

Breaking free

asca

Adults Surviving Child Abuse

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BLUE KNOT DAY RECOVERY IS POSSIBLE GET INVOLVED



BLUEKNOTDAY

28 OCTOBER 2013



Matryoshka's Shell by David Patston – Winner of ASCA's Untangle the knot competition 2011

This year's annual Blue Knot Day on Monday 28 October will focus on the theme of recovery, spreading the message – not only to survivors but all community members – that with the right care and support, recovery is possible. We are planning a week of activities from Monday 28 October to Sunday 3 November. Visit www.asca.org.au for updates.

Interested in getting involved? Here's how you can show your support:

■ **ENTER** our **Untangle the Knot** photo competition. We are now accepting entries for our annual photo competition. All submissions must display a 'blue knot' and address the theme: 'Hope & Optimism'. Be creative in your interpretation of the theme and representation of the blue knot motif. Each individual entrant can submit up to three (3) different images. Submit your entry before 5:00pm (AEDST) Friday 4th October. A generous **prize to the value of \$2000** goes to the winning entrant. The winner will be announced on Blue Knot Day, Monday 28 October 2013. Entries will be displayed online [HERE](#).

We will also feature some of our favourite entries on the **Blue Knot Day Facebook page** – stay tuned to see if your photo is the 'Blue Knot of the Week'.

Enter competition [HERE](#).

■ **PURCHASE A FRIENDSHIP BRACELET** and/or blue knot pin for yourself or to share with someone close to you – as a symbol of "untangling the knot of child abuse" and the possibilities for recovery.

Purchase your bracelet [HERE](#).

■ **HOST YOUR OWN BLUE KNOT DAY EVENT OR ACTIVITY.** We are calling on all community members, churches, religious groups and leaders to organise and host events in support of *Blue Knot Day*, and the week to follow until 3 November 2013. There are many ways to show your support, from hosting an afternoon tea to staging a public event.

■ We are urging all churches and religious communities to **HOLD A SERVICE** in support of Blue Knot Day, with one minute's silence to commemorate survivors.

■ **DONATE** – We welcome your support, through participation or donation, for Blue Knot Day. If you would like to contribute financial support, please donate [HERE](#).

With the right care and support, recovery is possible for survivors of child abuse. Conversation is an essential first step in providing that support. This Blue Knot Day, we invite you to join our conversation on Twitter and Facebook. There, we will keep you updated on how Blue Knot Day is making a difference for survivors and for the wider community.

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From the Editor



It is with mixed feelings of pride and sadness that I introduce this August edition of *Breaking Free*, which will be my last as Editor. It has been an honour to contribute to ASCA's cause in this way and I have been moved and inspired by the great work that is often documented in these pages. In this issue we start beating the drum for ASCA's annual day of recognition for survivors – Blue Knot Day (28 October); we celebrate the appointment and international achievements

of Pam Stavropoulos, now Head of Research and Clinical Practice; we proudly announce the Silver Mental Health Award we received; we demystify the latest developments of the Royal Commission into Institutional Responses to Child Sexual Abuse; and share some more excellent feedback from our pilot workshops. As usual, see the back page for workshop times and registration details. Signing off for the last time, I'd like to acknowledge *Breaking Free* readers for being a vital part of the ASCA community. My heartfelt thanks to all the ASCA team (past and present), particularly Cathy Kezelman whose unwavering passion and stamina for this work is nothing short of jaw-dropping and will no doubt continue to inspire us all.

Kath O'Sullivan | Editor

Taking care of business

This month ASCA is installing a new data and content management system. This new system will improve the way we manage the organisation's membership and contact information, your options in interacting with our website, security of our information and data as well as refining online workshop registrations and membership applications.

We are currently migrating all our existing data over to the new system and intend to have the new system operating by the beginning of September. Over the next month we will be updating and improving the ASCA website, to ensure the new data management system is fully integrated with the site.

We are currently also focused on creating a schedule for workshops which will take us into the first half of 2014. This program will include workshops for survivors and carers, trauma informed training for workers, and workshops for health professionals. ASCA will also be piloting workshops within Aboriginal communities (in 2014), as well as a new advanced training for health professionals (in late 2013).

Finally, we are sorry to be farewelling Kath, a long-standing counsellor on ASCA's 1300 line and also our highly accomplished newsletter editor. Kath has taken a full-time role in a related area and will be utilising many of the trauma informed skills she has acquired through her work with ASCA. We would like to acknowledge Kath's wonderful contribution and of course wish her very well in her future endeavours.

Mark Bebbington | COO

Seeking survivors to speak to media

From time to time ASCA is approached by the media to provide comment. As ASCA's voice has grown stronger, its media presence has also grown. ASCA plays an important role in raising awareness around the needs of adult survivors of all forms of childhood trauma and abuse, how services are meeting those needs, the challenges and difficulties as well as stories of hope, optimism and recovery. With the commencement of the Royal Commission and Blue Knot Day less than two months away, ASCA anticipates many more opportunities to speak over the next few months in particular.

Part of ASCA's engagement with the media involves a call for survivors who wish to speak out. Speaking to the media, while empowering for many, can also be daunting and requires careful consideration. It is important that anyone taking such a step has good support around them and has thought about what they are willing/not willing to speak about and share, as well as in what context.

While we cannot be sure an opportunity will arise even if you register your interest, we expect that there will be a range of opportunities from now to the end of the year. If you have a story you want to share, what helped and what didn't – about your engagement with the Royal Commission, your recovery journey and any other aspect of your journey please contact Dr Cathy Kezelman on 0425 812 197 or by email ckeelman@asca.org.au to discuss this possibility further.

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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 User Name?* or *Forgot your Password?* as appropriate.

Follow Us

 www.twitter.com/ascaorg

 www.facebook.com/groups/adults_survivingchildabuse

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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Our Story

ASCA launches Practice Guidelines in Victoria

At the TheMHS conference in August, ASCA launched its Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care in Victoria.

Cathy Kezelman discussed their unique and critical role in changing the landscape in responding to complex trauma in Australia. With more than 5,000 downloads from the website and 1000 hard copies purchased, the Practice Guidelines set the standards for responding to the public health challenge of trauma.

The Guidelines were previously launched federally by the then Minister for Mental Health and Ageing, the Hon Mark Butler MP, in NSW by John Feneley, NSW Mental Health Commissioner, in WA by Eddie Barnik, WA Mental Health Commissioner and in QLD by the Minister for Health, the Hon Lawrence Springborg MP.

Corinne Henderson, Senior Policy Officer, MHCC, a lead member of the national Trauma Informed Care and Practice Advisory Working Group with whom ASCA works closely, officially launched the Guidelines.

Cathy Kezelman | President

ASCA 1300 line responds to Royal Commission demand

ASCA's counselling team has a depth and breadth of experience in supporting survivors of complex trauma and a trauma informed approach to care that forms the backbone of our 1300 phone service. As reported previously, the service has expanded significantly this year in response to the growing needs of the community. Much of this relates to the increased number of people needing information and support in response to the Royal Commission into Institutional Responses to Child Sexual Abuse.

If you are a survivor of child sexual abuse who is considering engaging with the Royal Commission, or a survivor of any form of childhood trauma, a supporter/partner/friend of a survivor, or a health professional needing information, please call 1300 657 380. This line is now operating Monday to Sunday, 9am – 5pm. Our expert team provides short-term telephone counselling support and referrals to trauma-informed health practitioners around the country to support survivors on their journey to recovery.



Man's best friend



Living Well, a service for male survivors of child sexual assault, has been encouraged by men to create some new pages on its website. The web pages acknowledge and honour the contribution pets make to the lives of men who have been sexually abused in childhood and their loved ones.

They are 'Pets Hall of Fame' and 'Why you might think about getting a pet'.

<http://www.livingwell.org.au/well-being/why-you-might-think-about-getting-a-pet/>

<http://www.livingwell.org.au/from-men/pets-hall-of-fame/>

The 'Pets Hall of Fame' page has a facility for men and their families to upload a photo of their pet, along with a brief bio, introducing the pet and briefly describing the contribution the animal has made. This can be done anonymously – the man does not have to identify himself.

Living Well welcomes contributions from far and wide to help them honour 'man's best friends'.



Announcing ASCA's new Head of Research and Clinical Practice

We are delighted to inform you that Pam Stavropoulos, who has been working with ASCA over the last couple of years, has now taken on the full-time role of Head of Research and Clinical Practice. Pam has already made an outstanding contribution to ASCA and the field.

She is not only co-author of ASCA's widely acclaimed *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* but has developed all of ASCA's core programs which are now aligned with the evidence base from the Guidelines.

Pam is also a prominent voice and thought leader internationally, a member of the scientific committee of the

International Society for Study of Trauma and Dissociation, and collaborating on a number of international publications.

Having Pam's fulltime commitment in a role which recognises her vision and clinical acumen along with that of her research expertise will enable ASCA to further build on its leadership in the complex trauma field.

Pam's focus will span clinical oversight of all service delivery and program development (in consultation with the Clinical Advisory Committee) as well as crucial research initiatives. As ASCA continues to grow and develop, Pam's contribution will be pivotal to that process.

Conferences and research

Application of 'research into practice' continues, with the piloting of a suite of workshops informed by the now widely endorsed *Practice Guidelines*. But it is important that new research avenues continue to be explored. This is because the potential to take current research insights into a range of exciting areas is now enormous.

In this context, it was a privilege to present at the annual conference of the Australian Somatic Psychotherapy Association (ASPA) earlier this year. Called 'Ripples in the Pond: the Therapist's Role in Consciousness Shifting', this conference brought together diverse psychotherapists who work with the body in various ways. ASPA was aware of the *ASCA Practice Guidelines* prior to my attendance of this conference. My paper both consolidated the particular guidelines (11 and 12) which relate directly to the body, and addressed implications for ways in which they might begin to be operationalised.

Clinical and neuroscientific research establishes the role of psychotherapy in assisting the neural integration necessary for the resolution of trauma. But the limits of 'talk' are also clearly revealed by key researchers and clinicians in the trauma field (Pat Ogden, Peter Levine, and Bessel van der Kolk are notable here). My paper was called 'Non-verbal expression and the 'talking cure': integrating the body in



mainstream psychotherapeutic practice'. A major aim was to gauge the level of participant interest for the collaborative work necessary in order for this to happen.

It was a wonderful conference (extremely welcoming and inclusive) and there was a high level of follow up contact. This included from somatic psychotherapists who wanted to be included on the ASCA referral database. More recently, I also attended a workshop on sensorimotor psychotherapy with Janina Fisher, which further explored a key theme of which effective therapy for complex trauma needs to take account - 'bottom up' and 'top down'. More about this next issue.

A further exciting development in the area of research is that I am now collaborating on two international articles for the Royal Australian and New Zealand Journal of Psychiatry. Under the expert leadership of Associate Professor Warwick Middleton (prominent ASCA Advisory Panel member and champion of the field of complex trauma and dissociation), the writing team includes Martin Dorahy in New Zealand, American expert Bethany Brand, and Turkish traumatologist Vedat Sar. While our guidelines are called 'The Last Frontier', there remain several associated frontiers in relation to research in complex trauma. It is wonderful that ASCA now has direct input at such a high level into this dynamic and rapidly evolving field.

Pam Stavropoulos | Head of Research and Clinical Practice



Keeping you informed

Public Hearings

The Royal Commission into Institutional Responses to Child Sexual Abuse holds hearings to consider evidence about child sexual abuse in institutions, and to find out about failures and successes in preventing abuse. The hearings are formal and follow a set of rules. The Royal Commission will hold its first public hearing in Sydney on September 16.

The public can attend the hearing, or view proceedings live on the day via the homepage of the Royal Commission website at: <http://www.childabuseroyalcommission.gov.au>

Public Hearings will be held at Governor Macquarie Tower, 1 Farrer Place, Sydney starting at 10am and running until 4pm.

Private Sessions

In addition, the Royal Commission has announced its 2013 schedule for private sessions. These sessions, which are being held in every State, are meetings during which an individual can tell their story to one or two Commissioners in an informal and confidential setting, with a support person in the room if desired. There is also the option to speak to a counsellor after the session for support and information about services to help.

Private sessions are scheduled to December 2013 and additional sessions may be added over time:

- September – Victoria, Tasmania, NSW
- October – Queensland, Northern Territory, NSW
- November – South Australia, NSW
- December – Western Australia, NSW

If you are affected by child sexual abuse in an institution you can let the Royal Commission know you are interested in sharing your experience by:

- telephoning 1800 099 340
- writing to GPO Box 5283, Sydney NSW 2001
- emailing registerinterest@childabuseroyalcommission.gov.au



Issues Papers

<http://www.childabuseroyalcommission.gov.au/Issuespapers/Pages/default.aspx>

The Royal Commission will be releasing Issues Papers on a range of topics that are relevant to its work. It has released three Issues Papers to date.

Submissions regarding Issues Papers should be made, preferably electronically, to solicitor@childabuseroyalcommission.gov.au, otherwise in writing to GPO Box 5283, Sydney NSW 2001.

- Issues Paper 1 – Working With Children Check
- Issues Paper 2 – Towards Healing
- Issues Paper 3 – Child Safe Organisations

Contacting the Royal Commission

Callers within Australia – 1800 099 340 (Toll free number).

The Royal Commission Intake Service operates Monday to Friday 8am – 8pm.

Postal Address: GPO Box 5283, Sydney NSW 2001

Email: registerinterest@childabuseroyalcommission.gov.au

Independent Legal Advice Service

The Government has established 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.

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

knowmore's staff includes lawyers, counsellors, social workers and Aboriginal liaison officers. Its national free advice line is 1800 605 762. Further information can be found at: www.knowmore.org.au



ASCA in the News

The Courier | 6 August | *Sexual abuse survivor welcomes support*

A BALLARAT sexual abuse survivor has welcomed a \$1.5 million federal government expansion of support services. Andrew Collins said yesterday he looked forward to the government implementing a TPI-style scheme to give victims a chance to live and heal.

The government announced this week Adults Surviving Child Abuse (ASCA) services would be boosted as part of the e-Mental Health Strategy.

Mental Health and Ageing Senator Jacinta Collins said ASCA's telephone counselling line,

its online services and referral database would all benefit.

"These services will help survivors of childhood complex trauma, their carers and the health professionals who work with them," Senator Collins said.

"ASCA will develop online training videos for carers and health professionals, and ASCA services will be accessible through the Australian Government's online mental health portal, mindhealthconnect.org.au."

A series of fact sheets for survivors, carers, GPs and other health professionals will also

be available from next month on the ASCA website, www.asca.org.au

Mr Collins, who was abused by a Christian Brother while a St Patrick's College student in the 1980s, said the ASCA funding was an important announcement.

"ASCA have been looking for funding for quite a while to expand their services, and the funding is further recognition that survivors need help," Mr Collins said.

"Along with the helpline for victims, the provision of information to health professionals is equally important."

ASCA wins national Mental Health Award

We are proud to announce that ASCA recently received a silver mental health achievement award together with MHCC (Mental Health Coordinating Council NSW) under the Mental Health Promotion or Mental Illness Prevention Program/Project category at the TheMHS conference in Melbourne. The TheMHS conference is an international mental health, psychiatric and

educational conference which attracted 1200 delegates this year.

The award was presented by The Federal Minister for Mental Health, Senator the Hon. Jacinta Collins and Alan Fells, Chair of the National Mental Health Commission, for our collaborative work around Trauma-Informed Care and Practice: towards a cultural shift

in mental health and human services in Australia.

The achievement awards were made through a peer review process which assesses service excellence and ASCA's award is recognition of the work we are doing in helping to lead a national strategy around trauma informed care and practice.

Continued from page 1



JOIN THE CONVERSATION – Find us on **Facebook**, follow us on Twitter **@BlueKnotDay**, visit our blog for regular updates **HERE**.

Recovery is personal and means different things to different people, depending on their particular situation or life experience. For many it is about wellbeing and finding the path to a satisfying and fulfilling life. This is not to minimise the lived experiences of trauma and abuse but to also promote feelings of hope and optimism.

Extensive research from neuroscience has established that recovery is possible, even for those who have experienced severe trauma, in all its forms.

This Blue Knot Day ASCA will be seeking community support for us all to work together to help adult survivors of child abuse move towards and through recovery. Many survivors have experienced trauma in the context of interpersonal relationships, often perpetrated by people in positions of care, responsibility and authority. Many of those relationships had damaging consequences. The message this Blue Knot Day is about the benefits of positive relationships and how building support through relationships can aid recovery.

The Royal Commission into institutional responses to child sexual abuse is underway and has put a spotlight on abuses in that context. Since the Royal Commission was announced last year, the issue of child abuse is certainly on the radar of a lot more people. Bringing the subject out of the dark and into the light of day is something ASCA has always hoped for. Now it's time for everyone to get on board. With one in five being affected by childhood trauma of some form, we all know someone who has been affected – if not ourselves, then a family member, a friend, a work colleague. The positive message about healthy relationships is simple – small changes can make a big difference.

Through Blue Knot Day, ASCA aims to educate the Australian community about how to show their support and where they or the person they are supporting can turn for professional help. This Blue Knot Day, ASCA will be raising awareness and calling on all Australians to unite in support. We are also encouraging those affected to reach out because with positive relationships and the right professional help, people can and do recover.

City2Surf

A big thank you to everyone who took part in this year's City2Surf on behalf of ASCA and raised much-needed funds. The day was a great success and was thoroughly enjoyed by all our team members on the 14km course on a beautiful sunny day. A great effort from Gary Jacobson who completed the course first for ASCA in the impressive time of 57.35.

Team ASCA raised a total of \$2830.00. Thank you to all for your fantastic efforts. Well done to Rosanna Martinelli who has raised the most sponsorship on behalf of Team ASCA. Check out her fundraising page at <https://city2surf2013.everydayhero.com/au/asca>

Our main focus was to create awareness and by wearing our ASCA singlets on the day, we surely achieved this.

The team: Gary Jacobson, Markus Lachele, David Poole, Kate McMaugh, Prenessa Moodley, Rae Gibson, Glenda Jacobson, Elana Cohen, Belinda Johnson, Kevin Mohi, Julian Janssen, Rosanna Marinelli, Poonam Hans, Mark Bebbington, Christopher Pile.

Prenessa Moodley | Marketing Manager



Workshops

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.

For more information about in-house workshops, please call **02 8920 3611** or email events@asca.org.au

Workshop Feedback

In the July edition of *Breaking Free* we included feedback from recent pilot workshops run for health professionals and for carers. Below is feedback from recent pilot workshops delivered to survivors.

- 98% of consumers/survivors who attended the workshops indicated they would be interested to attend another workshop on this topic (2% didn't respond) i.e. 100% of those who responded to the question indicated that they would be interested in attending another workshop.
- 100% of consumers/survivors who attended would recommend this workshop to others.
- Of the 98% of consumer/survivor participants who responded to the question, 100% felt that the content of the workshop was relevant and helpful to them (2% didn't respond).

"Brilliant workshop. Awesome."

"Brilliant. Wish it was all day. So good."

"I have been very blessed, encouraged and felt very safe."

"Fantastic workshop. I would love to do more."

"The presenter was fantastic; the material was incredibly helpful and really added to the work I have already done on myself"

"Absolutely beneficial for us, the need of knowledge is great to be aware (of)...a learning golden block."

ASCA is currently scheduling workshops to be held this year as well as into 2014. The schedule will include workshops for health professionals, survivors and carers as well as trauma informed workshops for workers.

Following feedback and analysis from the recent pilot workshops, it has been decided that workshops for survivors will now run from 10am – 4pm and workshops for carers will run from 9am – 5pm. These workshops will each have two facilitators. Workshops for health professionals will continue to be run 9am – 5pm and will have a single facilitator, while trauma informed workshops will also be of a day's duration but will have two facilitators.

An advanced workshop for health professionals will also be piloted in the second half of 2013 and added to the schedule for 2014 at a number of sites.

Workshops

ASCA will be announcing our 2014 workshop schedule very soon

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. The workshop is drawn from ASCA's Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery www.asca.org.au/guidelines

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

Full-day workshop:

9.00am – 5.00pm.

Cost: \$250 / Concession \$190

Professional development endorsement:

ACMHN- 7 ACMHN CPE Points
AASW – 7 CPD hours

Book now online: www.asca.org.au/workshops

Date	Location
20 September 2013	Brisbane
27 September 2013	Melbourne

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.

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

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

Book now online:

www.asca.org.au/workshops

** 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

register
now

Date	Location
21 September 2013	Brisbane
23 November 2013	Sydney

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.

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 <http://www.asca.org.au/guidelines>

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:

AASW – 7 CPD hours

Book now online: www.asca.org.au/workshops

Date	Location
8 November 2013	Brisbane
15 November 2013	Melbourne
22 November 2013	Sydney

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.

register
now

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. <http://www.asca.org.au/guidelines>

Cost: \$50.00

Date	Location
28 September 2013	Melbourne