



Welcome to the Spring 2011 edition of ASCA's e-Health. In this edition we feature a seminal article by Prof Warwick Middleton, who has recently joined ASCA's Advisory Panel: *Engaging with one's psyche: perspectives on trauma*. We thank him for so generously sharing his observations as a pioneer in the field of complex trauma in Australia.

We also introduce you to other new members of the Panel, Dr. David Leonard and Professors Judy Atkinson. We are delighted to welcome all three of these leaders in the field to ASCA.

ASCA continues to lead the way with its work with Australian adult survivors of child abuse. Following you will find an outline of some of the initiatives undertaken by ASCA over recent months. At the end of the newsletter you will also find the workshops for Health Professionals still open for registration in this calendar year. This particular workshop provides current information to further build your skills when seeing adult survivors in the course of your work.

Trauma- informed Care and Practice

In late June ASCA along with ECAV (Education Centre against Violence) and PMHCCN (Private Mental Health Consumer and Carers Network) co-hosted a conference organised by MHCC (Mental Health Coordinating Council NSW). The Conference: *Trauma informed Care and Practice – Meeting the Challenge* was part of an ongoing broader initiative towards a national agenda for the philosophy of trauma informed care to be integrated into practice across service systems throughout Australia. This is an initiative of the MHCC, ASCA, ECAV and PMHCCN.

To read more about the conference and access presentations go to <http://www.mhcc.org.au/TICP/conference-overview-and-agenda.aspx>

The Trauma-informed Care and Practice will require a cultural and systemic shift which acknowledges and addresses trauma and the sensitivities and vulnerabilities it creates, at the core of a range of presentations, including the needs of adult survivors of child abuse.

If you would like to be kept informed of developments you can join the trauma informed care and practice network by [clicking here](#).

MHS Conference – Adelaide, 2011- Dr. Cathy Kezelman and Corinne Henderson, Senior Policy Officer MHCC co-presented a paper entitled "Trauma-informed Care and Practice-using a wide-angled lens".

To read the paper [click here](#).

Welcome to our new Advisory Panel members

Emeritus Professor Judy Atkinson BA (Canberra) PhD (QUT)

Emeritus Professor Judy Atkinson is a Jiman (from Central west Queensland) / Bundjalung (Northern New South Wales) woman who also has Anglo-Celtic, and German heritage. Previously Head of College: Gnibi the College of Indigenous Australian Peoples at Southern Cross University her major academic focus, and the extensive work she has conducted within Indigenous communities across Australia, in Timor Leste, and Papua New Guinea, has been in the area of violence and relational trauma, and healing for Indigenous, and indeed all peoples.

She developed the We Al-li / Indigenous Therapies Program, designed to address the critical needs of Indigenous communities around violence / trauma / healing, and co-authored the Aboriginal and Torres Strait Islander Women's Task Force on Violence Report, for the Queensland government. She book: *Trauma Trails – Recreating Songlines The transgenerational effects of Trauma in Indigenous Australia*, provides context to the life stories of people who have moved/been moved from their country in a process that has created trauma trails, and the healing that can occur as people make connections with each other and share their stories of healing.

She is now Patron of the We Al-li Trust. In future years she hopes to focus on her responsibilities as a Board member the Aboriginal and Torres Strait Islander Healing Foundation; and researching in Australia, Timor Leste, supporting the development of an evidence base on education-as-healing in community change processes, in response to historical, social and cultural trauma and recovery.

David Leonard MB, BS, DPM, FRANZCP, AM graduated from the University of Sydney in medicine in 1964 and, after working in general medicine and general practice in Sydney, Adelaide and New Guinea, entered post graduate training in psychiatry in London and Edinburgh. After returning to Melbourne, Australia in 1971, he worked in public sector services, particularly focussing on people with psychotic disorders and personality disorders. David then became director of a number of psychiatric services over the next 25 years and was actively involved in undergraduate and postgraduate teaching and patient advocacy, through work with community organisations.

Over the last 12 years he has worked in full time private practice at the Albert Rd Clinic where he is associated with the Professorial Unit of the University of Melbourne. His work there has focussed on trauma based disorders with a particular interest in dissociative disorders. In 2010 he was made a Member of the Order of Australia for services to psychiatry.

Adjunct Professor Warwick Middleton MB BS, FRANZCP, MD holds appointments as Adjunct Professor, School of Public Health, La Trobe University, and, Associate Professor in Psychiatry, University of Queensland. He has made substantial and ongoing contributions to the bereavement and trauma literatures and with Dr Jeremy Butler, authored the first published series in the Australian scientific literature detailing the abuse histories and clinical/phenomenology of patients fulfilling diagnostic criteria for Dissociative Identity Disorder. He chairs the Cannan Institute as well as its research and conference organising committees. In 1996 he was a principal architect in establishing Australia's first dedicated unit treating dissociative disorders (the Trauma and Dissociation Unit, Belmont Hospital – Health Care).

He has been in full time private practice since 1995. He has had substantive ongoing involvement with research, writing, reviewing, teaching (including workshops and seminar presentations), conference convening and supervision of health and research professionals as well as making submissions to government departments. He is a member of the International Advisory Board of the Australian and New Zealand Journal of Psychiatry and is a member of the Editorial Board of the Journal of Trauma and Dissociation. In 2008 he was elected a Fellow of the International Society for the Study of Trauma and Dissociation (ISSTD).

Professor Middleton recently served on the ISSTD committee revising the treatment guidelines for dissociative identity disorder and he is a member of the ISSTD Internationalization Taskforce and currently a guest editor for a special issue of the Journal of Trauma and Dissociation on the topic, "Individual and Societal Oppression: Global Perspectives on Dissociative Disorders". In August 2011 he gave a plenary presentation at the World Congress for Psychotherapy on ongoing incestuous abuse during adulthood and is currently preparing a book on this subject. He has been serving for over ten years on the Medical Assessment Tribunal of Q-Comp in Brisbane.

ENGAGING WITH ONE'S PSYCHE: PERSPECTIVES ON TRAUMA

**PROFESSOR WARWICK MIDDLETON
MB BS, FRANZCP, MD**

"Like a horror film run backwards, images of the war flicker through my brain. The tank in the snow with smoldering bodies on top. The smell of burning flesh. Of rotting flesh too. Novak rotting in a grave on Anzio. Horse-Face. Knowed an old girl once. The girl, red-eyed and shivering, in the Naples dawn. And Kerrigan. Kerrigan shuffling cards with half a hand. He was far luckier than Antonio. Yes, Antonio, trying to stand on the stumps of his legs with the machine gun ripping his body. And Brandon dead under the cork tree. Deer daddy, I'm in school. 'I'll never enter another schoolroom,' says Elleridge.

He was right. It is as though a fire had roared through this human house, leaving only the charred hulk of something that once was green."

Audie Murphy, World War II's most decorated American soldier

Inside the cover of Audie Murphy's extraordinarily authentic book, "To Hell and Back" from which the above quote is taken, my patient, a deeply traumatized veteran of another war, (Vietnam), had written, *"Probably not (of) much interest to all who were never soldiers. But in the ranks of a feeble soldier like me, I have never known bolder. And like Audie Murphy, my childhood hero, I came back from a 'war' but never came home."*

Having been asked by Dr Cathy Kezelman to pen a few words about myself in the context of my involvement in the trauma field and as a member of ASCA's advisory panel, I reflected that I could offer the standard brief biography touching on appointments, research and publications etc. or I could do something different and share the sorts of reflections and debates that endlessly bounce around in my psyche. In working with complex trauma one is a participant observer in something that arguably more than anything else defines the human condition and

which will ultimately seal our fate as a species, namely, how we treat each other, or how our instinctually derived drives are played out in our interactions with fellow humans.

Having observed many times over the extremes to which some individuals go to control, exploit, sexually abuse and physically damage vulnerable children who frequently are their own offspring I muse about the tenacious grip that collective denial and the fear of openness has had on society. I reflect how the selling of plenary indulgences etc. by the Church finally ignited a protestant revolt originating with Luther's 95 theses nailed to the Wittenberg church door in 1517 and his translation of the Bible into the language of the people, and that for centuries wars and armed conflicts have been waged by those allied with one side of this divide against those with broadly similar religious beliefs. I note the extreme alarm that the Church had with the idea that the Bible be translated into English and that it be printed and widely available, thus undermining a monopoly on literacy, religious knowledge (and power). I note also Luther's anti-Semitism. In a world where notions of democracy seem commonplace, I reflect on how recently many of our fellow citizens enacted human rights provisions that at a most basic level afford some protections from exploitation and abuse. It was at least as recent as 1783 that the last individual (Anna Goldi) was put to death as a witch in Switzerland and it was only in 1826 that the last individual was killed for the supposed crime of heresy by the Spanish Inquisition. This sort of control dies a slow death. In October 2011 credible news circulated of the Spanish Church's central role in literally selling up to 300,000 babies for adoption between 1939 and 1987. Babies were taken from young unmarried women, who were frequently told their baby had died following delivery and then trafficked by a secret network of doctors, nurses, priests and nuns. Frequently the babies were sold to childless couples whose devout beliefs and financial security deemed them as more suitable parents in the eyes of the church.

Slavery remained legal in Brazil until 1880 (and as recently as 2008 5,000 Brazilian slaves were rescued by government authorities as part of an attempt to finally

eradicate slavery). As late as 1908 female slaves were still being traded in the Ottoman Empire and it wasn't until 1910 that an anti-slavery law became effective in China. As late as the 1930's there were some two million slaves in Ethiopia out of a total population of 8-16 million. It was only in 1962 that Yemen and Saudi Arabia officially abolished slavery. In the early 60's Saudi Arabia's slave population stood at some 300,000. The last country to officially abolish slavery was Mauritania in 1981, though 20% of the population remains enslaved as bonded labourers etc. Despite being finally outlawed in all countries it remains endemic in a number. In 2008 the Nepalese government legislated to free 20,000 forced labourers. It is estimated that close to 30 million of the world's population exist in some form of slavery, the largest number in history, but the lowest in total population percentage terms.

In 1965 Queensland aboriginals were granted state voting rights and it was only in 1967 that full citizenship was gained by all Australian indigenous people. It was not until 1971 that Swiss women received full voting rights, a year before women in Bangladesh, 77 years after New Zealand women and 68 years after Australian women. Female suffrage came to Liechtenstein in 1984, Bahrain in 2002, and Kuwait in 2005. In late September 2011 the Saudi Arabian king announced that women would be able to vote in local government elections and run for office starting in 2015. They remain legally unable to drive and are discouraged from mingling in public. To travel abroad they need the permission of a male relative, while a guardian has to approve financial transactions including loan applications. For 2,000 years women have played no voting role in the election of the head of state centered on Vatican City, a religious entity that enjoys observer status at the United Nations.

To keep reading the article [click here!](#)

Professional Development Endorsement:

Workshops for Health Professionals - Best practice for working with adults surviving child abuse

PLACES STILL AVAILABLE. BOOK NOW!

ASCA invites you to register for a training workshop for health professionals. This workshop provides up-to-date information and builds skills for health professionals who see adult survivors in their work. There is new thinking in this area. It incorporates the latest research and translates that knowledge into practice.

The workshop will cover:

- Understanding abuse
- Childhood responses to threat/coping strategies
- Coping into adulthood
- Impacts of childhood abuse
- Pathways through which adult health can be compromised

Good-practice guidelines for working with adults surviving child abuse

As one participant said after attending a workshop:

“Thanks again for the wonderful training you provided at the workshop for health professionals. The next day I had a call with child sexual abuse as the presenting issue. For the first time ever I did not have a reaction of “Oh no I am out of my depth here” to that type of caller situation. Thank you for giving me more tools to handle challenging counselling calls.”

Professional development endorsement:

APS Endorsed Activity- 7 CPD hours.

AASW Approved Activity– 14 AASW Points

ACMHN Activity- 7 ACMHN CPE Points

Workshop Date	Location	Venue
Monday 31 October	Adelaide	DIRC, 195 Gilles Street, Adelaide
Friday 11 November	Melbourne	BT, L 24, 367 Collins St, Melbourne
Tuesday 6 December	Brisbane	Westpac, L16 260 Queen St, Brisbane

Time: 9:00am to 5:00pm

Cost: \$225 (Health Professionals)/ \$190 (Students)

For more information and to register go to <http://asca.org.au/displaycommon.cfm?an=1&subarticlenbr=114>

ASCA in-house workshops for health workers and health care professionals – tailored to your needs!

Should your organisation be seeking training and/or professional development for working with adult survivors of child abuse ASCA workshops are now available in-house on request. These workshops can be tailored to your needs.

While workshops are generally one day in duration, 2-day as well as half day workshops can be arranged.

These in-house workshops incorporate up-to-date information while providing best practice guidelines for working with adults surviving child abuse.

An ASCA in-house workshop provides many benefits as your team can request the topics which interest you and use the time to focus on the issues pertinent to your clients and practice.

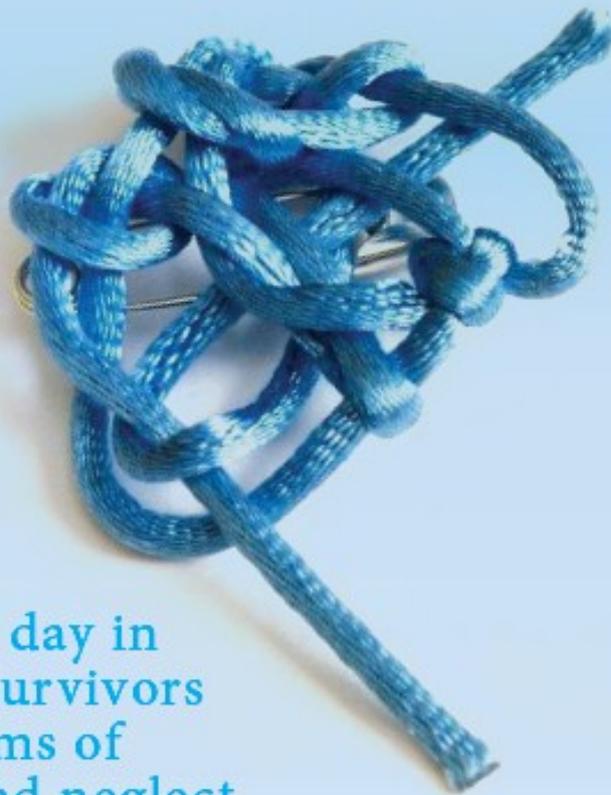
Workshops cover topics such as:

- Understanding abuse and its impacts
- Coping strategies and defence mechanisms used by survivors of child abuse
- Common impacts of child abuse
- Pathways through which adult health can be compromised
- Treatment models and best practice guidelines for working with adults surviving child abuse
- Reflective practice and vicarious traumatisation
- Application exercises

For more information on ASCA's in-house health professionals' workshops please contact: Dr. Cathy Kezelman on 0425 812 197 or email to ckezelman@asca.org.au

Forget-me-knot Saturday

November 19



A national day in
support of survivors
of all forms of
child abuse and neglect
throughout Australia.

www.asca.org.au/forgetmeknot

