements.

Workshops for Survivors

ASCA's survivor workshops provide survivors and those supporting them with a safe space in which to learn about the impacts of childhood trauma, in all its forms, and possibilities for the process of recovery. They discuss ways in which trauma in childhood can impact current or past behaviours, feelings and/or physical and psychological health. They also build on existing strengths to foster a sense of hope and optimism about the recovery process and provide tools for positive change.

These workshops are open to all adult survivors. It is possible for survivors to bring a support person along to this workshop.

Full-day workshop:

10:00am – 4:00pm

Cost: \$25.00

ASCA's philosophy is for our workshops to be accessible to all survivors. If you are experiencing financial difficulties please do contact us on **02 8920 3611** or email events@asca.org.au

Date	Location
22 February 2014	Adelaide
8 March 2014	Melbourne
15 March 2014	Hobart
22 March 2014	Perth
5 April 2014	Ballarat
17 May 2014	Bunbury

Trauma Informed Training for Workers

Supporting people affected by or engaging with the Royal Commission into Institutional Responses to Child Sexual Abuse

This whole-day training provides information and tools to assist workers in their daily interactions with clients who experience the effects of unresolved trauma. Trauma comes in diverse forms, including childhood trauma of all types. Research shows that many people who access a wide variety of services are impacted by it. The training explains why 'trauma informed' practice is necessary, what it involves, and how its core principles of safety, trustworthiness, choice, collaboration and empowerment can be integrated into existing ways of operating. It addresses how to reduce the possibility of re-traumatisation within services, and the benefits of a trauma informed approach for both clients and workers. It also equips participants with basic knowledge and skills which can be applied and adapted to their role/s within their particular service settings.

Suitable Audience:

Community and mental health workers across mental health and human services sectors. Includes but not limited to supported accommodation/homelessness, AOD, domestic violence, sexual assault, child protection, community and family services, juvenile justice, corrective services.

Full-day workshop: 9:00am – 5:00pm

Cost: \$25.00

(This particular training has been funded by Department of Social Services (under Royal Commission Community-based Support Services initiative) and is available for a short period only for a nominal fee)

Professional development endorsement:

ACMHN – 7 CPE Points

AASW – 7 CPD hours

ACA – 14 OPD Points

Date	Location
13 March 2014	Hobart
20 March 2014	Perth

APS, PACFA and CAPA members can accrue CPD hours by participating in activities that they determine to be relevant to their individual professional skills, learning plans and goals. CPD activities do not need to be endorsed by these bodies as long as the training meets policy requirements.

Workshops for Carers

This workshop is designed for partners and supporters (carers) of adults who have experienced childhood trauma and/or abuse. It introduces the concept of a 'trauma-informed' approach to interpersonal relationships, and builds on the core principles of a trauma informed approach to assist individuals who are partners, supporters and/or carers in their interactions with adult survivors of childhood trauma/abuse.

The workshop is divided into three parts:

- What is a 'trauma-informed' approach? What it involves and how it is Helpful.
- is trauma and what are its effects? (Key points of which to be aware)
- Core principles of a trauma-informed approach to interpersonal relating, and
- These can be implemented in offering support to adult survivors of childhood trauma/abuse.

Full-day workshop:

9:00am – 5:00pm

Cost: \$25.00

(Due to government funding, ASCA is able to provide these workshops for a nominal fee)

Date	Location
29 March 2014	Newcastle
12 April 2014	Gold Coast