

Autumn 2013

WELCOME



David Patston - *Matryoshka's Shell*

Help ASCA tackle last frontier

Since the [last issue](#) of *ASCA e-health*, our online bulletin for the health and human services sector, there have been many developments. The Royal Commission into institutional responses to child sexual assault is taking shape; ASCA's services have expanded (additional staff and an imminent move to new premises); and our *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* are being rolled out to thunderous applause from both national and international audiences.

This year, each issue of *ASCA e-health* will bring you updates and excerpts from the Guidelines, news of the Royal Commission, training and workshop opportunities, and relevant media stories.

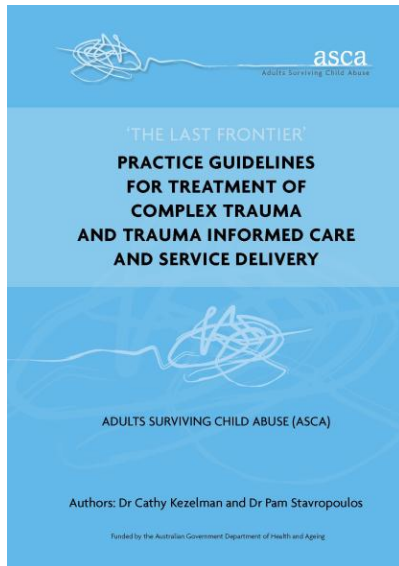
We are heartened by increasing awareness of the impacts of childhood trauma and the need to build the capacity of an informed workforce to fill long-standing gaps in services. ASCA's growing membership and increased demands for training from a cross-section of health professionals and workers reflects that. *ASCA e-health* informs, educates and connects in the areas of complex trauma and trauma informed care. Thank you for being part of that process. Please spread the word.

“One of the last frontiers of our society is the lack of realisation about the extent of trauma.”

Adjunct Prof. Warwick Middleton, ASCA Advisory Panel

INTERNATIONAL NETWORKS

ASCA Practice Guidelines forge international links



“The core problems of affect dysregulation, structural dissociation, somatic dysregulation, impaired self development and disorganised attachment are likely to remain the foundation for clinicians working with survivors of complex trauma, regardless of the specific diagnosis or assessment and treatment methodologies in use.”

While endorsement of the *Guidelines* continues to grow within Australia, it is exciting to report that our international links are strengthening as well. Immediate unanimous endorsement of the *Guidelines* by the International Society for the Study of Trauma and Dissociation (ISSTD) in fact paved the way for their subsequent launch in the Australian Federal Parliament by Minister for Mental Health and Ageing, The Hon Mark Butler MP, on Blue Knot Day in October last year.

Adjunct Professor Warwick Middleton, who is a member of our Advisory Panel and who wrote the national foreword to the *Guidelines*, continues to facilitate the many international collaborative possibilities that are now developing. His notification of the ISSTD, and a range of experts in the complex trauma field, of the imminent release of the ASCA *Guidelines*, led to the invitation to present them at the Annual ISSTD Conference in Long Beach, California, in 2012. [>more](#)

Pam Stavropoulos, PhD
Head of Research and Program Development | ASCA

Register & download [Guidelines here](#)
Purchase a hard copy [here](#)

To date there have been more than 4,000 downloads of the *Practice Guidelines* from the [ASCA website](#) as well as distribution of 500 hard copies. The *Guidelines* have been distributed with the support of umbrella and peak bodies including, but not limited to, the [MHPN](#) (Mental Health Professionals Network), [MHCA](#) (Mental Health Council of Australia), [APS](#) (Australian Psychological Society) and [AASW](#) (Australian Association of Social Workers). [>more](#)

ROYAL COMMISSION

Search for truth elicits attacks

On Friday 11 January 2013, Her Excellency Quentin Bryce, Governor-General of the Commonwealth of Australia, appointed a six-member Royal Commission to investigate Institutional Responses to Child Sexual Abuse. [>more](#)



'Any Royal Commission has to be very mindful that the parallel world of outwardly respectable and at times powerful abusers can be very close, and international experience makes it very clear that such politically powerful individuals who have everything to lose by an open inquiry into the activities of their networks, can exert enormous power, to the point where they can markedly limit or even effectively destroy an investigation aimed at exposing their activities'.

As ASCA continues to work with the Commission, we are aware that we will elicit responses from interested parties, some of which will seek to discredit those searching for the truth, as well as those enabling them. In fact, we have already received some such attacks over recent weeks. Consequently we have prepared [this statement](#), which provides a background both to ASCA's position and credibility.

WORKSHOPS



Dragan Wright, ASCA presenter and trainer, running a workshop for community workers in Launceston.

[Image: *The Examiner*]

ASCA workshops grounded in research from *Practice Guidelines*

ASCA's training programs present accessible clinical and trauma informed principles and practice, tools and pathways for workers, organisations, and practitioners. This training will enable those working with trauma survivors to help clients, their children and communities to build on their strengths towards hope, health and recovery.

Existing programs include:

- *½ day workshops for survivors*
- *½ day workshops for supporters of survivors i.e. family, friends, carers*
- *Full day workshops for health professionals*
- *Full day trauma informed training for Community & Mental health sectors*
- *Flexible two day trauma informed package with modules for workers, managers and volunteers*

ASCA is currently developing a one-day advanced training – **Working Therapeutically with Adult Survivors of Complex Trauma**. It will draw substantially from ASCA's *Practice Guidelines*, focussing on their therapeutic application and building on the baseline training already offered (Working with Adult Survivors of Complex Trauma). The advanced training will be available in the second half of 2013.

N.B. All workshops for health professionals, as well as 'trauma informed training', now feature:

- A trauma-informed introduction to the particular topic/s
- Distinction between 'single-incident' and 'complex' trauma
- Discussion of the relationship between childhood coping mechanisms and adult health problems
- Basic information about the brain

Addressing these themes will be more abbreviated in upcoming 'advanced' workshops to the extent that this foundation should already be in place. Participants of advanced workshops who do not have a trauma-informed foundation will be referred to *ASCA Practice Guidelines* and advised to familiarise themselves with TIC principles.

Workshop Schedule

SURVIVORS: Creating New Possibilities

Saturday 6th April | **PENRITH**

Saturday 20th April | **SYDNEY**

Saturday 27th April | **WOLLONGONG**

Saturday 27th April | **BENDIGO**

Saturday 18th May | **NEWCASTLE**

MENTAL HEALTH WORKERS: Trauma Informed Training

Friday 31st May | **SYDNEY**

HEALTH CARE PROFESSIONALS: Working With Adult Survivors of Complex Trauma

Friday 5th April | **PENRITH**

Friday 12th April | **BRISBANE**

Friday 19th April | **SYDNEY**

Register for workshops [here](#).

ASCA runs **in-house workshops** tailored to your needs. To find out more contact events@asca.org.au or [visit us online](#).

Additional workshops will be scheduled soon. Details are included in each month's [Breaking Free](#) newsletter or can be found by checking our [calendar](#).

NEWS WATCH



Dr Cathy Kezelman, ASCA President.

Research reveals long-term impacts of child sexual abuse

Research released in February this year shows child sexual abuse has significant lifelong negative impacts for survivors, affecting their behaviour, relationships, mental health and physical health, and increasing their likelihood of addiction. The Australian Institute of Family Studies research report, *The long-term effects of child sexual abuse*, by Associate Professor Judy Cashmore AO and Dr Rita Shackel of the University of Sydney, analyses the findings of Australian and international studies to provide a picture of how child sexual abuse can affect people over their lifetime. [>more](#)

The Buzz Summer 2013, a joint newsletter by Mental Health and Drug & Alcohol, features ASCA's Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery. (See page 12). [more>](#)

See [Breaking News & ASCA in the News](#) for more media coverage.

Your feedback is very welcome. Please [contact the editor](#) if you would like to comment or contribute.