

## Welcome to 2012!

It's now February, and by now most of us have settled into the New Year. We often face many changes and this year certainly marks a series of new beginnings and changes to ASCA's national office.

### New COO

ASCA is pleased to welcome new COO (Chief Operating Officer) to ASCA, Margaret Price. Margaret has experience working in a varied range of industries such as media (print, online, exhibitions), public education, marine, health, retail, IT, consumer and B2B products where she has built extensive skills across strategy, marketing, customer service and office management.



Margaret has a Bachelor of Business Studies from UTS (Majoring in Marketing) and a Grad. Cert. in Counselling (ACAP - Aust. College Applied Psychology) and is currently studying her Masters in Coaching Psychology at Sydney University.

In recent years Margaret has developed a passion for working with not-for-profit organisations and the positive difference they can effect in the wider community. More particularly, she is delighted to be contributing to the essential contribution that ASCA provides for survivors of childhood abuse.

### New Workshop Facilitators

ASCA prides itself on the experience and expertise of its workshop facilitators. We already have a number of committed and hard working facilitators delivering our programs. As the team grows and develops further we are thrilled to welcome several new facilitators.

Registered Nurse, **Jenyfer Locke** has worked in the Alcohol, Tobacco and Other Drugs (ATOD) sector for over 20 years in Victoria, New South Wales and the US. Her experience involves working in a variety of settings in both the Government & NGO sectors with people with complex needs. She has also worked in the United States within a specialist mental health facility, working with culturally and linguistically diverse populations.

Jenyfer is the principle author of Brief Interventions for Tobacco Cessation: Train the Trainer package (NSW Health) for clinical and allied health professionals. She is currently a Trainer & Assessor and is delivering a variety of training in Mental Health and ATOD at Cert IV and Diploma level with the Mental Health Coordinating Council.

**Bradley Foxlewin**, an independent Mental Health Consumer Consultant and past Chair of the ACT Mental Health Consumer Network, works as a trainer, group-worker, consultant and researcher from a consumer-first position. He has previously worked, over a period of 20 years, as a manager in community services, a counsellor for young men who have survived sexual abuse as children and he has had significant input into the development of men's services in the ACT.

Bradley is currently finalising a funded research project on reducing seclusion and restraint in acute mental health in the ACT.

A registered psychologist working part-time in private practice, **Mark Griffiths** is a member of the Australian Psychological Society. He retired from full-time employment in July 2009 as a Senior Psychologist employed at the Eastern and Central Sexual Assault Service at Royal Prince Alfred Hospital, Sydney. During his time with RPA's Sexual Assault Service he was part of the counselling team including the crisis response roster.

Apart from one to one counselling Mark also conducted groups for male survivors of child sexual abuse. These groups continued for many years with over 40 groups being conducted and some 350 men attending.

**Michelle Everett** has a professional background in Clinical Psychology with over twenty years experience working primarily within mental health services, including a period on the West Coast of Canada. Michelle now enjoys group work and teaching and recognises that every person enters the learning environment with wisdom and skills from many sources.

Michelle, along with other professionals, has observed through her practice, that unfortunately the contact many survivors of childhood abuse seeking assistance from mental health services may experience further trauma within those services. This has also driven Michelle to becoming involved in writing and teaching units of study regarding trauma and mental health.

## Stop Press: CSA up for award!

Writing a card over the holiday season is an everyday act which most people take for granted. Yet every year many child abuse survivors struggle with what to write or how to face their family. The CSA depicts an email message being typed where the anonymity of the author (male or female, young or old) puts the viewer in their 'shoes' during the live act of

editing a message. Seeing the words unravel, together with the typist's thoughts and feelings, in real time, with the tapping of the keys as the only sound, gives the viewer an insatiable curiosity to read what is coming next. In just a few lines a lot is revealed – as much by what is deleted as by what is written.

This CSA confronts the myth that Christmas and other holidays, are a happy family time for all. While some families get together and their members celebrate, Christmas for others can mean ambivalence, conflict and/or isolation.

Help ASCA raise community awareness and add your vote at: <http://bit.ly/zjalrb>



## From the Editor, Catherine Davis

Happy new year and welcome to the first newsletter of 2012! We hope that the holiday season has been refreshing for everyone, and we wish you all the best for 2012.

This year promises to be a fruitful one at ASCA with the new additions to the ASCA board, advisory panel and office! A special welcome to Margaret Price who has taken on the role of Chief Operating Officer. I am very excited to work with Margaret and am certain that she will have a very positive impact on ASCA activities and events going forward.



### Volunteering

Last year ASCA's Volunteers did an invaluable job helping us untangle the knot of child abuse. This year we are looking for volunteers again! Here are some of the ways you can get involved: Flyer/Newsletter Distribution, Fundraising. Should you wish to register to volunteer with ASCA, you can register online at [www.asca.org.au](http://www.asca.org.au) (Go to get involved/volunteer). Alternatively, contact us by calling 02 8920 3611 or emailing [admin@asca.org.au](mailto:admin@asca.org.au).

### Calling for "My Story" submissions

If you would like to share a poem or short story with ASCA's Breaking Free readers, please submit them to [newsletter@asca.org.au](mailto:newsletter@asca.org.au). All submissions are confidential and you may choose to remain anonymous in the newsletter if you wish.

For more information about ASCA Staff, go to the 'who we are' section of our website.

### ASCA Administration

PO Box 597 Milsons Point NSW 1565  
Email: [admin@asca.org.au](mailto:admin@asca.org.au)  
Web: [www.asca.org.au](http://www.asca.org.au)  
Ph: (02) 8920 3611 Fax: (02) 8920 3644

**National Office Hours:** 9am to 5pm, Monday to Friday  
**Information/Support Line:** 1300 657 380

**Donations:** can be made online at [www.asca.org.au](http://www.asca.org.au)  
Donations to ASCA of \$2 and over are tax deductible.

### Newsletter

Editor: Catherine Davis  
Email: [newsletter@asca.org.au](mailto:newsletter@asca.org.au)  
Post: PO Box 597 Milsons Point NSW 1565

### Chief Operating Officer

Margaret Price  
Email: [mprice@asca.org.au](mailto:mprice@asca.org.au)  
02 8920 3611

### Head of Stakeholder Relations/ Media Spokesperson

Dr Cathy Kezelman  
Email: [ckeelman@asca.org.au](mailto:ckeelman@asca.org.au)  
0425 812 197

### Patrons

Prof. Freda Briggs AO and Thomas Keneally AO

### Ambassadors

Anthony and Chrissie Foster

### Have your contact details changed?

If your contact details have changed, you can update them at [www.asca.org.au](http://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 on Facebook

Go to our homepage and click the Facebook icon.

### 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.

## Index

My Story	page 3
Advisory Panel	page 4
Forget-me-knot Day	page 5
Fundraising	page 6
In the Media	page 7
Workshops	page 8



## Living with extreme states, psychosis and mental distress... An afternoon with Ron Coleman

### Workshop description:

This afternoon session has been designed to assist men and their supporters to explore the experience of living with extreme states and psychosis, and the relationship between these experiences and trauma. Ron will talk about how we can better understand behaviours associated with extreme states, and effective ways of dealing with them, with a focus on wellbeing and recovery. Ron will be sharing his own experiences of extreme states and recovery, as well as his experience helping others.

**Date** Friday 9th March  
**Time** 2pm – 5pm  
**Venue** Redfern Oval Community Room: 51 Redfern St Redfern NSW  
**Cost** Free. *Afternoon tea provided.*

Open to men with experience of extreme states, psychosis and/or mental distress, their family members and friends. To register contact Kath or Michelle on 0435 348 168 or email [info@insideoutconversations.com.au](mailto:info@insideoutconversations.com.au)

Workshop presented by ASCA and Inside Out & Associates Australia



# My story

## Submitting your story

The word limit for 'my story' is 700. This may not fully express your personal experience, perhaps no words can. Should your story be edited, we do not mean to diminish your personal experience, but to enable that experience to be shared within the limited space of our newsletter.

Malika's Story, published in *That's Life Magazine* [www.thatslife.com.au](http://www.thatslife.com.au)

www.thatslife.com.au



The above started when I was 12

**I felt as if all the happiness had gone from my world**

**M**y hand trembled as the phone slipped from my grasp. I could hardly believe what I had just heard. Mum had called to tell me my stepdad had been awarded Senator Citizen of the Year. But instead of being filled with pride, I was consumed by horror. While on the outside he seemed sweet and charming, I knew the awful truth about Richard Maddox. And now I knew I had to make sure everyone else did as well. Richard last father - my parents split up when I was two. But Mum remarried Richard when I was very young so while on paper he's my stepfather, to me, he was just 'dad'. At first, I loved our time together. He always wanted to play and have fun. Very slowly things changed. When Mum wasn't around, Richard would leave adult videos lying around or expose himself in front of me. As a little girl just looking up to her father figure, it was confusing. How was I to know what he was doing was wrong? By the time I was 12, things were sliding out of control. When Mum had to go to America to visit family, she left me with Richard. 'I'll be home soon,' she said, oblivious to how awkward I was feeling.

One afternoon, I was in the kitchen when all of a sudden Richard came up behind me. My skin prickled as I felt his hot breath against my neck. He was too close, too intimate. It wasn't right. Fear clenched in my tummy as I felt his strong grip try and tear off my clothes. Slamming me to the floor, he crashed down on top of me. Tears pricked my eyes as I screwed them tightly closed. Trapped under his weight, I was powerless. All I could do was imagine I was somewhere else, somewhere safe where he couldn't ever touch me again. Eventually he released me. I ran to my room, desperate to escape. Richard never mentioned the attack again, except to tell me it was our little secret. Frightened and alone, I vowed that I would keep it. I thought maybe I had done something wrong. Maybe all of this was somehow my fault? Tossing and turning in bed one night while Mum was still away, I woke up gasping for air. I felt so faint, I cried out. But when Richard appeared in my room seconds later - naked - I was paralysed with fear. Again I tried to escape what was happening by closing what eyes. But after the ordeal, I felt as if all the happiness had gone from my world. I screamed *filibers are for babies* over the walls in my bedroom. When Mum returned home she sat on my bed, gently asking me questions. 'Has he touched you?' she whispered. Defeated, I knew this wasn't a secret I wanted to keep any longer. 'Yes, I admitted. Panic spread across her face as she pulled me into her arms. She told Richard to leave immediately. That night I slept peacefully for the first time in months. I went to the police but I was too scared to press charges. Over the next few years, I tried



Malika had hidden a terrible secret. Would she ever see justice done? Malika Maddox, 40, Wollongong, NSW

**I turned detective**

to forget what had happened. At 18, I left home, hopeful for a new start. I went to uni to study arts, determined to make something of my future. But my past still crept into my head every day. Instead of I started seeing a counsellor. With each session, the weight of my past slowly began to lift. Learning to love again, I met Andrew. We got married and although our relationship broke down, I was left with two special reasons to keep fighting - my daughters, Michelle, Leah and Tiffany. Ten. From the day they were born, I have vowed to never let anything harm them. Life was good, my memories of Richard family locked away. But that phone call from Mum brought them all flooding back. How dare he accept that local community award me! For the first time I wasn't scared. Instead, I was angry. He'd fooled everyone - but I knew the truth. And it was time it came out. While it was hard to relive the things I'd gone through so long ago, I went to the police and told them everything. They told me they could help but would need a confession from Richard. We could try

setting up electronic surveillance, an officer said. She explained they'd tap my phone and listen in while I got Richard to confess to his crime. It would be tough, but it was my chance to finally get justice. In January 2008, police wired my phone before I made the call. Speaking, I dialled the number. Would it work? My breath caught in my throat as Richard answered. 'Hi Malika, I replied, trying my best to stay calm. 'As part of my hearing I need to know what happened?' There was silence before he

gave his confession. 'I came into your room that night because you asked for water', he divulged. Without suspecting a thing, he relayed the sick events that occurred when I was 12. Hanging up the phone, I'd never felt so powerful. We got him, the police officer smiled in December 2010. Richard Peter Maddox, 74, appeared in Grafton District Court. He pleaded guilty to three counts of assault and committing an act of indecency with a girl under 16 and one of carnal knowledge of a girl between 10 and 17. He was sentenced to serve three years in jail.

\* NAMES HAVE BEEN CHANGED PHOTOS: DEBORAH NOWAK - APN

**\$600** Tell US YOUR STORY  
See how we pay for details

If you have been a victim of crime or an adult and need help, contact Adult Survivors Child Abuse at [www.asca.org.au](http://www.asca.org.au).

www.thatslife.com.au 9

# TO JAIL MY STEPDAD

**CRIME BUSTING**  
New technology means the police have many tools to help them crack crime - even if they occurred years ago. Here are some examples:  
■ The Combined DNA Index System (CODIS) is a computer system which stores DNA profiles taken at the crime scene. Police can search the database to identify suspects.  
■ System of fingerprint analysis 300-degree camera. It virtually preserves them, giving police more time to analyse their findings.  
■ Chemical evidence identification is used to uncover evidence that isn't visible to the naked eye. Blood stains can be exposed years later even if an area has been cleaned and painted over, using this technique, which causes the marks to glow.

# ASCA Advisory Panel

ASCA is excited to announce five additions to its Advisory Panel. The experience and knowledge these experts bring from a range of disciplines and including academia, research and clinical work will further enhance ASCA's expertise in meeting the needs of Australian adult survivors. We welcome each of the following new members and look forward to working with you in 2012 and beyond.

## **Martin Dorahy, PhD, DClinPsych**

Martin Dorahy is a clinical psychologist and senior lecturer in the Department of Psychology, University of Canterbury. He has a clinical, theoretical and research interest in complex trauma and dissociative disorders, their phenomenology, and cognitive and affective underpinnings. He has published over 60 peer-reviewed journal articles and co-edited two books in the area of psychotraumatology (Traumatic Dissociation: Neurobiology and Treatment, 2007, American Psychiatric Publishing, Inc; Psychosis, Trauma and Dissociation: Emerging Perspectives on Severe Psychopathology, 2008, Wiley Press). He is on the Research Advisor Panel of the Cannan Institute, Chair of the International Society for the Study of Trauma and Dissociation's David Caul Graduate Research Award and Co-editor (with Onno van der Hart, PhD) of the European Society for Trauma and Dissociation's Newsletter. Along with his academic and research work, Martin maintains a clinical practice focused primarily on the adult sequelae of childhood relational trauma.

## **Dr Jan Ewing PhD, MCP**

Dr Ewing has a Masters degree in Clinical Psychology from the University of Melbourne and a Ph.D in Clinical Neuropsychology from the University of Victoria, British Columbia, Canada. She is a member of the APS College of Clinical Psychologists and a founding member of the College of Clinical Neuropsychologists. She is also a founding member and Fellow of the Australian Society for the Study of Brain Impairment and a member of numerous other national and international societies, including: the International Neuropsychological Society, the Australian Society for

Traumatic Stress Studies, the International Society for the Study of Dissociation, and associate member of the Australian Society of Hypnosis. She has served as Chair of the Queensland Branch of the College of Clinical Neuropsychologists and President of the Australian Society for the Study of Brain Impairment and as a member of the Queensland Professional Conduct Review Panel and the Queensland Nursing Council Health Assessment Advisory Panel.

She has given lectures and workshops around Australia and currently provides annual lectures in medico-legal expert testimony and ethics in the post-graduate clinical psychology program at the University of Queensland. Having worked in three states in Australia and in three countries across the globe, she now works in full time private practice in Brisbane. Her practice includes both assessment and treatment of a broad range of disorders, including both clinical psychology and neuropsychology referrals. She has specialised for over thirty years in the treatment of post-traumatic syndromes, particularly those relating to military service and childhood sexual abuse.

## **Carolyn Quadrio Associate Professor in Psychiatry, University NSW**

Carolyn Quadrio is also in private practice in Forensic and Child and Family Psychiatry, particularly in relation to sexual and intrafamilial violence and Family Law. She teaches individual psychotherapy and marital and child and family therapy. She was formerly Chairperson of the Binational Committee for Advanced Training in Psychotherapy for the Royal Australian and New Zealand College of Psychiatrists and Director of Mental Health Services with Corrections Health Service in New South Wales, Australia. She is well known for her research on women in psychiatry and sexual abuse of patients in therapy. Her current interests include prevention of childhood abuse and the role of trauma in relationship to psychiatric disturbance.

## **Professor Russell Meares**

Professor Meares is Emeritus Professor of Psychiatry at Sydney University. He trained in Psychiatry at the Maudsley and Bethlem

Royal Hospital, London where he began a partnership with Robert Hobson, in developing the Conversational Model, a mode of psychotherapy suitable for treating personality disorder. This model is built around the nature of self and trauma systems with its theoretical basis in experiential, neurophysiological, development and linguistic data. The main ideas underpinning the model are found in his books: "The Metaphor of Play," "Intimacy and Alienation", and "A Dissociation Model of Borderline Personality Disorder." He was the foundation chair of Psychiatry of Sydney University at Westmead Hospital, 1981, Foundation President of the Australian and New Zealand Association of Psychotherapy in 1989. Professor Meares has authored in the vicinity of 250 scientific publications.

## **Dr Richard Benjamin**

Dr Richard Benjamin finished his Psychiatry training with the RANZCP in 2001, and his Adult Psychotherapy training in the Conversational Model of Meares and Hobson (largely a therapy that addresses the adult sequelae of childhood trauma in the therapeutic relationship) in 2009. He works in the adult public mental health service in Tasmania, predominantly in acute and chronic community work, although he also does some inpatient work.

Dr. Benjamin is particularly interested in the recognition and management of the long-term sequelae of childhood abuse in adult patients presenting with serious mental illness, and the systemic response to this patient group. He is also interested more broadly in the system as it impacts upon all patients suffering with mental illness. In community work this particularly involves the issue of continuity of care and of carer, the benefits of the "in-house crisis team," and the importance of the therapeutic relationship in general. In inpatient work he is also interested in the role of therapeutic engagement, and in the reduction of seclusion and restraint.

To see the full panel go to the ASCA website and click on 'who we are'.

# Forget-me-knot Day 2011

Forget-me-knot Day 2011 was a huge success! It was wonderful to see so many communities coming together to support adult survivors of childhood abuse. Although our November/December edition of Breaking Free featured many of the Forget-me-knot Day activities from 2011, we wanted to include some additional ones in this newsletter. To read the newsletter from November/December 2011 go to <http://bit.ly/zYuEca>.

## WARM Meeting for Worship – in support of Forget me knot Day 2011 – Saturday November 19

On Saturday 19th November, WARM held a special Meeting for Worship at the Quaker Meeting House. WARM have been involved in Forget-me-knot Day for the past two years. The purpose of the meeting was to raise awareness and assist in the healing of people dealing with the ongoing effects of all kinds of childhood abuse and neglect.



Several survivors were present at the meeting for worship. The recent publicity in WA surrounding sexual abuse of boys at the St Andrew's Hostel in Katanning during the 1970's and 80's and the failure of people to take sufficient notice and action in response to warning signs at the time, was a focus for worshippers. The meeting was followed by morning tea (including homemade Anzac biscuits) and fellowship.



## ASCA Volunteer organises Church Service:

Robbie Gambley, an ASCA Volunteer from Casino helped organise a service on Sunday October 24, 2011 at St. Marks Anglican Church, Casino. The service was specially written and was conducted to give a sense of dignity, healing and wholeness to survivors and others while in an extremely safe and honourable place.

We would like to thank Father Geoffrey for his support and acknowledge the congregation which has embraced the service wholeheartedly. It was a beautiful service in which Robbie, holding a candle entwined with blue Forget-me knot ribbon, and the Minister walked united to the front of the church. Robbie was once again the guest speaker.



Robbie Gambley & Rev. Geoffrey Bradford



Robbie & Sharon



St. Marks Anglican Cathedral Church, Casino

# Fundraising

## Are you an everyday hero?

If you've been thinking of entering in a charity event or have a birthday coming up, register with Everyday Hero and help ASCA raise funds! We've had a number of ASCA heroes who have run marathons or taken up other challenges and donated their fundraising efforts to support us and our work. To all ASCA heroes, thank you so much. We couldn't do it without you.

Below are just a few ideas as to how you can fundraise for ASCA in your everyday life in 2012.

Go to <http://everydayhero.com.au/charity/view?charity=355>, create your very own fundraising page and ask your friends, family and workmates to sponsor you.

### Create your own challenge

Want to quit smoking, lose a few kilos? Or maybe you're running a marathon?

Create your own 'Hero Page' [www.everydayhero.com.au/event/ASCA\\_createchallenge](http://www.everydayhero.com.au/event/ASCA_createchallenge)

### Birthdays

Make a difference this birthday by asking your friends and family to make a donation to ASCA in lieu of a birthday present! [www.everydayhero.com.au/event/ASCA\\_birthdays](http://www.everydayhero.com.au/event/ASCA_birthdays)

### Weddings

Celebrate your wedding day in a very special way and ask your friends and family to make a donation to ASCA in lieu of a wedding gift [www.everydayhero.com.au/event/ASCAweddings](http://www.everydayhero.com.au/event/ASCAweddings)

### Anniversaries

Create your own fundraising page and request donations to the ASCA in lieu of gifts this anniversary [www.everydayhero.com.au/event/ASCA\\_anniversaries](http://www.everydayhero.com.au/event/ASCA_anniversaries)

### Public Events this month:

**Channel Ten's 1 Million Kilo Challenge** <http://bit.ly/v6TeuD>

**The Sun-Herald Surf Swim** Sydney - Sunday March 18. <http://bit.ly/y8CzH3>



### Register with Everyday Hero

**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 in the event, have fun!

## Help ASCA run workshops in your area

At the end of most Creating New Possibilities workshops we're asked: What happens now? When will the next workshop be held?

Evidence as well as participant feedback has shown that ASCA's workshop program has benefited many survivors. In the meantime we have decided on an additional initiative.

We've created a simple way for survivors and supporters to help raise the money needed to run workshops in their area.

We have already established a number of pages to raise funds to run workshops in capital cities around the country.

To find the fundraising page for your capital city, simply click on one of the following links:

Or click on one of the links below:

<http://www.everydayhero.com.au/event/melbourneworkshops>

<http://www.everydayhero.com.au/event/sydneyworkshops>

<http://www.everydayhero.com.au/event/adelaideworkshops>

<http://www.everydayhero.com.au/event/perthworkshops>

<http://www.everydayhero.com.au/event/brisbaneworkshops>

<http://www.everydayhero.com.au/event/canberraworkshop>

<http://www.everydayhero.com.au/event/hobartworkshops>

# Media

In addition to its education and training workshops for health professionals and community workers ASCA delivers presentations in a range of different forums and conferences. One which was held last year involved Professor Warwick Middleton, a member of ASCA's advisory Panel and Dr. Cathy Kezelman, Head of Stakeholder Relations. It was facilitated by the Mental Health Professional's Network. The Mental Health Professionals Network (MHPN) aims to support collaboration in Australia's primary mental health sector by fostering local interdisciplinary networks of mental health professionals. The following interview was recorded with Cathy Kezelman and printed in the December newsletter of the MHPN:

## MHPN webinar calls for a focus on Complex trauma

Dec 15th 2011 in MHPN Online

<http://bit.ly/w87dbj>

As a publicly declared survivor of child abuse, Dr Cathy Kezelman has had a significant period of time to reflect—and act—on the subject of complex trauma. Dr Cathy Kezelman is the director of Adults Surviving Child Abuse (ASCA). She is also the author of *Innocence Revisited*, a memoir chronicling her battle with depression and suicidality, at the core of which was childhood trauma. Dr Kezelman was one of the presenters for a recent Mental Health Professionals Network complex trauma

webinar. In a wide ranging conversation, she talked about her passion for reform, and the role MHPN plays in bringing it about.

Dr Kezelman became involved with MHPN in running a webinar around complex trauma because the whole area of trauma in general, and complex trauma in particular, had not received the focus it deserves within mental health reform.

'I really wanted to clarify that there is a significant research base that indicates a need for a different treatment path for complex as opposed to single incident trauma, and that it's important for practitioners to be informed about the presentations of complex trauma, its cumulative impacts and potential long term repercussions.

'What I could bring to the webinar was the lived experience of individuals who have experienced complex trauma, and clarity around the relationship between their needs, their ways of coping, their symptoms, and the underlying trauma.'

Her aim was to enable a greater degree of understanding so practitioners and systems could respond appropriately.

'For me personally, it was an opportunity to speak to a diversity of health professionals about an area which is close to my heart and which I passionately want to champion.

'[It needs] education and greater awareness among health professionals so they will become more trauma-informed and systems will respond with better care ... for

those who have suffered repeated interpersonal trauma.' She described her campaign as a personal response to having worked through her own childhood abuse. She felt privileged that she had been able to access very good private based care with a clinical psychologist who had skilfully collaborated with a psychiatrist and a GP. 'I received coordinated care within the private sector and that's what the MHPN networks are trying to promote. I'm a case in point. I've been privileged to be able to get that degree of expert care for the period of time for which I needed it.'

She believed it was important to see consumer voices being accepted as a critical part of that process.

'What I'd like to see in the future is that consumer managed organisations also become part of the conversation because they also offer crucial supports for mental health consumers and they really need to be added to the mix.' Dr Kezelman felt the conversation on complex trauma had now begun.

The webinar experience has persuaded her that further online sessions on trauma-informed care and practice were in order. She felt the principle of care needed around trauma is to move away from a traditional medical model to one which responds holistically to individuals in the context of the lived experience.

'We need as a workforce to understand the particular vulnerabilities and sensitivities of trauma survivors if we are going to respond in a respectful, empathic and

## Prioritise support for the abused: ASCA

16:35 AEDT Tue Jan 24 2012 on Ninemsn

<http://bit.ly/xlg5PU>

Governments need to do more to support the two million Australian adults who have experienced child abuse, survivors say. Adults Surviving Child Abuse (ASCA) says all governments should do more to help health services identify and respond to trauma, in particular the complex trauma of child abuse.

Cathy Kezelman, ASCA's head of stakeholder relations, said health services needed the right tools to provide proper care for adults who too often suffered in silence from the trauma of their childhood abuse.

"There is a significant research base that shows the damaging effects of the often multiple, unresolved trauma of childhood experiences on the brain," Dr Kezelman said in a statement.

"But research also shows us that the brain has the capacity to repair itself. With the right support, adults

abused as children can reclaim control of their lives and make an important contribution to society." She said the annual estimated cost of child abuse and neglect among Australians had been estimated at \$4 billion. She said more than two million Australian adults had experienced some form of child abuse.

Guidelines need to be developed to fill a gap in education and awareness among health professionals to help them identify and deal with the impact of childhood trauma resulting from abuse, ASCA said in the statement.

## Indigenous children still plagued by abuse

January 20, 2012 - 5:19PM on SMH Online

<http://bit.ly/wovDuB>

The rate of child abuse and neglect remains steady across Australia but is a far greater problem in indigenous communities.

New figures from Australian Institute of Health and Welfare show the number of substantiated cases of child abuse or neglect steady in 2010/11, at 6.1 per 1000 children.

But among indigenous Australians the rate was far higher at 34.6 children per 1000, although this was a small drop from the prior year.

As well as a higher rate of substantiated abuse, indigenous children were also more likely to be placed on care and protection orders, indicating abuse that was more severe.

Among indigenous children, 51.4 per 1000 were on care

and protection orders, compared with only 5.4 per 1000 for non-indigenous children.

Care and protection orders are one of the last resorts for authorities, which give them some responsibility for a child's welfare.

Indigenous children were also about 10 times more likely to be in out-of-home care.

The legacy of the stolen generation, poverty and perceptions arising from cultural differences in child-rearing were underlying causes of the indigenous over-representation, the report said.

Families Australia chief executive Brian Babington said the report showed just how far Australia had to go in tackling abuse and neglect of children.

He added that the continued over-representation of Aboriginal and Torres Strait Islander children was alarming.

Cathy Kezelman of Adults Surviving Child Abuse said the report showed that despite best efforts child abuse and neglect continued unabated.

"Numerous international research has shown the damaging effects of the often multiple unresolved trauma of childhood on the brain," Dr Kezelman said in a statement.

The report showed girls were the victims of 52 per cent of confirmed cases of abuse or neglect. Despite much publicity in recent years concerning high levels of sexual abuse in indigenous communities, the institute's spokesman Tim Beard said this was not borne out by the statistics.

He said there were very similar rates of sexual abuse among indigenous and non-indigenous children, with a slightly higher rate among the non-indigenous.

The report found the overall number of children reported as being abused or neglected has fallen 13 per cent compared with the prior year.

Mr Beard cautioned much of the drop could be attributed to a change in the definition of abuse in NSW to bring it more closely in line with other jurisdictions.

# Workshops

## Save the date: Workshops for Health Professionals

Our workshops Best Practice for Working with Adults Surviving Child Abuse are for Health Care Professionals are designed specifically for health care workers.

This workshop covers:

- Understanding abuse and its impacts
- Coping strategies and defense 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 (full) / \$190 (concession)

### Professional development endorsement:

APS Endorsed Activity- 7 CPD hours.

AASW Approved Activity- 14 AASW Points

ACMHN endorsed activity- 7 ACMHN CPE Points

Exact dates to be confirmed – to register your interest in attending a workshop please email [admin@asca.org.au](mailto:admin@asca.org.au)

Date	Location	Venue
May	Sydney	TBA
June	Adelaide	TBA
May	Melbourne	TBA
June	Brisbane	TBA
June	Perth	TBA
June	Canberra	TBA

Survivor workshop dates are currently being determined and will be released shortly. Community Workers Workshops have also been scheduled. For more information go to [www.asca.org.au/workshops](http://www.asca.org.au/workshops)

**Did you know?** ASCA provides in-house workshops nationally for health workers and health care professionals. Currently we are scheduled to run programs for Lyndon Therapeutic Community, Sydney Women's Counselling Centre and North Western Mental Health Training and Development Unit (VIC). For more information contact ASCA COO Margaret Price at [mprice@asca.org.au](mailto:mprice@asca.org.au) or on 02 8920 3611.

## Creating New Possibilities Workshop Feedback

Last year, in 2011, ASCA received funding from FAHCSIA which allowed it to deliver a number of its Creating New Possibilities Workshop programs. We'd like to share the results of the 6 workshops which were run in capital cities as part of that funding.

**85% of attendees left the workshop feeling less isolated as a result**

**78% left feeling less anxious as result**

**100% felt better able to maintain safety**

**100% left better able to choose a therapist**

**88% felt a decrease in stress levels**

**100% gained a better understanding of coping strategies**

**96% felt better able to cope with life**

### The following comments were received from participants in this set of workshops:

“This workshop was great for me. Hard but great. Looking forward to coming again.”

“I enjoyed having complex information communicated in a non threatening accessible and enjoyable way.”

“Knowledge is so empowering!”

“Wonderful, really valuable and beneficial. Thanks for all the reading material to take home and for your effort and time.”

“I am very grateful to be able to attend these workshops.”

“The balance between real examples, theory and interaction in the presentation felt just right. Not too much infor-

mation, we can take it home and read and there was plenty to listen to in the workshop.”

“I came here today to support my friend but found it all so informative. I too was abused as a child but have always tried to ignore it... This workshop has me thinking, questioning and wondering!!”

“I appreciate the respectfulness shown to survivors by giving a professional level of research, information and data. This enables me to go home and undertake productive research and to help me gain even better understanding and acceptance of myself. Thank you ASCA.”

“The workshop helped me to feel more hopeful about my healing and my future.”