

Breaking free

asca

Adults Surviving Child Abuse

The Newsletter of Adults Surviving Child Abuse | ISSN 1836-6899 | October 2013

2013 Blue Knot Day

Blue Knot Day was celebrated between 28th October – November 3rd this year, 2013. Blue Knot Day is ASCA's national awareness day, when we ask all Australians to unite in support of the 4-5 million Australians who have experienced complex trauma from childhood abuse in all its forms – neglect, family and community violence and other adverse childhood events.

Aims of Blue Knot Day are:

- Raising Awareness
- Tackling stigma
- Fostering hope
- Promoting recovery

Blue Knot Award

The Award was established in 2012 to recognise those who uphold the principles of Blue Knot Day and further the needs of adult survivors of childhood trauma. The recipient is someone whose work and efforts inspire communities to unite in support of survivors.

The Blue Knot Award recipient is a person who stands out in their community, or nationally, for furthering the needs of adult survivors of child abuse. The Award recognises those who have broken the silence and taboo by speaking out, eroding the stigma of abuse and thereby helping survivors overcome their shame. Fostering hope and optimism, the Award recipient has shown that help is available and recovery is possible by

promoting pathways towards health and wellbeing.

Blue Knot Award 2013 was presented to Detective Chief Inspector Peter Fox by ASCA President Cathy Kezelman and ASCA Board member, Simon Cole at the Blue Knot Award Ceremony on October 28th.

Detective Chief Inspector Peter Fox is a 35-year veteran of the NSW police force whose allegations of a cover-up of a number of cases of child sexual abuse helped trigger the Royal Commission into Institutional Responses into Child Sexual Abuse. In all his years of policing, Peter Fox investigated countless reports of child sexual abuse but his powers to seize documents and evidence were allegedly repeatedly limited by colluding institutional powers. After being stood down from a controversial abuse case, Peter Fox put his job on the line and went public with the shocking information that his investigations had uncovered.

When Peter Fox went to the media with his disturbing claims of systemic cover-up of institutional child abuse, he alerted the entire nation to an insidious social problem that had been ignored for decades. He courageously spoke out against the crowd, tackling the stigma of abuse and the secrecy, silence and power structures which have perpetuated it. In so doing, he raised awareness about the existence of child sexual abuse and the factors which have enabled it to continue within



our institutions. Without Peter's fortitude and determination, there would be no Royal Commission into Institutional Child Sexual Abuse and the suffering of thousands of victims of institutional child abuse would still be unacknowledged. The Royal Commission has empowered thousands of Australian survivors by giving them the opportunity to tell their story. With his continued support for survivors and his unwavering commitment to uncovering the truth, Peter fosters hope and helps promote further recovery for survivors and the community at large.

Peter Fox dedicated his Award to the father of a child abuse victim who had passed away the previous week after losing a battle with cancer. That person's son had been repeatedly sexually assaulted by a priest from the age of 12.

We are honoured to announce that, along with accepting the Blue Knot Award, Peter Fox has also become of an Ambassador for ASCA.

[Read more on Peter's story on Page 4](#)



Announcing the Untangle the Knot Competition winner!

The Untangle the Knot Competition 2013 was won by Sydney-sider, Peter Lloyd. The judges felt his image "has a simplicity about it, and conveys a very clear message using the struggle of a seedling in the desert as a symbol of hope and optimism".

[More on page 3](#)

From the Editor



It is with a great sense of pride that we bring you October's *Breaking Free*. This month captures the unity of community spirit in honouring ASCA's annual Blue Knot Day. We applaud individuals and communities who have admirably raised awareness around the needs of survivors of childhood abuse. We commemorate the individual efforts of whistle blower Detective Chief Inspector Peter Fox, our 2013 Blue Knot award recipient and new ambassador, and Peter Lloyd for capturing the spirit of hope and optimism for recovery in his stunning photograph 'Against All Odds'. We also acknowledge the efforts of Audrey Clark who, from a boat in the UK has raised international awareness. And locally, our ASCA team took to Wynyard Park to promote Blue Knot Day. We take the opportunity to pause

at this poignant time to reflect upon important research generated from calls to our 1300 line that provide a startling yet not surprising snapshot of the long term costs of child abuse. Meanwhile we continue to update you on the Royal Commission, ASCA in the news and ASCA's Workshop series for survivors, carers, workers and professionals – all of which focus on helping survivors on the road to recovery.

Fiona Thomas | Editor

The Big Picture

The support for Blue Knot Day 2013 has been overwhelming and, for the first time, has included international links with message of support for survivors around the world. As we call on communities to unite in support of adult survivors, we are delighted to see different communities come on board in their own unique ways. And for messages of hope, optimism and recovery to resonate with those affected.

Blue Knot Day 2013 is even more significant in the first year of the Royal Commission into Institutional Responses to Child Sexual Abuse. We have already seen many people come forward to tell their story, whether in private session or as testimony as part of public hearings. Many more will undoubtedly do so over coming years. Those involved are holding out hope that this Royal Commission will lead to real change. Change for children of the future and for survivors, who are victims of past abuses. ASCA shares that hope.

We also hope that as societies, we will continue to break down the stigma and taboo which reinforces the silence and secrecy which perpetuates abuse, not only in institutions but also in homes, families, neighbourhoods and communities. This Blue Knot Day we have honoured Detective Chief Inspector Peter Fox, whose forthright commitment to justice and supporting survivors was the catalyst for the announcement of the Royal Commission. We also celebrated the winner of our Untangle the Knot Competition, Peter Lloyd, whose winning image "Against all odds" speaks to the 'growth and regeneration' we, as an organisation, seek to enable for survivors.

As we approach the end of 2013 ASCA continues to provide crucial counselling support to callers to our 1300 line, workshops for survivors and for family and friends, and training workshops for health professionals, workers and agencies from whom survivors seek support. In 2014 we anticipate a further expansion of our unique specialist services as we work together to build on the hope and optimism for possibilities for recovery.

Dr Cathy Kezelman | President



Taking care of business –October

This month Julian Janssen, our Events and Marketing Coordinator, leaves ASCA to pursue new opportunities in Melbourne. We are sad to be losing Julian. He has been a great member of the team and an asset to ASCA. We wish him great success for the future. Carly Fenton will be assisting in the Events and Marketing team over the next few months while we recruit the Coordinator role on a permanent basis. It's my pleasure to welcome Carly. ASCA is also pleased to welcome three new counsellors to the 1300 Professional Support Line. Alison, Jeanette and Ken will join the counselling

team in November.

Finally, the ASCA Annual General Meeting will be held at the ASCA national office in Neutral Bay, Sydney at 9.00am on Saturday 23rd November. The notice of the AGM with full details has been sent to ASCA members. The 2013 Financial Statements are available on the ASCA website –

[Available HERE](#)

Mark Bebbington | COO

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Detective Chief Inspector Peter Fox
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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 User Name?** or **Forgot your Password?** as appropriate.

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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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Blue Knot Day

Untangle the Knot Winner

Against All Odds by Peter Lloyd

The Untangle the Knot Competition was won by **Peter Lloyd**, a Sydney-sider who lives in Redfern, and has done for just over 10 years now. Peter is a father and a grandfather.

The theme of this year's competition was "hope and optimism" for recovery, a focus of ASCA's work. Peter's winning image "**Against all odds**" was chosen from a field of 33 images. Thank you to all our entrants and also to our judges Mark Tedeschi, well known and passionate Australian photographer and Alan Davies, curator of photography, State Library of NSW.

Peter's prize was presented at a small Blue Knot morning tea in Sydney at which Detective Chief Inspector Fox was also presented with the Blue Knot Award. Peter's prize of \$2,000 cash was presented by ASCA Board member Simon Cole and ASCA President, Cathy Kezelman.

It was great to hear his words of acceptance and to meet him and his wife, Penny.

Peter shared the following insights with 'Breaking free': "I love the eclectic nature of the Redfern, where all walks of life are represented and live together in relative harmony. It is where you can meet all manner of people, and every one of them has a story. Redfern has a real community buzz about it unlike many other Sydney suburbs I have lived. I also like that it is inner city because everything is so convenient. At the moment I am only employed part time, so I have time for my other passions, being my family, my photography, my art and my love of the Australian bush (I was born in the country on a farm and you can take the boy from the country, but...)."

We asked Peter to speak about Blue Knot Day and his winning image: "As for Blue Knot Day, the issue of child abuse is something has always concerned me, and although, thankfully, I don't have first-hand experience, I have been emotionally involved with enough people in my lifetime to understand the damage that it does. I heard of the blue knot photo competition from a friend of my wife's who is still, in her early fifties, battling with the consequences of childhood abuse. I have never entered a photo competition before, and it was really at her suggestion that I entered this one. I wanted to portray hope, to present a positive



rather than a lot of the negative spin we see today. The idea of a seedling prospering in a harsh and desolate environment appealed to me, so I incorporated a blue knot into the image. The photo was taken during the recent school holidays on Tuncurry (nine mile) beach. As you can see from the original CR2, the image has not been retouched at all, so I was pretty happy with the photo as it was taken. I think it portrays what ASCA is all about."

The following images were also highly commended by our judges and are featured throughout this month's newsletter. **Message Received** by Karen Rochester, **Hope and Optimism** by Brian Dullaghan and **Blueknot Sisters** by Simone Jones.

Prayers of Lament and Support

The Ecumenical service at Pitt St. Uniting Church "Prayers of Lament and Support for all who have been abused" was a beautiful, humbling and profoundly moving service. Organised by ASCA's friends and colleagues from South Sydney Uniting Church, Reverend Andrew Collis presiding, Reverend Dorothy McCrae-McMahon, who wrote the liturgy, Heather Robinson on the piano and with the grace and generosity of Pitt St. Uniting Church.

The service was truly ecumenical, with the active involvement of Father Peter Maher, Parish Priest of St Joseph's Catholic Church Newtown; Deacon Sue Emeleus, St. George's Anglican Church, Paddington; Sister Anne Jordan, Cana Communities, Inner Sydney; Pastor Don Wright, Baptist Church.

The voices of survivors were heard from the four corners of the Church, as told to Alana Valentine, playwright for her play, *Swimming Upstream*, presented in full on Blue Knot Day 2012. The ceremony was rich with music, including from Tim Grey, an Indigenous musician, massed voices

and piano. The true involvement of community, including survivors, family and friends, with the ceremonial untangling of blue ribbons on pews and across the altar brought hope and optimism for recovery for those affected.

We would particularly like to acknowledge the presence of the Hon Greg Smith MP, NSW Attorney-General, representing NSW government, and of Councillor Irene Doughty, representing the City of Sydney. And in the words of Councillor Linda Scott, City of Sydney Council, who sent here apologies: "It's important to recognise and acknowledge the wrongs of the past. Recognition and acknowledgement provide the foundation stone for peace and healing. It is my hope that the Lament Service will be a place of shelter for those who have been betrayed and wounded, knitting our community together in support of survivors of child abuse."

Many thanks to all who organised the service, and who were there either in person or in spirit.

International Support from Audrey Clark

This year ASCA has made overseas connections to spread the message of hope and recovery around the world. One such connection is with Audrey Clark in the UK. Audrey is conducting a campaign to encourage adult survivors to come forward. We were keen to connect with her because child abuse is a global issue and one around which we all need to work together as communities. Here's the message Audrey has sent to ASCA in support of Blue Knot Day.

"Blue Knot Day represents to me the pinnacle of support for adult survivors of abuse. My name is Audrey Clark. I am an adult survivor of abuse from Manchester, U.K. I suffered from the ages of seven through to the age of fourteen at the hands of my father and am now committed to offering my support to the global issue which is sexual abuse.

Our recovery as worldwide survivors depends so much on the work of organisations such as ASCA. So, so many of us would fall under the radar without their dedication to the cause.

On the 28th October we will set sail on a boat from Salford Quays near Manchester where we will introduce 'It's O.K.' recognising the silent survivors wherever they are in the world who are unable to speak up at this time. We want those individuals to know they are not on their own. We will be sending a video message of support to our Australian friends in recognition of Blue Knot Day.

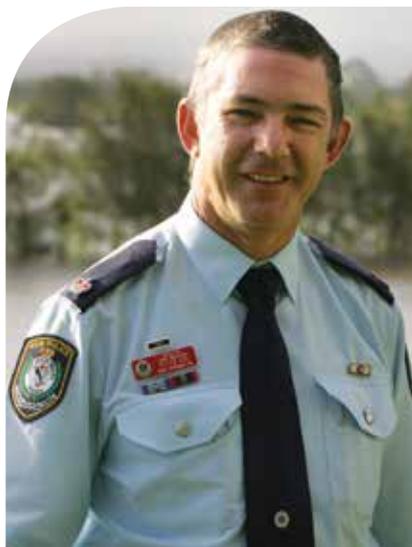


Untangle the Knot competition highly commended, *Hope and Optimism* by Brian Dullaghan

Together, no matter where we are, we can all make a difference. There is light at the end of the tunnel!"

Audrey Clark's OK It's OK Campaign – [Available HERE](#)

ASCA's message of encouragement – [Available HERE](#)



ASCA's New Ambassador, Detective Chief Inspector Peter Fox – his story

Peter Fox grew up the eldest of four children in a housing commission suburb in Sydney's west. In 1978, at the age 18 he joined the NSW Police Force. His first posting was to Central Police Station. The following year he began training as a detective before postings to Fairfield and Newtown.

In 1983, after five years in Sydney he transferred to Cessnock. He has remained in the Hunter Valley ever since. He met his wife there and they married in 1985 and have raised two sons and a daughter. After moves to the Hunter Drug Unit and Singleton Peter was promoted to Detective Sergeant in 1993. During the next 14 years he led investigations into significant murders and other serious crime which took him to China and other parts of Asia. A number of those investigations were featured on television programmes like Forensic Investigators and Gangs of Oz. Author John Sutor-Linton based his 2006 true crime novel 'Murder at Anna Bay' on Peter Fox's investigation into the brutal bashing murder of Judith Brown in 2002.

Peter provided presentations at Sydney Universities and Forensic Science Faculties. He also gave presentations on investigation and interviewing techniques to various courses at the Goulburn Police Academy.

In 2007 after 28 continuous years at the coal-face of criminal investigation he was promoted to Detective Chief Inspector. Peter spent brief periods at Maitland and Newcastle before taking up the position of Crime Manager at Port Stephens in late 2008.

Over the years he has been vigorous in his investigation of police accused of departmental and criminal offences and this has included criminally charging some with sexual and assault related offences. Peter's view is that, despite policies and public rhetoric in support of such endeavours, the NSW Police culture isn't as accepting. Peter has been the subject of criticism and some ostracism, and Peter feels this is related to his 'straight down the middle' attitude. This culminated in his speaking out on police conduct with respect to child sexual abuse within the Catholic Church in 2012 with his letter to the NSW Premier and appearances on the ABC in November 2012.

Following on Peter's appearance on Lateline in November 2012, the then Prime Minister, Julia Gillard, called a Royal Commission into Institutional Responses into Child Sexual Assault, which has seen thousands of survivors of child sexual abuse in a diversity of institutions come forward and speak out.

ASCA Activities

ASCA team in the park for Blue Knot Day!

The team were welcomed with a gorgeous sunny morning in Wynyard Park on Friday 1st November, where ASCA's presence in the park was a huge success.

Many commuters purchased friendship bracelets or blue knot pins to wear in support of Blue Knot Day. We were also greeted by those who just stopped to pass on their thanks for the great work we do. It was extremely inspiring and we were very grateful for all the support we received.

ASCA absolutely achieved the objective of raising awareness of the issues of childhood trauma and getting ASCA's message out to the business community.

I would like to express my thanks to everyone for their involvement on, and in the lead up to the day.

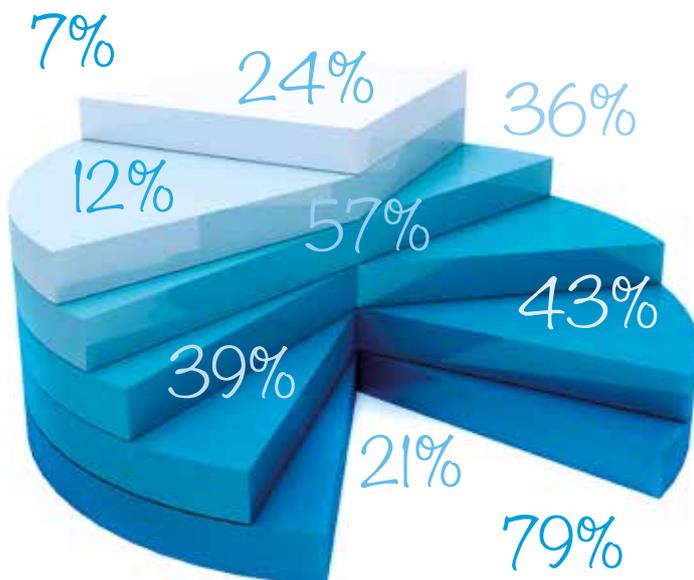
Prenessa Moodley | Events & Marketing Manager



New ASCA Research

ASCA released some new research for Blue Knot Day. This data is collected from over 4,000 calls to ASCA's 1300 line over a 4 ½ year period. While the findings are shocking they're not surprising as they reflect findings from other research, both Australian and international which highlights the extensive social and health costs of childhood abuse and trauma.

Almost ¾ of callers to ASCA's 1300 line are survivors of childhood trauma and abuse. Of those who spoke about the sorts of abuse they had experienced, 79% reported having been sexually abused, 39% had experienced emotional abuse, and 36% physical, 7% had experienced neglect. As this data is not elicited but collected during the course of the call these figures are likely to be underestimates. It is important also to note that 43% of callers speaking about their abuse had experienced multiple forms of abuse. As the Royal Commission is hearing, sexual abuse, the focus of that inquiry, rarely, if ever, occurs in isolation.



Of survivors who spoke about the impacts of their abuse, 57% reported multiple impacts with a staggering 78% having experienced mental health impacts, 24% physical health had been affected, 22% employment had been impacted, 22% substance abuse while 12% had battled with the possibility of committing suicide. It is the data regarding the impacts on relationships about which I'd particularly like to speak in relation to Blue Knot Day. Of callers speaking about the impacts of their abuse – 51% stated that their relationships with their immediate family had been affected, for 21% it was with their extended family, for 29% their relationship with their partner, for 18% their relationship with their friends.

Child abuse occurs in relationships. Just as damaging relationships of betrayal, abuse of power or parental inability to attune to a child's needs because of their own unresolved trauma, can have detrimental effects on health, wellbeing and the capacity to relate, positive relationships, as established through research, aid recovery. That's why Blue Knot Day, which focusses on building community and healthy relationships, is so critical. Blue Knot Day is about each of us being there for one another, and especially for those who are living with the long-term impacts of childhood trauma and abuse.

Blue Knot Day 2013 Thank you Message

Message available [HERE](#)

Although Blue Knot Day 2013 is officially over, at ASCA we believe that every day is Blue Knot Day. Unite in support of adult survivors of childhood trauma and help ASCA help survivors find pathways to recovery.

Donate now at <http://www.givenow.com.au/asca>

ASCA in the News

Sex abuse of children on rise | Sydney Morning Herald | 27 October 2013

The NSW Police child sex abuse squad's caseload continues to increase, its commander, Superintendent Maria Rustja, has told the child sex abuse royal commission.

The 22 joint investigative response teams around the state, where police work with the departments of health and family and communities to investigate child abuse and secure disclosures from children, are "very busy, unfortunately", Superintendent Rustja said.

"We have many notifications every year and they continue to increase," she told the commission.

Superintendent Rustja said the case of YMCA childcare worker Jonathan Lord, who was this year jailed for at least six years for sexually abusing 12 boys in Sydney's southern suburbs while he worked in the YMCA's out of school hours care centres, was "not typical" of notifications to the response team.

She said the evidence pointed to a "significant issue" about the lack of information and support for parents in such cases. The police response team was looking at providing an appropriately trained and informed local contact person for parents in similar cases in future, she said.

Mothers of children who had been under Lord's care have told the commission about their fear and distress at being unable to find out in the early days of the investigation whether their children had been abused or how to support them if they made disclosures.

A single mother whose eight-year-old son told her Lord had abused him every Saturday for more than a year while babysitting said she sat on the couch and cried for two hours at the response team's office at Hurstville while her son was taken away to be interviewed by police. She gave evidence she had never been told by police what her son had disclosed.

Superintendent Rustja agreed that on the evidence so far, the mother's treatment appeared not to follow normal police procedure.

She said "some children will not ever disclose abuse", which meant "describing the worst thing that had ever happened to them".

Cathy Kezelman, president of the Adults Surviving Child Abuse group, and a survivor herself, said: "People often don't come forward about their abuse until they are in their 40s, 50s or 60s." Of 4000 callers to the ASCA's support line, 78 per cent said they had mental health problems and 52 per cent said they had compromised family relationships as a result of their abuse. Nearly a quarter had physical health problems and 15 per cent had contemplated suicide.

In cases where the location of abuse was reported, 76 per cent took place in the home, followed by institutions at 24 per cent.

The time-lag before disclosure reflects the shame and self-blame children take on when abused, which "unless addressed, continues into adulthood", Dr Kezelman said.



Untangle the Knot competition highly commended, [Message Received](#) by Karen Rochester

ASCA's campaign for Blue Knot Day on Monday asks people to wear a blue knot bracelet to symbolise the complex knot of issues affecting Australia's estimated 4 million to 5 million adult survivors of child abuse.

ASCA support line 1300 657 380 FREE asca.org.au, Royal commission into child sex abuse 1800 099 340 FREE, childabuseroyalcommission.gov.au, Lifeline 13 11 14

[Article available HERE](#)

Fox dedicates award to Victim's father | Newcastle Herald | 28 October 2013

When Detective Chief Inspector Peter Fox stood up to accept a national award recognising his role in bringing about the Royal Commission into Institutional Responses to Child Sexual Abuse yesterday, he dedicated it to the father of a child abuse victim.

The man died last Tuesday after losing a battle with cancer.

His son had been repeatedly sexually assaulted by a notorious Hunter priest from the age of 12.

Speaking after the ceremony in Sydney, Mr Fox said he was "very humbled" to receive the Adult Survivors of Child Abuse (ASCA) Blue Knot Award.

The award was established last year to recognise a person who furthers the needs of adult survivors of child abuse, breaks the silence and inspires communities to unite.

"I'm very humbled. I was taken a bit aback. It was a big surprise," Mr Fox told the Herald.

"I wanted to dedicate it to [the father] who is representative of all the families who have suffered because of abuse. Just talking to a number of survivors there today, there were many who had spoken at the royal commission.

"It's made a monumental change."

President of ASCA Dr Cathy Kezelman said it had been a unanimous decision for Mr Fox to receive the award.

"Without Peter's fortitude and determination, there would be no Royal Commission into Institutional Child Sexual Abuse and the suffering of hundreds of victims of institutional child abuse would still be unacknowledged," she said.

[Article available HERE](#)



Peter Fox has won national acclaim for his fortitude.

Public Hearings Dates 2013

- The third public hearing, in the fortnight beginning 18 November 2013, will examine the handling of complaints and civil litigation concerning child sexual abuse in the North Coast Children's Home by the Anglican Diocese of Grafton in 2006 and 2007.
- The fourth and final public hearing for 2013, in the fortnight beginning 9 December 2013, will hear evidence about the establishment, operation and review of the Towards Healing process by the Catholic Church. In addition, it will explore how that process works in practice with evidence from a number of people who have participated in it.

Investigations are already well underway for public hearings in 2014.

Should you wish to engage with the Royal Commission:

Call: 1800 099 340

Email: registerinterest@childabuseroyalcommission.gov.au

Write: GPO Box 5283, Sydney NSW 2001

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

The Royal Commission operates between 8 am and 8 pm across all Australian time zones.

Royal Commission Update – October

The Royal Commission to date has –

- Received more than 5,500 phone calls, 1,600 emails and 128,000 visits to the website
- Held more than 200 meetings with advocacy groups, legal services and community organisations
- Served 174 notices to produce documents on a range of government and non-government institutions
- Referred 40 matters to police
- Conducted 518 private sessions
- More than 500 people are waiting to tell their story
- Plans to have offered more than 1,000 private sessions by the end of the year

Workshop Update

Due to popular demand we are running additional **TRAUMA INFORMED TRAINING FOR WORKERS** workshops in 2013. These dates will be the last for 2013 and the 2014 schedule will be available soon.

Workshop Feedback

ASCA's In-house tailored training is receiving outstanding feedback from organisations and participants. Recently Trauma Informed Care and Practice Training was conducted at NADA – the **Network of Alcohol & Other Drugs Agencies** for managers and staff.

Before the training 57.1% of managers and 66.7% of staff rated their knowledge of trauma informed care and practice as very good or good. On completion of ASCA's half day training this increased to 100% for the managers and 91.7% for staff.

Feedback...

"The training encouraged staff safety and support, and strategies to respond to vicarious trauma."

"Helped simplify trauma and how to work with it."

"The trainer was open, passionate and made his presentation well"

"Excellent and very well conveyed. Thanks"



Untangle the Knot competition highly commended, *Blueknot sisters* by Simone Jones

Workshops

Registration for 2014 Workshops opening soon
Additional workshops will be scheduled during 2014
www.asca.org.au/workshops

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

Workshops for Health Professionals

One Day Workshop for Health Professionals – working with adult survivors of complex trauma

ASCA's one day workshop for health professionals is grounded in a substantive research base, which identifies and outlines effective responses to 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
- The workshop has been designed for health professionals including doctors, social workers, psychologists, mental health nurses, counsellors/therapists, psychiatrists and other health care professionals

Date	Location
21 February 2014	Adelaide
28 February 2014	Darwin
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

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.

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
23 November 2013	Sydney
22 February 2014	Adelaide
1 March 2014	Darwin
15 March 2014	Hobart
22 March 2014	Perth
5 April 2014	Ballarat
17 May 2014	Bunbury

Trauma Informed Training for Workers

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.

Full-day workshop:

9.00am – 5:00pm

Cost: \$25.00

(Due to funding from the Federal government allocated to help support those coming forward as a result of the Royal Commission ASCA is able to provide these workshops for a nominal fee.)

Professional development endorsement:

ACMHN – 7 CPE Points

AASW – 7 CPD hours

Date	Location
14 November 2013	Melbourne
15 November 2013	Melbourne
22 November 2013	Sydney
6 December 2013	Brisbane
13 December 2013	Sydney
20 February 2014	Adelaide
21 February 2014	Wollongong
27 February 2014	Darwin
13 March 2014	Hobart
20 March 2014	Perth
27 March 2014	Newcastle

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.

Date	Location
29 March 2014	Newcastle
12 April 2014	Gold Coast

Cost: \$25.00

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
- 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.