

Breaking free

asca

Adults Surviving Child Abuse

The Newsletter of Adults Surviving Child Abuse | ISSN 1836-6899 | August 2012

Untangle the Knot Photo Competition 2012

Entries for ASCA's third annual Untangle the Knot Photo Competition are now open. This year's concept, 'hope and optimism', reflects the theme for Blue Knot Day and highlights ASCA's research around possibilities for recovery for adult survivors of childhood trauma.

All images must include a 'blue knot' which can be displayed with as much artistic device as the entrant chooses within the terms and conditions of the competition. A generous prize to the value of \$2000 will be awarded to the winner.

Finalists' entries will be displayed via a virtual gallery using Flickr. Everyone will have an opportunity to vote online for their favourite finalist. The final decision will be made by the judges, Mark Tedeschi and Alan Davies.

Entries close October 5.

For more information and to view the competition terms and conditions visit <http://www.asca.org.au/untangletheknot>

Meet the Judges

Mark Tedeschi has been a passionate photographer since 1988. He has had 10 solo exhibitions and participated in more than 20 joint exhibitions in Australia, Italy and France. His images are included in the collections of the New South Wales Art Gallery, the National Library in Canberra, the Museum of Sydney, the Justice and Police Museum, and the State Library of NSW. His images have been published extensively in books and journals, including the definitive text on Australian photography "Eye for photography" (2005) by Alan Davies, and Lucy Turnbull's iconic "Sydney: a Biography" (1999). Mark has won numerous photographic awards and prizes in Australia, North America and Europe. He has been a finalist in the National Photographic Portrait Prize at the National Portrait Gallery in Canberra (three times), the Moran Contemporary Photographic Prize, the "Head On" Photographic Portrait Prize at the Australian Centre for Photography in Sydney (twice), the Olive Cotton Award and the Photographic Portrait Prize at the National Portrait Gallery in London. Mark is a member of the Board of Directors of the National Art School in Sydney. View Mark's work at www.marktedeschi.com

Alan Davies has been Curator of Photographs at the State Library of New South Wales since 1989. Alan has produced many catalogues for photographic exhibitions and his previous books include:

- An Eye For Photography: The Camera In Australia (2004)
- The Mechanical Eye in Australia: Photography 1841-1900 (1985)
- At Work and Play: Our Past in Pictures (1989)
- Sydney Exposures: Through the Eyes of Sam Hood and his Studio 1925-1950 (1991)



2011 Winner: *Matryoshka's Shell*, by David Patston

Blue Knot Day Countdown – IT'S TIME TO GET INVOLVED.

SOMEONE YOU KNOW?

Unite in support of adult survivors of childhood trauma



RAISING AWARENESS
FOSTERING HOPE

TACKLING STIGMA
PROMOTING RECOVERY

The countdown is on with less than two months to Blue Knot Day, October 29. There are lots of ways you can join in and get involved. Turn to page 5 for ideas and inspiration.

From the Editor

It is with great pleasure that I present to you this August issue of *Breaking Free* as ASCA gears up for our national awareness day, Blue Knot Day. Find out how you can join in and contribute on page 5. Below, ASCA President Cathy Kezelman talks about some of ASCA's recent achievements, showcasing the imminent release of our already much lauded Practice Guidelines.

This month's My Story comes from a survivor's healing experience of journaling while our guest contributor, lawyer Alan Collins, explores a decade of scandal in the Catholic Church and other institutions where adults have power over children, on page 7.

August has been a busy month for our workshop presenters who have facilitated workshops for survivors and community workers, as well as delivering in-house presentations, all over the Northern Territory, and other areas. The response to these



workshops has been excellent – read the feedback on page 4. On page 6, ASCA in the News celebrates AFR journalist Jill Margo's Mental Health Media Award and highlights the profound impact of psychological abuse on children.

As usual, page 8 outlines forthcoming workshops. Be quick to register at www.asca.org.au/workshops

Kath O'Sullivan | Editor



The Big Picture

2012 has been an exciting year for ASCA. As we approach Blue Knot Day it is time to reflect on the past year while enthusiastically looking forward to 2013.

ASCA has seen many positive changes this year with an expanded, accomplished team in the office, experienced practitioners providing professional support on its 1300 line and facilitating its workshops, and an Advisory Panel which now features 15 highly-credentialed experts from the complex trauma field.

We have received some Federal and State/Territory government support for our workshop program, although given the level of need and proven benefits of ASCA's programs in health, social and economic terms, we continue to advocate for policy reform and sustainable funding.

ASCA's Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery, were recently reviewed by the Federal Department of Health and Ageing and the Minister, Hon Mark Butler MP. The Minister stated "I would like to congratulate you and your colleagues at Adults Surviving Child Abuse (ASCA) for the development of these Guidelines. The Australian government is committed to improving mental health care nationally, and I am grateful for your continued commitment to addressing complex trauma in adults who have experienced interpersonal trauma in childhood as the result of abuse in all its forms."

The Guidelines were widely acclaimed prior to their release and will be available for download from <http://www.asca.org.au/guidelines> soon.

ASCA is keen to continue its leadership role in this area by translating research into practice and so bring hope and pathways to recovery to those affected.

ASCA's work in the trauma field has informed the now expanded Blue Knot Day, which recognises the needs of survivors of all forms of childhood trauma, as well as opportunities for recovery. Blue Knot Day offers a unique opportunity for communities and governments to unite in support of adult survivors. We all know someone who has been affected. It's time that all survivors are given the opportunity to build on their strengths and receive the help and support they need to reclaim their lives.

Dr Cathy Kezelman | ASCA President

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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.

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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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A survivor finds hope through journaling

“Journaling is a very good thing to do to get in touch with those feelings that we need to get out. It really does help,” says Helena who has been kind enough to share a journal entry with Breaking Free readers.

From my journal, 25 May 2008. While meditating I had the following special experience. I saw a pulsating red cord which was attached to both me and the universe. I entered a room which was in darkness. The room had no windows and seemed like a prison cell.

I was crawling around on the floor trying to find the light switch and saw some light from underneath the door. I stood and opened the door and the room filled with light and rainbows of colour. The door was the light switch! On a wall was written “I am sorry, please forgive me.” As I was reading the sign and taking it in I heard the words “Your pain is my pain. Your pain is our pain.” My bro appeared and stood with me by my side. Before he left he said “It will be ok sis, it really will be ok.” I was crying and bro told me “I am not going to wipe your tears away as it is good to let it all out.” Bro left the room and as I looked around the room again I saw scattered all around me many jigsaw puzzles, all in different stages of completion. I came back to ‘real time’ and felt a sense of achievement.

Reflection following the above meditation, May 2008.

I am so glad I opened the door to let the light in. I don't like the dark much. The pain 'they' felt plus the writing on the wall asking for forgiveness is very symbolic for me relating to abuse and trauma by someone in authority who has now passed over... This person was in prison for abusing many innocent children and pitting them against each other... He was sentenced to many years in prison on more than 70 charges. This person was a cottage parent in the children's home where my sibling and I were placed. My bro was abused by this person and so was I... I wrote the person a letter about a year ago now, telling them exactly what I thought of them, only to learn they had passed away a month earlier. I can also say I am not afraid of this person any more and that although I haven't achieved full forgiveness towards them, I am well on my way towards it. With my bro's help I am sure I will get there.

Since my bro passed in 2004, he has been my main communicator, guiding me and (giving) advice on forgiveness and healing and ultimately helping me reach wholeness in body, mind and spirit. ... I have done so much work on healing my past and healing the innocent little girl within me, bringing together many of the fragments of myself and my shattered spirit. My bro is a huge part of that healing process and that he brought our abuser there (to the meditation) asking for forgiveness opens up so many more doors to even more light. I am confident in time I will allow that process to go full steam ahead minus blockages and hang-ups which have slowed me down a bit. The releasing of worry and medical conditions is happening and has been for a long time now. Much of it is still like a jigsaw puzzle - many jigsaw puzzles. As I slowly work to complete these I can see the finish line... I don't create issues from the trauma of the past; I work through them one by one whilst resting some in between. It is hard to realise how much this type of thing can and does damage the spirit and find the energy to continue. I am ultimately so proud of me for always forging on despite the odds. I have seen what is ahead of me many times so I know that it is certainly worth all the hard work. I have always asked myself 'if I will ever get there?' and 'if I will run out of time?' The answer to the first question is a definite, confident yes and the answer to the second question is a definite, confident no. Woohoo! It is great to witness to myself how far I have come and in saying that I am so proud of myself.

Helena

Talking to the Media

From time to time ASCA is approached by the media seeking a comment or story. Sometimes the media would like to talk to a survivor who has gone through a particular experience. Sometimes they want to interview a survivor of a certain age or gender; sometimes, a partner of a survivor or a couple. As we approach Blue Knot Day we anticipate further opportunities for media interviews.

Telling your story can be an important step on the road to recovery as it helps to break the secrecy, shame and stigma survivors

often carry. It can be both empowering and self-affirming. However, speaking to the media is a very public way of sharing your story and can also be daunting. It is important that you consider doing so very carefully and talk through what it means with those close to you first.

If on reflection you feel you would like to have the opportunity to be interviewed, and feel as though you have the support and wellbeing to do so, please contact Cathy Kezelman on ckezelman@asca.org.au or phone **0425 812 197** to discuss.



Asti Berner

Everyday Heroes

ASCA receives many queries from members of the community wanting to get involved with our work, help with fundraising and make a difference to adults surviving child abuse. One of the ways you can support us is to join or create an event and have other members of the community sponsor you. Not only does this raise much needed funds, it also raises awareness about ASCA and what we do. Fun runs and other athletic events are a popular choice, but there are also less strenuous, creative options.

For example, Asti Berner is organising 'On Recovery Road' – an exhibition of artwork in Brisbane to raise funds for ASCA. To find out how you can support Asti, or just to be inspired by her ideas, visit her Everyday Hero page

http://www.everydayhero.com.au/asti_berners_hope

If you would like to 'be our hero' visit the Everyday Hero website to see upcoming public events that you might enter or create one or your own and select ASCA as your fundraising charity. Go to <http://charity.everydayhero.com.au/events/>

Step 1: Choose an event and register yourself.

Step 2: Choose ASCA as your charity for fundraising.

Step 3: Create your own Hero page.

Step 4: Invite friends and family to support you.

Step 5: Participate!

Top marks for workshops in Top End

This month saw several workshops held in the Northern Territory for both survivors and community workers. We are pleased to share some of the wonderful feedback we received about the content and presenters.

SURVIVORS

'At first I was hesitant in doing a workshop. I'm glad I did. I feel less alone, I feel relieved and validated in my experiences and with the way I deal with it. I don't feel as 'crazy'. Thanks so much.'

'Thank you again for this work – it is life changing.'

'I really felt respected by the facilitators – they came from a place of warmth and compassion.'

'The workshop demonstrated an honour and respect of the individual's stories – empowering!'

'Great workshop – keep up the good work ASCA.'

'So glad I attended and thank you for the work you are doing'

'Fascinating experience with great presenters. Lots of new ideas and different perspectives. Realising I am not alone is very beneficial!'

'Thank you for helping me find a path to a happier life :)'

COMMUNITY WORKERS

'It was all valuable information which I feel I can apply and utilise in my place of work.'

'The depth of information and relating to clinical practice was excellent. And I like the

in-depth booklet with lots of references.'

'Great workshop! Facilitator was very knowledgeable and skilled about the topic of working with adult survivors'

'This workshop was great and I have been using the strategies all day with a consumer who is quite unwell'

'Fantastic presentation and the applications were easily seen through the practical example discussions.'

'The facilitator was wonderful – very knowledgeable and informative. Presented the information in an easy and engaging manner. Good refresher and forum to learn - from the presenter and also from colleagues.'

'A great workshop and I will refer others in my workplace team to attend. Thankyou.'

'Very broad ranging approach to trauma education, including theory and practical strategies.'

Let's Talk...



Living Well (Australia) and 1in6 (USA) are running a competition called: 'Let's talk...! Poster/Visual Media Competition.

The 'Let's talk...' competition invites artists, graphic designers, film makers, anyone, where ever you are in the world, to create a unique and meaningful poster or video that

will increase public discussion, awareness, support and hope for men sexually abused in childhood.

\$1500 in total prize money will be awarded to artists that best express the theme:

'1 in 6 men were sexually abused in childhood: Let's talk...'

Research tells us that one in six men have been sexually abused in childhood and that on average, men will take 22 years to tell someone about it, 10 years longer than women. When men do come forward, they often speak of how limited public discussion of this issue adds to a sense of isolation and desperation.

One of the challenges faced by services working with men sexually abused in childhood is to find ways to publicly name the issue and acknowledge the profound impact that sexual abuse can have, without adding to

men's sense of hopelessness. 1in6 and Living Well see their work as hopeful, transformative and life supporting. They are looking to reward and promote posters and visual media that enhance the public conversation on this important issue.

- 1st prize – \$1000 (Awarded by Competition Panel)
- Runner up – \$250 (Awarded by Competition Panel)
- People's choice – \$250
- Submissions to be received by Monday October 1, 2012

Watch a promotional video at: www.youtube.com/watch?v=jZ7he8S3nVM

For information on how to enter and support this initiative, please go to: <http://livingwell.org.au/Multimedia/LetstalkPosterVisualMediaCompetition.aspx>

Blue Knot Day Activities – Oct 29



On Blue Knot Day, ASCA asks all Australians to unite in support of the estimated 4-5 million Australian adults who have experienced some form of childhood trauma. Blue Knot Day will be celebrated on Monday October 29, 2012 and activities will be held in the week from October 29 to November 4.

Parliamentary Morning Tea

This year Blue Knot Day will be launched from Parliament House in Canberra. Hosted and supported by Senator Matt Thistlethwaite and Senator Catryna Bilyk, ASCA will be holding a morning tea on Monday 29 October, Blue Knot Day 2012 from 12.30 to 1.30 pm.

The event will bring together parliamentarians and their advisors along with survivors and their supporters, community members and representatives from ASCA and other organisations.

On Blue Knot Day Australians unite in support of adult survivors of childhood trauma bringing hope and optimism to those affected. On Blue Knot Day ASCA raises awareness, tackles stigma and fosters hope while promoting pathways to recovery.

ASCA has been working closely with government to help improve the lives of adult survivors and this event held in Parliament House, highlights that work and the important role of government in implementing policy reform which best supports survivors' needs towards recovery.

John Teer, ASCA Chair and Dr Cathy Kezelman, ASCA President will speak on the topic of "Working together to change Australian lives: heralding a new era in trauma recovery". All welcome and details to follow.

Swimming Upstream

by Heather Robinson, South Sydney Uniting Church



It is exciting to be part of the preparation of a visual arts presentation called *Swimming Upstream* using thousands of origami fish. We are determined to help make enough fish so that the project will be stunning.

ASCA, the South Sydney community and South Sydney Uniting Church congregation are all involved. The fish will be hung in South Sydney Uniting Church and will be on display from November 3 until December 20. This visual art installation will also be used as a setting for a presentation of stories and statements from adult survivors of child abuse (Nov 3), and for a prayer service supporting adults surviving child abuse (Nov 4, 10am).

How to participate

ASCA invites YOU and your community to host or attend an activity for Blue Knot Day on the themes of hope, optimism and recovery.

ASCA is building on the success of prior events and our ground-breaking work in the trauma field. We want to acknowledge the needs of all survivors of childhood trauma along with pathways to recovery and have launched Blue Knot Day, a national awareness day in support of the estimated 4-5 million Australian adult survivors of childhood trauma.

We thank those communities who supported Forget Me Knot Day in the past and ask that you again think of supporting ASCA on its national awareness day. Blue Knot Day is a day to unite as communities to foster hope and promote recovery. Here's how:

Hold a service: If you belong to a faith-based community ask your minister/religious leader to hold a Blue Knot Day service. You can order blue knot friendship bracelets to wear and buy ribbon for decorating parts of the church/synagogue or mosque with blue knots.

Hold or attend a fundraising event:

- a morning or afternoon tea, lunch or barbeque
- a picnic get-together in the park
- an open garden or garage sale

Start an Everyday Hero page: to create your own fundraising event for Blue Knot Day register your event at www.everydayhero.com.au/charity/view?charity=355 See page 4 for details.

However you choose to celebrate Blue Knot Day, you can register your event or join a scheduled event, **download a Blue Knot Day poster** with space to promote your activity, and/or **order Blue Knot pins** or **friendship bracelets** from the ASCA website www.asca.org.au/blueknotday

Email events@asca.org.au or call 02 8920 3611 for more information.

Follow Blue Knot Day on Facebook and Twitter

 www.twitter.com/ascaorg

 www.facebook.com/groups/adults-survivingchildabuse

Award winning playwright Alana Valentine (Mob 0416 003 798) has been gathering and transcribing stories and statements from many people and is still keen to hear from anyone willing to share a part of their story for anonymous presentation.

The telling of stories and weaving together of communities helps us unite in bringing messages of hope and recovery. The Swimming Upstream Installation and Presentation will be a symbolic act of letting go of the stories, making them public, weaving them into the fabric of life and community and locating them in a context of many other survivors also doing the same thing. *(continued on page 6)*

ASCA in the News

Mental Health Media Awards | August 22

Jill Margo, journalist for *Australian Financial Review*, was honoured recently at the annual TheMHS conference when she received the top Print Media Award in recognition of two articles which appeared in the AFR in 2011: *Who's Helping Adult Survivors of Abuse?* and *Child Abuse, Adult Anguish* – articles seeking possibilities for recovery from the challenges many child abuse victims face many years later in adulthood.

Both articles highlighted the often poorly met needs of adult survivors of child abuse, specifically of men, with the second article appearing to coincide with ASCA's annual national day, previously called Forget-me-knot Day.

Australian and New Zealand Mental Health Media Awards were presented by *Professor Allan Fels, inaugural Chair, National Health Commission* on Wednesday 22 August at the beginning of the annual TheMHS conference in Cairns.

ASCA would like to extend its congratulations and gratitude to Jill Margo for her highly professional coverage of this issue. Journalists like Jill Margo and articles such as the two which appeared in last year's *Australian Financial Review* are an important step towards highlighting this often stigmatised and hidden issue. It is through education and awareness the adults abused



as children can find the care and support they need to build pathways towards health, wellbeing and a sustained recovery.

CBS 42 News | August 1

Child abuse experts say that psychological abuse in young children can be just as damaging to their physical, mental and emotional health as a slap, punch, or kick.

As the most challenging and prevalent form of child abuse and neglect, psychological abuse encompasses acts such as belittling, denigrating, terrorising, exploiting, emotional unresponsiveness, or corrupting a child to the point where their wellbeing is put at risk.

Dr Harriet MacMillan, a professor in the departments of psychiatry and behavioral neurosciences and pediatrics of McMaster University's Michael G. DeGroote School of Medicine and the Offord Centre for Child Studies, was quoted as saying, "We are talking about extremes and the likelihood of harm, or risk of harm, resulting from the kinds of behavior that make a child feel worthless, unloved or unwanted," she said, after providing the example of a mother leaving her infant alone in a crib all day or a father involving his teenager in his drug habit.

Psychological abuse does not include a parent raising their voice to remind their child to do something for the eighth time, "But, yelling at a child every day and giving the message that the child is a terrible person, and that the parent regrets bringing the child into this world, is an example of a potentially very harmful form of interaction," Macmillan was quoted as saying.

Psychological abuse is under-recognised and under-reported, yet its effects can be as harmful as other types of mistreatment. Psychological mistreatment can interfere with a child's development path, and abuse has been connected to disorders of attachment, developmental and educational problems, socialisation problems and disruptive behavior.

"The effects of psychological maltreatment during the first three years of life can be particularly profound"

Psychological mistreatment occurs in many different families, but is more prevalent in homes with multiple stresses, such as family conflict, mental health problems, physical violence, depression, or substance abuse.

Though there are few studies reporting the frequency of psychological abuse, large population-based, self-report studies in Britain and the United States found that an estimated eight to nine percent of women and four percent of men reported exposure to severe psychological abuse during childhood. The statement says pediatricians need to be aware of the possibility of psychological abuse even though there is little evidence on potential strategies that might help them identify it. The report suggests that collaboration among pediatric, psychiatric and child protective service professionals is critical for helping the child at risk.

Swimming Upstream *(continued from page 5)*



Playwright Alana Valentine



Weaving fish at South Sydney Uniting Church

The notion of fish swimming upstream – swimming against the current and therefore struggling against powerful forces pushing them the other way, but, nevertheless, eventually making it upstream, prevailing against the negative strength of the current and finally making their way forward, is a metaphor for life. Using ribbon to weave the fish links with the tangled knot symbol used by ASCA. Taking the tangled thread and weaving it into something more beautiful and functional in some small way is very powerful. I strongly believe that together we can make a difference.

The next fish weaving workshop is Saturday 15 September, 2-5pm at South Sydney Uniting Church, 56a Raglan St Waterloo. All are welcome.

William Lynn, Father F and 10 years of scandal

by Alan Collins

The past two months have seen shocking stories of the Catholic Church's reprehensible covering up stories of child abuse, denying protection and justice across the globe. Alan Collins, specialist child abuse lawyer, further examines the scandals of US Monsignor William Lynn and Catholic priests of NSW and gives a brief summary of the Catholic Church crisis over the last 10 years.

Monsignor William Lynn who oversaw hundreds of priests in the Philadelphia Archdiocese was found guilty on Friday 22 June 2012 of one count of endangering the welfare of a child, making him the first senior US Roman Catholic Church official to be convicted for covering up child sex abuse.

Last month saw the Roman Catholic Church embroiled again in claims of a cover-up over its handling of child sexual assault allegations involving priests; this time in Australia.

Australian ABC's Four Corners program revealed the church apparently failing to pass on abuse admissions by a priest to police. Four Corners says it obtained documents showing that a NSW priest, who is accused of abusing young boys, made clear admissions during a meeting with three senior priests, but they never referred the matter to police.

The allegations centre on a priest, dubbed 'Father F', since defrocked but now living in Armidale. Father F testified under oath in a 2004 court case that he confessed to sexually abusing young boys at a meeting in 1992 with Fathers Brian Lucas, John Usher and Wayne Peters.

All three, and the Archbishop of Sydney, Cardinal George Pell, denied there was any cover-up, holding that the presence of a "file note ... does not show that he made any admission". This account is thrown into doubt not only by Father F's testimony but also by a letter sent by Peters eight days after the meeting with Father F. The letter to the then Bishop of Armidale says Father F was eager to admit he had "sexually interfered" with boys aged between 10 and 11 in the early 1980s.

Although Father F was made to give up his position in the Church, the information was never passed to police. This deliberate and dangerous act of dealing with allegations 'in-house' was also seen in the Lynn trial.

The former NSW director of public prosecutions, Nicholas Cowdery, has spoken that there are grounds to pursue Lucas, Usher and Peters under section 316 of the NSW Crimes Act, which holds that those withholding information about an indictable offence could face two years in prison. A conviction under this would be for a crime similar to Lynn's. As precedent is set the Catholic Church should wake up to the crimes it is responsible for.

Sadly, child abuse scandals are nothing new to the Catholic Church as Mr Plante, writing in the Washington Post, has recently pointed out.

In an Atlanta meeting of the U.S. Conference of Catholic Bishops, the bishops recognised the 10th anniversary of the Dallas Charter, the church's document to prevent child abuse in its ranks, with a reflection



presentation by the National Review Board, an independent lay advisory group to the bishops.

Mr Plante asks what have we learned in the past ten years?

"We have learned that more than 10,000 youth were victimised by perhaps four percent of Catholic priests in America during the past half century, with the vast majority of cases occurring during the 1960s and 1970s. In fact, 94% of all cases occurred before 1990, according to the recent John Jay College of Criminal Justice study on the causes and context of the crisis. The sexual abuse of children by priests is horrific enough but it was the repeated stories of cover up and lack of accountability of bishops and other church leaders that has made this crisis a decade-long story".

The sexual abuse trial of Jerry Sandusky shows that child sexual abuse is certainly not confined to the Catholic Church or to any church organisation, but can occur wherever adults have control and unsupervised access to young people. And as we have seen this can range from the armed forces to schools and football clubs.

Mr Plante says: "It is startling that research finds a sizable number (perhaps up to a quarter) of men and women in America report that they were sexually violated as a child by an adult".

We are only too aware that those responsible for abusers go into a state of denial when confronted with allegations of child abuse. It is an issue that unhappily remains unresolved for many an institution, and the Lynn conviction has put them on notice that, in my opinion, time is running out.

Mr Plante amplifies this: "Another unfortunate lesson of the past decade is the tendency of institutions to go into denial when confronted with allegations of child sexual abuse perpetrated by their valued organizational members. It is especially disheartening when churches and universities, which set high standards for ethical and moral behaviour, focus efforts on covering up and protecting themselves from accountability, lawsuits, embarrassment, and scandal, rather than making their top priority the well-being of abuse victims".

With the courts increasingly willing to convict for any role played in the abuse of a child and the work of campaigners to support survivors and shatter taboos, hopefully institutions will recognise their responsibility to protect children and young people.

Alan Collins, Pannone LLP

Workshops for Health Professionals

Our workshop, **Best Practice for Working with Adults Surviving Child Abuse**, is designed specifically for health care professionals and is suitable for counsellors, psychotherapists, social workers, psychologists, clinical psychologists, GPs and psychiatrists.

This workshop covers:

- Understanding abuse and its impacts
- Coping strategies and defence mechanisms used by survivors of child abuse
- Common impacts of child abuse
- Treatment models and best practice guidelines for working with adults surviving child abuse

Full-day workshop: 9.00am – 5.00pm

Cost: \$250 or \$190 concession

Professional development endorsement:

APS Endorsed Activity:

7 CPD hours

AASW Approved Activity:

14 AASW points

ACMHN Endorsed Activity:

7 ACMHN CPE points

register now

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

Date	Location
9 November	Parramatta
16 November	Melbourne

Workshops for Community Workers

This whole day training for community workers provides information and tools to better equip workers in their daily interactions with clients who have experienced trauma, particularly the complex trauma of childhood. Studies show that more than 2/3 of those seeking mental health services have experienced complex trauma.

Date	Location	Time
5 October	Hobart	9am – 5pm

Book now online:

www.asca.org.au/workshops

2013 workshops coming for Gold Coast, Bendigo and Wollongong.

Workshops for Survivors

Creating New Possibilities workshops are designed specifically for adult survivors of child abuse.

ASCA's workshops give survivors and those supporting them information about child abuse and how it is linked to a range of survival and coping strategies, as well as tools for recovery.

These half-day workshops (9.30am – 12.30pm) are open to all adult survivors and their supporters.

Cost:** \$50 or \$25 concession.

*** ASCA's philosophy is for our Creating New Possibilities workshops to be accessible to all survivors. If you are experiencing financial difficulties please do contact us.*

register now

Date	Location
2 September	Parramatta
8 September	Adelaide
15 September	Perth
10 November	Brisbane
17 November	Melbourne
24 November	Hobart

Book now online:

www.asca.org.au/workshops

2013 workshops coming for Gold Coast, Bendigo and Wollongong.

ASCA In-house workshops: tailored to your needs

ASCA in-house workshops for health professionals, community workers and/or volunteers provide current information incorporating best practice guidelines for working with adults surviving child abuse.

Your team can also request topics of interest to your organisation and focus on issues pertinent to your clients and practice. Whilst workshops are generally one day in duration, two-day and half-day workshops can be arranged.

In-house workshops for survivors can also be arranged on request.

Recent in-house workshops have successfully been delivered for Stepping Out, Lyndon Community and Sydney Women's Counselling Centre.

"Clients responded positively to the well prepared information and compassionate approach indicating they felt safe and respected throughout. We are thrilled with the outcomes and are working toward targeted fund-raising for future opportunities!"

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