

Breaking free

asca

Adults Surviving Child Abuse

The Newsletter of Adults Surviving Child Abuse | ISSN 1836-6899 | August 2015

Blue Knot Day 2015



Teeing up with bloggers for tea

With Blue Knot Day eagerly approaching, ASCA held its first community awareness-raising event on August 27 – over tea – as a part of this year's theme "supportive communities help survivors recover". To stir the conversation, ASCA invited community bloggers and notable journalists to discuss the need for communities to take action in helping survivors recover and conversely, the exorbitant cost of inaction.

"Our Blue Knot Day Morning Tea demonstrates the role of the community and of ASCA uniting towns and cities across Australia to make them safer and more supportive," said Dr Cathy Kezelman AM, president of ASCA. "From our research, we know that recovery is possible; we want to provide everyone the opportunity to contribute. That's why we have created plenty of ways for people within the community to get involved."

They include:

- Wear a Blue Knot Day pin or bracelet and give one to your friend or colleague to start the conversation (pins and bracelets can be purchased from the ASCA website).
- Become one of our enthusiastic supporters across the country that is organising an event this Blue Knot Day in support of those living with the effects of childhood trauma and abuse
- Get involved on social media using the hashtag #BlueKnotDay
- Donate to ASCA to support Blue Knot Day. All funds raised will support the primary prevention work of ASCA through workshops for survivors, phone counselling support and specialist training for professionals.

Or, why not hold your own morning/afternoon tea and reach out to survivors in your community? Be part of the action. As the Mad Hatter said, "it's always tea time."

Mark your diaries with these Blue Knot Day events

October 17

Service to pray for and support victims of abuse
Anglican Parish of Belmont
Belmont NSW

October 24

ASCA Blue Knot Day at the Markets
Kirribilli Markets
Kirribilli, NSW

October 25

Church service in support of Blue Knot Day
Leichhardt Community Church
Leichhardt, NSW

October 26

Relationships Australia BBQ
New Farm Park
New Farm, QLD

October 31

Inter-faith prayer service of lament and hope
Pitt Street Uniting Church
Sydney, NSW

November 1

A service of word and sacrament
South Sydney Uniting Church
Waterloo, NSW

Visit our website for more information on these events and to track new events as we list them:

<http://bit.ly/1EM2Xvq>

From the Editor

Welcome to the August 2015 edition of Breaking Free.

Our cover story this month lists a number of Blue Knot Day events already scheduled for October this year. There are many ways you can support ASCA as we strive to untangle the knot of child abuse, including getting involved on social media or making a donation.

Next month we will publish an article on how to run a safe event for Blue Knot Day. Each week we receive registrations from people who are ready to support our national day of awareness. ASCA aims to ensure these wonderful supporters and volunteers have the right tools to run an event that offers a safe environment for people to gather and reflect on the issues faced by survivors of child abuse.

Also in this issue is an update on the building of a memorial to recognise and pay tribute to those who were abused as children in the Parramatta Girls' Home. A recent public consultation has returned a number of inspiring ideas that are outlined on page 4.

I also encourage you to read an excerpt from an article written by social issues journalist Adele Horin, which we feature on page 6. Adele tackles the tricky issue of caring for an aging parent who has been abusive in the past – someone who you might harbour anger, resentment and bitterness towards. Speaking in the article, ASCA president Cathy Kezelman AM says this is a highly conflicted situation where the adult child is pulled in one direction by humanity and in the other direction by their tough life experience.

If you have any comments about what you read in this issue or suggestions for future editions, please contact me at newsletter@asca.org.au. Warm regards,

Cherie Marriott | Editor



The Big Picture



As ASCA keenly anticipates its national day, Blue Knot Day, in two months' time, survivors around the country are also awaiting the government's response to the Royal Commission's report and recommendations on Redress and Civil Litigation presented on Monday, August 31.

Just as ASCA is calling on communities to unite in support of survivors, so too we are calling on governments to work together to provide a fair and equitable response and the pathways to recovery that survivors need. We know that 'supportive communities help survivors recover' but we also know that affordable accessible trauma-informed services are needed to facilitate that recovery.

ASCA has been rolling out its workshops for survivors around the country thanks to the generosity of many in our recent fundraising campaign. We continue to provide counselling support to callers from around the country on our 1300 line and an extensive program of training to help those providing support to survivors.

Please consider how you can become involved this Blue Knot Day, either by holding an event, purchasing blue knot pins or bracelets, fundraising or donating.

Dr Cathy Kezelman AM | 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 Username?** or **Forgot your Password?** as appropriate.

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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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From Karen

A fight worth fighting



Looking back on my story, I can see there were a number of significant changes in my behaviour. The most significant change was a need to control everything about my immediate environment. Even an out-of-place coffee cup became a source of severe anxiety. If I couldn't control something, my reactions became extreme and unreasonable.

Once I reached this point, I became very ill, and quickly. I couldn't stop crying; I couldn't concentrate; I didn't want to leave my home; and I didn't want to be with people.

I went to my GP who immediately recognised my symptoms and I began to trial a long list of different medications. But things got worse and I was hospitalised. I spent several weeks in hospital where I was closely monitored and I was able to rest. Months later, I would return to hospital again as the doctors tried to find the right combination of medication. Eventually they suggested Electro Convulsive Treatment to alleviate some of my symptoms. The usual course is between 6 and 12 treatments but, in the end, I had over 50 ECT treatments before they were able to truly stabilise my condition. But stabilised it we did.

Psychotherapy has been critical to my recovery. Through counselling, I began to understand that my illness was the result of trauma I had experienced as a child, having been sexually assaulted by a family member for 5 years from the age of 8.

My subconscious strategy for surviving years of being raped was to control what I did. I spent my life living trying to be a 'good' girl, trying to make everyone happy and trying to 'fix' everyone while avoiding conflict and anger. I wanted to be the 'perfect' daughter, wife, mother and friend. And this strategy worked. Until it didn't.

It is impossible for me to put into words how thankful I am to the two therapists who have supported me, taught me so much, comforted me and genuinely cared about me. They have literally been my life savers. It can take some time to find the 'right' person but it is time well spent and can be life changing.

Along with understanding my illness, I have been taught to challenge some of my beliefs. I learnt that I could stop striving to be perfect because I was 'enough' just as I am. I learnt that I was not a burden on my family and friends and I learned to accept that there are always going

to be some things that affect me greatly such as conflict, anger, feeling unsafe and guilt. The important thing is that I recognise these things now, I understand why they happen, and I am getting pretty good at putting things in place to deal with them. I have learnt about boundaries and that it is okay and appropriate for me to have them.

I have been told the biggest contributor to my recovery has been my ability to ask for help. I got to a point where I could no longer put on the mask and suppress my feelings. It became impossible to live this way and the battle became bigger than me. I always knew I could ask for help, and when I did, help was there.

For me, the hardest thing to overcome has been my feeling of guilt. I felt guilty about everything. Why couldn't I be happy when I had the most wonderful husband, children and friends? I felt so guilty about putting my husband and children through so much.

Recovering from trauma has taught me many things. It is not a sign of weakness, it is a sign of being too strong for too long. It is a long hard fight with many twists and turns. But it is a fight that can be won.

Karen has started a blog that attempts to reduce the stigma around mental illness. You can find it here: www.writestrong.blogspot.com.au

Need support?

ASCA's 1300 line operates 9am–5pm AEST Monday to Sunday nationally and is staffed with trained and experienced counsellors, male and female. If you are in need of help, information or support, call ASCA's Professional Support Line on **1300 657 380** or email counsellors@asca.org.au for;

- Professional short-term counselling support
- Information
- Referrals for ongoing support
- Support and guidance for engaging with the Royal Commission

Responding to Trauma

Parramatta Girls Memorial Report

The importance of remembrance



The goal of receiving public recognition and paying tribute to those who were abused as children in the Parramatta Girls' Home is one step closer.

A report into the consultation process for a memorial has now been released and asks people to respond with feedback on which idea they prefer. The deadline for feedback is Friday, September 25.

The memorial at Parramatta Girls is one of the early responses to the Royal Commission and can be started while the longer-term initiatives of redress and civil litigation are explored. The NSW Department of Family and Community Services began to seek ideas for a memorial from former residents and their family members back in mid-2014 and a consulting firm was hired to conduct consultations with the community.

Some of the strong messages heard during the consultation process were the need for dignity, respect and recognition of the women who once lived at the institution. People said it was important that what they experienced was never forgotten and never happens again.

Those who were consulted hoped that the memorial might acknowledge the courage and strength of former residents of the home, and represent a wish for

hope, healing and peace. They would like it to be a welcoming tribute that offers a safe and comfortable space for people to reflect.

The memorial might take the shape of a sculpture or water-feature, a plaque with a dedication or a child-friendly garden.

Said one woman who participated in the consultation process: "I want this to be a place representing the opposite of what Parramatta Girls once was. For example it might be a garden requiring care and nurture; looked after not abused; open walls and doors; bright beautiful and safe; and reflecting then and now – the now being more compassion and understanding."

Once an option for a memorial is agreed upon, the government will commission an artist, designer or architect to design it based on all the words, themes and ideas from the consultations. Former residents and their families will be kept up-to-date on the memorial and the future plans for the site.

If you would like to have your say on the final look of the memorial, email Eton Consulting at memorial@elton.com.au, or call **1800 054 495** (9am to 5pm, Monday to Friday). Feedback deadline is September 25.

Forgotten Australians Study

LOFA seeks more participants



Launched in February this year with funding from the Australian Research Council, the Long-term Outcomes of Forgotten Australians (LOFA) research project is now mid-way through its data collection process.

The research is being conducted by the University of NSW and is designed to fill the gap in knowledge about Forgotten Australians. It hopes to assist in developing responsive services to improve the current and future health and wellbeing of people who lived in welfare institutions and other substitute care as children.

To date, the LOFA team has received 528 surveys from adult survivors who were in care in Australian institutions or Out of Home Care between the period of 1930 and 1989.

378 surveys were completed online and 150 on paper.

Of the respondents, 58% are female and 42% male. Ages range from 27 to 100 years old, with the mean age being 61.5. The majority of participants have been from New South Wales, Queensland and Victoria, and the LOFA team is looking for more participants from other states and territories. About 7% of respondents are Aboriginal or Torres Strait Islander.

Aside from the survey, LOFA has been conducting in-depth interviews and focus groups. A total of 56 face-to-face or telephone interviews have taken place, and 10 focus groups involving 37 people. Further fieldwork is scheduled to occur in Perth in late September, Alice Springs in mid-October, Darwin in mid-November, and Tasmania and ACT later in the year.

LOFA wants to hear from more adult survivors who were in care between the period of 1930 and 1989. To complete the survey online visit: <http://bit.ly/1zB1gsM> or to complete a paper version, phone: (02) 9385 1516.

ASCA Activities

ASCA board member

Decoding patterns, transforming lives

ASCA is about to welcome a new member to its board, Adrian Heath, who has over 15 years of experience as a leadership expert and acclaimed composer.

Adrian has always been passionate about helping people decode the patterns that are fundamentally creating their lives. He is inspired by the sheer power of education to transform people and organisations, and in 1997, he founded Evolution Learning, a corporate leadership training and coaching company. As a leadership coach, Adrian has worked with clients such as ANZ, AMP, Ricoh Australia and Westpac just to name a few.

As a speaker, Adrian is alive and dynamic, naturally authentic, deeply insightful and unpredictably humorous. His core message aligns with his passion for music composition and leadership where rhythms and harmony create the patterns for success.

Along with inspiring leaders across the globe, Adrian is also a passionate humanitarian and has been an ambassador for Adults Surviving Child Abuse for some time.

Most recently he has joined a professional speakers' group called The Supernova Tribe and will be speaking about ASCA in his presentations.

In the following interview with Rebecca Tapp on the Supernova blog, Adrian talks about being driven by a sense of purpose and passion, and about his own recovery from trauma.

<http://bit.ly/1XAevZa>

Blue Knot Day event

Come to our Kirribilli Market stall

In support of Blue Knot Day 2015, the team at ASCA has acquired a stall at the Kirribilli Markets in Sydney on Saturday October 24, 2015 between 8.30am – 3.00pm. There will be cupcakes and entertainment.

Catherine, from the ASCA team, will be performing with her band Soul Deep, as one of the acts on the day. We are also hoping to have a sausage sizzle. If anyone is able to lend a community-sized BBQ and items for the day, please let us know at events@asca.org.au.



Please join us for what will be a fantastic community and awareness-raising day. We hope to see you there!

For more information about Kirribilli Markets click here: www.kirribillimarkets.com

Parliamentary briefing session

Call for bi-partisan support



Front row: Senator Catryna Bilyk, Dr Cathy Kezelman AM, Jeannie McIntyre (VACCA), Senator Chris Ketter, Ken Wyatt AM.
Back row: Louise Roufeil (APS), Glenys Wilkinson (AASW)

On August 19, Parliamentarians Against Child Abuse convened a briefing session in Parliament House, Canberra. The session was arranged by ASCA and included speakers from the Australian Psychological Society (APS), Australian Society of Social Workers (AASW) and Victorian Aboriginal Child Care Agency (VACCA).

All four organisations were panellists at a public hearing of the Royal Commission into Institutional Responses to Child Sexual Abuse into the counselling and psychological care needs of survivors of institutional child sexual abuse.

It was a robust session, which generated active debate from the panel and parliamentarians from all parties, as well as independents. This is an issue that affects us all and there was strong sentiment that the recommendations for the Commission, now released in a report on redress and civil litigation to Government, need urgent consideration.

All four organisations presenting at the briefing agree that current services are inadequate in meeting the complex needs of survivors of child sexual abuse, and that existing pathways to justice are limited and challenging. Together they are seeking leadership and bi-partisan support shown for this Royal Commission to be matched by leadership and support for a national scheme for redress, led by the Commonwealth Government with contributions from states, territories and institutions.

A national redress scheme, anticipated under the recommendations, will be the most equitable and just option, including provision of a monetary payment, a personal response from the institution, if desired, and provision for appropriate counselling and psychological support. Read more here:

<http://bit.ly/1EJXIII>

Survivors in the News

'Some popes gave out the wrong message'

Sydney Morning Herald | August 24

A retired Catholic bishop has told a royal commission that the Vatican failed to show leadership on the issue of clerical sexual abuse and Cardinal George Pell had "destroyed" a unified Australian response to victims.

Geoffrey Robinson, former auxiliary bishop of the Archdiocese of Sydney and an architect of the church's response to abuse claims, told Royal Commission into Institutional Responses to Child Sexual Abuse no one wanted to tackle the issue of clerical sexual assault.

Bishop Robinson said sexual abuse had been covered up by the church and suspect priests were moved between parishes due to a failure of leadership within the church. "The message the popes have been giving out have been very important and I think that some popes gave out the wrong message ... and some archbishops too," he said.

The 78-year-old, who is undergoing chemotherapy for terminal cancer, told the royal commission he was shocked when he first heard allegations about Australian priests abusing children at a meeting of the Australian Catholic Bishops Conference in the mid-1980s.

When abuse claims surfaced internationally in the 1990s, Pope John Paul II did not immediately condemn the issue, Bishop Robinson told the commission.

"What we got from him was silence," he said. "Bishops were loyal to the silence."

He told the commission the Catholic Church's current leader, Pope Francis, has also failed to show authority on the issue of sexual abuse. "We still haven't had that kind of leadership, not even from Francis," he said.

<http://bit.ly/1LSVPgD>

Survivor group backs plan

The Warwick Daily News
August 20

Childcare workers across Queensland reported 1,124 suspected child abuse cases in the year ending March 31, 2015, compared to more than 18,771 cases reported by school staff over the period.

Department of Communities, Child Safety and Disability Services statistics also show Queensland Police Service reported 33,658 suspected cases and health sources reported 13,510.

A department spokesperson said this difference was because mandatory reporting professions were dealing with more families at risk than childcare personnel were.

Adults Surviving Child Abuse president Dr Cathy Kezelman supported making childcare workers mandatory reporters as long as they were trained – just as teachers, health professionals and police are.

"What's the downside to this proposal?" she said. "As long as the reports are made in a responsible and informed way, this could help improve child safety."

Caring for the parent who never cared for you

adelehorin.com.au | August 23

If a parent has been mean, unloving or even abusive towards you as a child do you have an obligation to care for them in their old age? It's a loaded question for many adult children who harbour anger, resentment and bitterness towards a needy parent and struggle with feelings of guilt.

"I still feel bad about not being there," Marilyn wrote to me recently. "I constantly struggle with guilt. I feel regret about leaving him to age without the benefit of me caring for him."

Caring for an elderly parent is hard work and takes its toll but the bonds of love and affection can make it easier. Even a sense of filial duty can help: your parents did the best by you, now it's your turn to do the best by them. But does a parent forfeit the right to expect care if he or she has been cold, selfish, neglectful or violent towards you in the past? What justifies turning your back on a needy parent?

Marilyn describes her father as having been "a violent and terrifying presence" in her childhood. But more than that, she says her father sexually abused her. It's taken her years of hard psychological work to recover. Along the way, she broke off all contact with him and her siblings.

Even so, she feels guilty about keeping her distance now that he's in his 80s. Sometimes she sees an old man walking or driving and she hopes that her father "is still as mobile as that or driving so well... Maybe it's the 'inner child' who still loves and wants the very best for my dad," she

told me. "... It's confusing to me how much I care about the well-being of someone I despise so much."

Dr Cathy Kezelman, president of Adults Surviving Child Abuse, said people who'd been abused or neglected as children often struggled with fundamental issues of identity. "As the people who hurt us age and need us to provide the care we ourselves didn't receive, we're often left highly conflicted," she said. "Our humanity pulls us one way, our life experience another."

She said it was easy for others to judge. What sort of person wouldn't care for an ageing parent? But when a parent has not been a caring parent, how can you be a caring child?

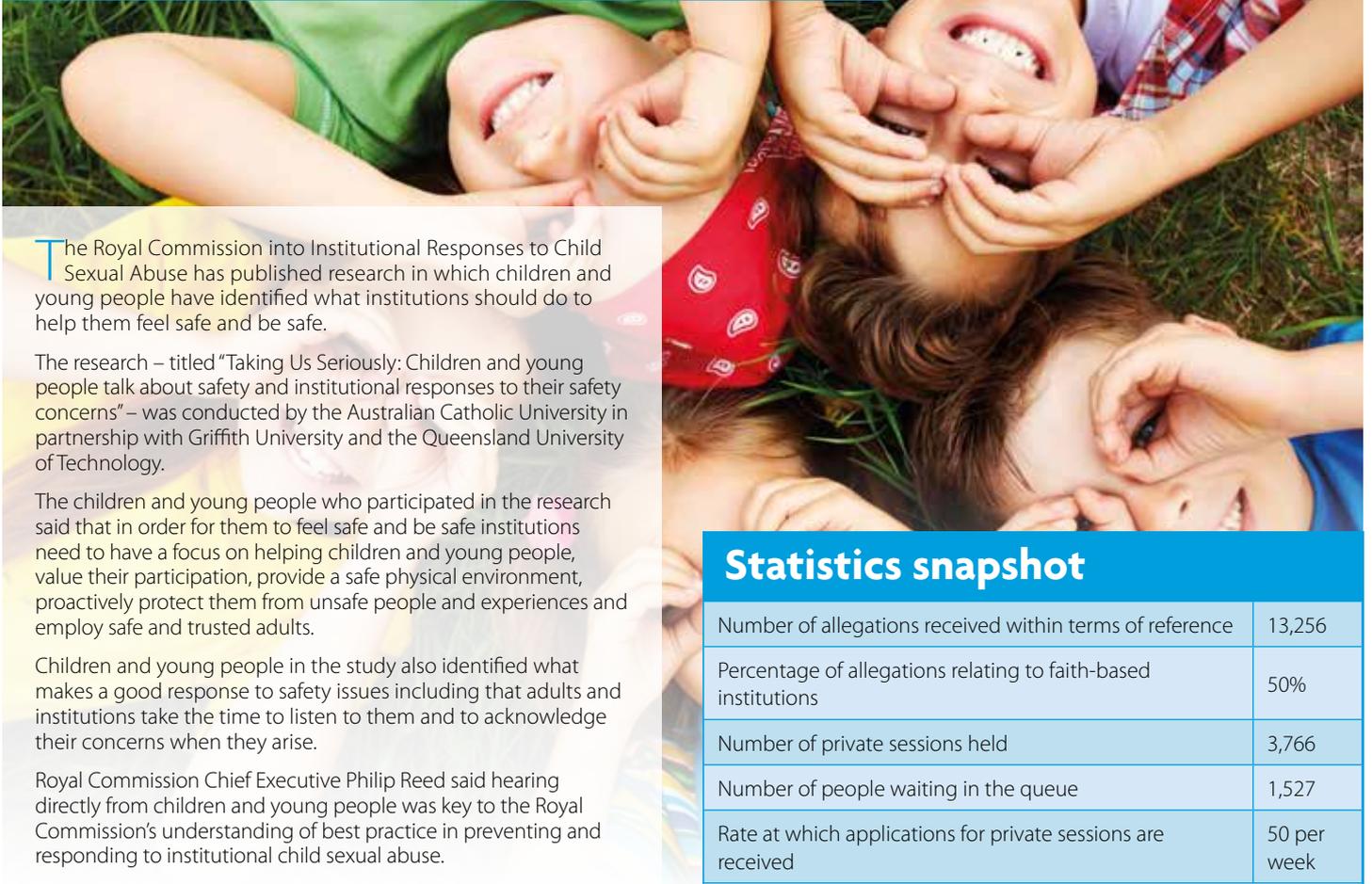
In some cases families estranged over abuse issues are thrown back together when there's no-one else to care for an ageing parent. "Effectively one can feel trapped," said Dr Kezelman, "trapped in a role that is challenging at best of times, but all the more so because of the intensity of emotions engendered by a childhood devoid of love and care."

Marilyn will not be trapped. She's kind of proud of herself for stepping away from her dad. She feels she's protected her own little family. "I'm much healthier emotionally and psychologically without him poisoning my daily life," she said.

<http://bit.ly/1EJY1YI>

New research

Children's views of safety



The Royal Commission into Institutional Responses to Child Sexual Abuse has published research in which children and young people have identified what institutions should do to help them feel safe and be safe.

The research – titled “Taking Us Seriously: Children and young people talk about safety and institutional responses to their safety concerns” – was conducted by the Australian Catholic University in partnership with Griffith University and the Queensland University of Technology.

The children and young people who participated in the research said that in order for them to feel safe and be safe institutions need to have a focus on helping children and young people, value their participation, provide a safe physical environment, proactively protect them from unsafe people and experiences and employ safe and trusted adults.

Children and young people in the study also identified what makes a good response to safety issues including that adults and institutions take the time to listen to them and to acknowledge their concerns when they arise.

Royal Commission Chief Executive Philip Reed said hearing directly from children and young people was key to the Royal Commission's understanding of best practice in preventing and responding to institutional child sexual abuse.

“Children and young people's participation was central to this project,” he said. “As well as including the direct views of children themselves, this study was guided by three children and young people's reference groups. The researchers have now launched an online survey that aims to explore the issues arising in the focus groups with a broader sample of Australian children and young people.”

Mr Reed said the findings will inform the Royal Commission's work on child safe organisations.

“A child safe organisation is one that actively protects children and young people from sexual abuse. This research is one of a suite of research projects involving children and young people and will add to our work in examining what organisational characteristics, culture, policies and practices – such as codes of conduct, complaint handling procedures, recruitment and supervision processes – will help keep children safer in institutions.”

The aim of the research was to seek the views of children and young people about safety issues – including child sexual abuse – in institutions, and how these are best addressed.

The report presents findings from ten focus groups with 121 children and young people conducted in a range of institutional settings including out-of-home care, schools, youth activities and childcare centres.

Read the full report here: <http://bit.ly/1NkIINU>

Statistics snapshot

Number of allegations received within terms of reference	13,256
Percentage of allegations relating to faith-based institutions	50%
Number of private sessions held	3,766
Number of people waiting in the queue	1,527
Rate at which applications for private sessions are received	50 per week
Number of matters referred to police	666

Schedule of activity

September

Tues 1 – Fri 11

Public hearing: Case Study 32 into Geelong Grammar, Melbourne

Tues 1 – Wed 30

Private sessions in capital cities

October

Thurs 1 – Fri 30

Private sessions in capital cities

Tue 6 – Fri 16

Public hearing: Case Study 33 into The Salvation Army, Adelaide

To register your interest with the Royal Commission you can:

Call: 1800 099 340

Email: registerinterest@childabuseroyalcommission.gov.au

Write: GPO Box 5283, Sydney NSW 2001

Website: www.childabuseroyalcommission.gov.au

Education and Training

Registrations now open! Visit our website at www.asca.org.au/education-and-training to register.

Professional Development Training

ASCA has just launched a new training package on vicarious trauma. We are currently offering this new training, along with two types of health professional training throughout Australia. See below for schedule. Other training is available in-house on request.

NEW Safeguarding yourself – Recognising and Responding to Vicarious Trauma

What will the training involve?

- Define vicarious trauma;
- Understand what vicarious trauma 'looks' and 'feels' like;
- Explore the contexts in which vicarious trauma can occur and how to minimise the risk;
- Develop self-care strategies for managing vicarious trauma;
- Understand the possibilities of post-traumatic growth.

Who should attend? Anybody working with/for people who have experienced past or current trauma.

TIME: 9am–4.30pm

COST: Full Price \$290, ASCA Professional Member Price \$261, Concession Price \$230

DATES: Sydney – Tuesday 6 October
Melbourne – Tuesday 13 October
Brisbane – Thursday 29 October
Perth – Friday 30 October
Wollongong – Friday 13 November

Working with Adult Survivors of Complex Trauma: 1-Day Professional Development Training for Health Professionals

What will the training involve?

- Understand complex trauma and apply trauma-informed principles;
- Learn how trauma impacts attachment, development, coping strategies, health;
- Learn about the brain, stress response, neural integration, practice implications;
- Acquire the key principles for working with adult survivors;
- Understand the relationships between professional self-care and client safety, and help acquire self-care strategies.

Who should attend? Health professionals working directly with adult survivors of complex trauma.

TIME: 9am–4.30pm

COST: Full Price \$290, ASCA Professional Member Price \$261, Concession Price \$230

DATES: Sydney – Tuesday 15 September
Melbourne – Wednesday 16 September
Darwin – Friday 25 September
Canberra – Friday 30 October
Perth – Thursday 26 November

In-house Education and Training delivered to you

ASCA's full suite of training and workshops is available in-house on request. This includes training for organisations and staff at all levels in diverse sectors seeking to become trauma-informed and/or to support their clinical work with adult survivors of complex trauma. Educational workshops for survivors and/or for family, friends, partners and loved ones can also be delivered in-house. Training delivered in-house can provide additional benefits as it can be tailor-delivered to suit the particular strengths, challenges and needs of your organisation and its staff.

All educational and training sessions can be delivered right across

More workshops are scheduled regularly so please check our Education and Training Schedule for updates.

Working Therapeutically with Adult Survivors of Complex Trauma: 2-Day Professional Development Training

What will the training involve?

- Understand the relationship between complex trauma, neurobiology and development
- Recognise hyper/hypo-arousal and working within window of tolerance
- Learn how to work with implicit/explicit memory and non-verbal cues
- Define phased treatment with strategies for working 'bottom up'/'top down'
- Explore how to attune to clients – self-regulation; attachment and dissociation
- Be alerted to ways trauma is communicated – embodied, enacted, evoked
- Optimise use of transference/countertransference
- Learn to minimise re-traumatisation/vicarious traumatisation and promote self-care/awareness.

Who should attend? Health professionals working in therapeutic contexts with adult survivors of complex trauma.

TIME: Day One 9am–5pm, Day Two 9am–4.30pm

COST: Full Price \$575, ASCA Professional Member Price \$517.50, Concession \$450

DATES: Cairns – 17th & 18th September
Parramatta – 22 & 23 October
Melbourne – 11 & 12 November
Townsville – 12 & 13 November

Survivor Workshops

Educational Workshop for Adult Survivors of Childhood Trauma and Abuse

Who should attend? Adult survivors (over 16 years of age) who have experienced any form of childhood trauma or abuse. This includes emotional, physical and sexual abuse, neglect, growing up with domestic violence, parent with mental illness and other adverse childhood events.

TIME: 10am–4pm

COST: Free

DATES: Cairns – Saturday 19 September
Darwin – Saturday 26 September
Canberra – Saturday 31 October

Additional workshops will be scheduled soon

Australia. They are evidence-based, quality assured, follow adult learning principles and are delivered by experienced trainers with complex trauma and trauma-informed practice expertise.

All programs are grounded in research from ASCA's *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* and we have a range of packages available to suit your needs. For more information please visit our website www.asca.org.au.

To discuss your requirements or to obtain a quote, please contact ASCA's Training Coordinator, Leah Davison at coordinator@asca.org.au or **02 8920 3611**.