

Breaking free

asca

Adults Surviving Child Abuse

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

ASCA launches new premises



John Teer, ASCA Chair, Senator the Hon. Jacinta Collins, Minister for Health and Ageing; Dr. Cathy Kezelman, ASCA President, Jilly Gibson, Mayor of North Sydney

On 29 July ASCA was delighted to welcome Senator the Hon. Jacinta Collins, Minister for Health and Ageing to open ASCA's new premises and Call Centre. Senator Collins has recently taken on the portfolio and we very much appreciated her taking time out of a very demanding schedule to officiate on the day. The Minister also announced \$1.5 million funding over three years ASCA received earlier this year from the Department of Health and Ageing (DoHA) under the e-mental health initiative in support of ASCA's 1300

line, expansion of its referral database, and for online services still to be developed. The government's funding support attests to the crucial work ASCA does in supporting adult survivors of childhood trauma.

In addition, it was wonderful to welcome the mayor of North Sydney, Jilly Gibson and General Manager of North Sydney Council, Penny Holloway. ASCA is most grateful to North Sydney Council for making our new premises available and for the

Council's significant contribution towards making them fit for purpose. ASCA has had a long and fruitful relationship with the Kirribilli Neighbourhood Centre and General Manager, Coral Garratt from whom we lease the premises and it is their ongoing relationship with the Council which has provided ASCA with a secure base from which to provide its specialist services.

We were also delighted to welcome representatives from a number of other organisations with whom we work including Jane Hayden CEO of Lifeline Australia, Caroline

STOP PRESS

ASCA's National Day – Blue Knot Day is only three months away. The ASCA team is in planning mode and next month we will tell you how you can get involved. So SAVE THE DATE – Monday October 28 is Blue Knot Day 2013. Watch the home page of our website and click on the BLUE KNOT for more information as it comes to hand at www.asca.org.au

Carroll, Chair of Forgotten Australians, Craig Hughes-Cashmore, founder of SAMSN as well as other colleagues and friends. It was a time for celebration shared by the ASCA board, staff and 1300 team – celebration of a new phase in ASCA's life, one of hope and optimism for ASCA and for those ASCA seeks to support.

As the Minister and Cathy Kezelman, ASCA President stressed, recovery is possible and the provision of premises and funding to enable specialist services to provide care and support to survivors in need helps provide those pathways to recovery. We thank the Minister and DoHA for their support.

Seeking survivors to speak to media

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

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

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

From the Editor



This July issue of Breaking Free comes with much pride following the official opening of our new premises and Call Centre in Sydney's Neutral Bay. Establishing our expanded service and its new home has been a labour of love and we are delighted to share that journey with you, our readers. Following last issue's cover story we introduce more of our new 1300 counsellors this month (see page 3). The counseling team has a depth and breadth of experience

in supporting survivors of complex trauma and a trauma informed approach to care that forms the backbone of our 1300 phone service. Pages 4 and 5 are dedicated to news about the Royal Commission, including the announcement of a new, free legal advisory service called 'knowmore'. The service comes under the auspices of the National Association for Community Legal Centres (NACLCC) and is completely independent of the Royal Commission. Its purpose is to help people navigate the Royal Commission through the provision of legal advice given in a holistic and trauma-informed framework. Read on for ASCA in the News, marketing updates and as usual, see the back page for details of our workshops. And remember, mark Monday October 28 in your diary.

Kath O'Sullivan | Editor

Taking care of business

July marks the start of a new financial year and ASCA is well placed to continue and expand its important support services and advocacy role. The organisation has comfortably settled into its new premises and our expanded professional telephone support service now operates 9am to 5pm, seven days a week.

We are currently developing a calendar of workshops for the coming year. In the meantime we have workshops for survivors and carers/supporters scheduled over the next few months in Sydney, Canberra and Brisbane, as well as workshops for health care professionals. Spaces are still available so please spread the word to colleagues and friends who may be interested in attending. Full details including how to register are on our website at www.asca.org.au/workshops

This month we farewelled Sally Rugg who has worked at ASCA as administrator in both a full time and part time capacity. Sally is moving on to concentrate on her studies and pursue other opportunities. We thank Sally and wish her well for the future.

Finally, ASCA is entering a team in this year's City2Surf run in Sydney on Sunday 11th August. The team is currently in training for the event, and seeking donations and sponsorship. You can give the team much needed motivation to complete the 14 kilometre journey from the city to Bondi Beach and support ASCA's work at the same time by making a donation. Have a look at the home page of the ASCA website www.asca.org.au and click on the link to our City2Surf page.

Mark Bebbington | COO

Irish Inquiry seeks West Australian survivors

A major statutory inquiry into historical institutional abuse in Northern Ireland has launched an appeal for victims and survivors in Western Australia to come forward.

The Historical Institutional Abuse Inquiry was set up earlier this year by the Northern Ireland Executive. It has a remit to investigate child abuse (sexual, physical, emotional and neglect) which occurred in residential institutions in Northern Ireland over a 74-year period up to 1995.

The Inquiry team is particularly interested in speaking to survivors now living in Western Australia because it has discovered evidence of the migration of children to the state from institutions in Northern Ireland.

The Inquiry's appeal is being backed by Tuart Place, an organisation based in Fremantle which provides support to individuals who experienced institutional care as children.

The Inquiry is offering to meet the travel expenses of those who need to give their testimony in person. If a sufficient number of witnesses come forward from one country, the Inquiry will consider travelling to that country to hear their evidence.

Survivors of childhood abuse in Northern Ireland institutions and any other potential witnesses can visit the Inquiry's website at: www.hiainquiry.org or contact the Inquiry on its Australian Freephone number: **1800 675 920**



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Donations can be made online at www.asca.org.au Donations to ASCA of \$2 and over are tax deductible.

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Have your contact details changed?

If your contact details have changed, you can update them at www.asca.org.au (or contact ASCA on (02) 8920 3611 if you do not have access to the internet or email).

Forgotten your Username and Password?

If you have forgotten your username and/or password, go to join/login on our website and click on *Forgot your User Name?* or *Forgot your Password?* as appropriate.

Follow Us

www.twitter.com/ascaorg

www.facebook.com/groups/adults-survivingchildabuse

Disclaimer

The views expressed in this newsletter have been included to allow our members to consider a variety of therapeutic options and spiritual views. ASCA does not support any particular spiritual stance over another; nor does it uphold any particular therapy as superior. The Editorial Team accepts responsibility for all editorial comment.

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ASCA Activities

ASCA 1300 Line – 1300 657 380 NOW OPERATES 9-5 MONDAY to SUNDAY

ASCA Expands its Professional Support Service: Meet More Counsellors

Last month we profiled some of the new 1300 counsellors employed in response to the increased demand for ASCA's unique specialist phone service. Much of this demand relates to the increased number of people needing information and support as a result of the Royal Commission into Institutional Responses to Child Sexual Abuse. This issue we introduce the other five new counsellors who make up the expanded team and are ready to take your call. Should you be a survivor of child sexual abuse who is considering engaging with the Royal Commission or a survivor of any form of childhood trauma, a supporter/partner/friend of a survivor or a health professional needing information please call 1300 657 380. ASCA also has a referral database of health practitioners from around the country with the skills and expertise to support survivors on their journey to recovery.

Lareena

BA(Hons) AppSocSc.; Grad Dip Counselling & Psychotherapy; Grad Dip Advanced Psychology.

Lareena is a counsellor and psychotherapist experienced in working with clients who have complex trauma. Most recently, Lareena worked as a counsellor in a service for people affected by adoption, specialising in trauma stemming from the loss of a child, and loss of family and culture. Lareena has also worked with refugees and asylum seekers, as well as adolescents and young people. Trained in a number of therapeutic modalities, she believes in working with clients in a collaborative and humanistic way to meet the needs of each individual.

Nicholas

BA (Hons); BSc Psych (Hons); Assoc MAPS; Medicare Provider; Registered Workcover Provider

Nicholas is a registered psychologist working in private practice close to the CBD of Sydney. He is also a sessional worker with Transcultural Mental Health Centre (TMHC). He was previously a fulltime employee of TMHC. Nicholas has had experience in a variety of careers in Australia and overseas. He was employed as a high school teacher in Zimbabwe, and he has worked in New York and Japan. He has also worked briefly with Lifeline in Sydney. Nicholas has a particular interest in therapies which address trauma as well as issues around identity. He is mindful of how culture helps to shape people's views of themselves and others. Nicholas works with adults in his private practice. In his work, he is aware of how societal pressures and injustices may impact people's mental wellbeing. He supports many such people, including refugees and people who identify as gay, lesbian or transgender.

Kim

BFA; Dip Transpersonal Art Therapy; Trauma Informed Training; Cert IV in Training and Assessment.

Kim is an art therapist and counsellor who practices within a transpersonal model which is trauma informed. Her specialisation is in the understanding of Complex PTSD and Kim offers a person centred approach that focuses on safety and trust in order to lay the foundations for re-building and recovery.

Art therapy uses the creative process of making art to help express thoughts and feelings that are often too difficult to put into words. It enhances the physical, mental, emotional and spiritual wellbeing of individuals of all ages. Kim also works in private practice and is an Assistant Facilitator on the ASCA Trauma Informed Training workshops.

Kim has had a lifetime commitment to her own journey of healing and growth, which has included experiencing many therapy modalities, extensive and deep personal development work and ongoing study within the field of psychology.

Kevin

B Social Work; M Social Work (Counselling)

Kevin is a social worker with over eight years' experience working in community health services. He currently also works for NSW Health as senior social worker providing counselling, case work and advocacy to people experiencing chronic health and mental health difficulties. He is interested in supporting people's own unique skills for coping with challenges and strengthening relationships.

Minnie

M Counselling (Applied Psychotherapy); BA (Psych)

Minnie is a registered counsellor. She also works part-time for the Melbourne Institute of Technology (MIT) and has a private practice specialising in marriage and relationship counselling. Minnie has had extensive experience working within professional counselling and community based roles for over seven years. Prior to working with ASCA and MIT, Minnie was working for the NSW Rape Crisis Centre providing crisis counselling, support and referrals to survivors of domestic, family and sexual violence. Over the years she has also worked for other well-known organisations such as the Kids Help Line and Parentline as well as Lifeline Community Care QLD. Originally trained in the person-centred philosophy, Minnie continues to work with clients in a humanistic, non-directive way in order to meet the needs of each individual. The underlying essence to her counselling approach involves demonstrating empathy, being non-judgemental and using unconditional positive regard.

All of ASCA's counsellors are trained in a trauma informed approach to care and receive ongoing group supervision and professional development.

'knowmore' – a new independent legal advisory service

The Australian Government has funded the establishment of an independent legal service called 'knowmore' for members of the public who would like legal advice before contacting or providing information to the Royal Commission into Institutional Responses to Child Sexual Abuse - or at any other point in their engagement with the Royal Commission.

Similar to the funding to deliver services such as counselling, support and case management to individuals and affected family members, knowmore is entirely independent of the Royal Commission.

ASCA COO, Mark Bebbington and Head of Research and Program Development, Pam Stavropoulos attended the launch of knowmore by Federal Attorney General Mark Dreyfus on July 16.

knowmore is a free service that provides:

- Legal advice and assistance
- Legal information and referral to related services where necessary
- Assistance with preparing written statements and submissions

know more

Free legal help to navigate the Royal Commission

Staff at knowmore include lawyers, counsellors, social workers and Aboriginal cultural liaison officers. knowmore's national free advice line is 1800 605 762. Further information about the services provided can be found at: www.knowmore.org.au

New FaHCSIA Funding Announced

With the commencement of the Royal Commission into Institutional Responses to Child Sexual Abuse, ASCA's services have been expanded to begin to help fill the gap for those coming forward and those who support them.

Last November ASCA received short term funding from FaHCSIA (Department of Families, Housing, Community Services and Indigenous Affairs) which went towards the growth and development of our 1300 line.

We are delighted to announce that, in a continuation of that process, we have been successful in the recent tender for Royal Commission Community-Based Support Services in which ASCA received \$1.85 million over three years. These funds will be used to provide ongoing care and support on our 1300 professional support phone line as well as in rolling out our trauma informed training programs to the sector. The need for skilled informed services has been highlighted by the establishment of the Royal Commission and ASCA, the peak national body for adult survivors, has a key role to play.

We would like to acknowledge the Federal government for their investment in services for adult survivors of child sexual assault and for those impacted by the Royal Commission. As we finalise the details of the services we will provide as a result of this funding ASCA will continue to work with government and the Royal Commission to do what we can to best meet the needs of survivors and those who support them.



Should you or someone you are supporting need information or support please call 1300 657 380 Monday to Sunday 9am to 5pm and speak to one of our counsellors.

ASCA has separately received an additional \$130,000 over 12 months in funding under the Community Investment Program, also from FaHCSIA. This is consistent with funding received last year to deliver workshops for survivors and community workers. We are currently finalising arrangements around this funding and will soon announce the schedule

of workshops it will support. Once again we would like to thank the Federal government for its ongoing support in this regard.

While this funding and that from DoHA provide ASCA with some much-needed financial support, the need and demand are substantial. More funds are always needed to further build the capacity of the organisation to help better meet the needs of Australian survivors.

Cathy Kezelman | ASCA President

Have you been involved in the Towards Healing Process? – Make your submission NOW

The Age | 9 July | *Towards Healing Responses Targeted by Royal Commission*

Problems and experiences with the Catholic Church's national abuse response have been targeted by the Royal Commission into Institutional Responses to Child Sexual Abuse as its next focus of inquiry.

The commission wants to hear about victims' experience with the Towards Healing process, how it dealt with complaints and provided redress. It published its second discussion paper – of a planned total of 24 – on its website on Tuesday afternoon.

Towards Healing, the church's response process for every diocese except Melbourne and for every religious order, has been the nation's busiest complaints procedure for victims of clergy child sexual abuse.

Introduced in 1996, it has upheld 310 complaints of criminal abuse of children in Victoria, with another 110 not going through the process because victims went to the police or withdrew, according to the church's evidence to the Victorian inquiry into how the churches handled sexual abuse.

Director Tim Brennan said he hoped to provide national figures to the Royal Commission, but none had been published. The discussion paper is detailed and comprehensive. It asks 15 questions, from victims' experience of Towards Healing to its role in preventing child sexual abuse in Catholic institutions.

The paper asks for comments about the way the process deals with complaints and redress, the responses and outcomes involving priests who are accused, the engagement and accountability of Catholic authorities, possible conflicts of interest, standards of proof,

confidentiality, the role of lawyers, insurers and canon law.

It ponders the relationship between Towards Healing and access to the secular civil and criminal justice systems, and the guidelines about referring complaints to police.

On victims' options for redress, the commission wants feedback on what determines whether financial assistance is paid, how much, other forms of financial support, apologies and acknowledgements provided to victims and conditions on confidentiality agreements.

Staff will examine the submissions, which close on September 4, while the commissioners are holding informal meetings with victims in state capitals. They started in Adelaide this week, after more than 50 sessions each in Sydney and Brisbane. Next is Perth, then Melbourne.

Father Brennan said the protocol was an attempt by the church to reach out to victims who did not want to go to police or the courts. "You are dealing with people who have been through terrible ordeals. Sometimes it [Towards Healing] has been successful, sometimes it has failed to be what they wanted."

Francis Sullivan, CEO of the Catholic Church's Truth, Justice and Healing Council, said the church welcomed public discussion.

"It's a chance to demonstrate how the church has remediated the situation of the past. If a process like Towards Healing were in place in the 1980s we wouldn't have the scandals we ended up with," he said.



The issues paper can be read at the website, www.childabuseroyalcommission.gov.au, along with the first issues paper on working with children checks.

Submissions about the Towards Healing Process should be made by Wednesday 4 September 2013, preferably electronically, to solicitor@childabuseroyalcommission.gov.au, otherwise in writing to GPO Box 5283, Sydney NSW 2001

Invitation to participate in research

Adult survivors of childhood trauma can be impacted in many ways by their childhood experiences. This research study is interested in hearing about the parenting experiences of mothers who are adult survivors of childhood trauma. The researchers are hoping to talk specifically to mothers with children under 18 years of age. One on one interviews with the researcher will discuss; current circumstances, experiences of parenting, managing challenging behaviour, and a brief trauma history. The research

hopes to provide a forum for mothers to share their experiences of day to day parenting and the interview is presented in a series of open questions.

*Interviews will take between one and two hours and will occur in Sydney in clinic rooms in Balmain or Double Bay or if possible at a venue convenient to the participant. If you are interested in sharing your experiences please contact the researcher, **Belinda Jones on (02) 8002 5483** or email parenting.research2013@gmail.com*



ABC Radio Brisbane | 3 July | Can a child ever recover from abuse?

The horrific story of the young boy who was bought by two Australian men “for the sole purpose of exploitation” according to police in the United States, has been in the news this [month].

The couple lived in Cairns for several years, and the boy was subjected to sexual abuse by at least one of his parents, as well as other men outside the family.

Bravehearts recently highlighted research that shows one in five Australian children will be sexually abused before their 18th birthday. One of the questions we’ve been asking is “How does a child recover from a life of such sustained abuse?”

Dr Pam Stavropoulos is from Adults Surviving Child Abuse where she is the Head of Research and Development. If you’ve suffered years of abuse as this young boy has, how do you recover from something like that?

Download and listen to the interview [here](#).



abc.net.au | 17 July | Child abuse survivors urged to seek help

The Adults Surviving Child Abuse group says it is never too late for people to address issues of abuse.

In recent weeks, the New South Wales inquiry into alleged cover-ups by Catholic clergy found that a known sexual predator was given permission to work in the Geraldton diocese in 1975. Father Denis McAlinden was believed to have committed numerous acts of sexual abuse against children in

Western Australia and NSW. He died in 2005.

The group’s Dr Pam Stavropoulos says survivors of child abuse often feel reluctant to come forward.

Read the original story [here](#).

SMH | 29 July | Child abuse most often perpetrated by immediate family

New research shows that the majority of adults who were abused as children were harmed by those in their immediate family rather than by those in religious, educational or health institutions.

The research, based on statistics from over 3500 incoming calls to the Adults Surviving Child Abuse helpline over the past four years, quashes the perception that most abuse happens inside institutions.

The findings show that 63 per cent of callers said they were abused by someone from their immediate family, compared to 18 per cent who said they were abused by perpetrators from institutions.

They also show that 20 per cent said they were abused by a member of their extended family, 10 per cent by family friends, and 2 per cent by strangers. There were also 19 per cent who said they were abused by multiple perpetrators.

“It is confronting to learn about the high numbers of people who are abused by those who are close to them – in positions of care, nurture and trust,” Adults Surviving Child Abuse president, Dr Cathy Kezelman, said.

“However it’s a harsh reality that needs to be addressed.”

Francis Sullivan, head of the Australian Catholic Church’s Truth, Justice and Healing Council, said the statistics did not “remove the obligation of the religious bodies to come forward with the truth”.

Although there was a “heavy emphasis” at the moment on child sex abuse in churches, thanks to a Royal Commission, Mr Sullivan cautioned people against using the statistics as a defence.

“I think it’s generally been known that child sex abuse has largely always occurred in domestic settings,” he said.

“[But] it’s imperative that the Church atones for its behaviour and demonstrates to the community that it will have a zero tolerance approach to child abuse and will work overtime to eradicate it.”

Dr Kezelman said the Royal Commission had brought to light the horrors of child sex abuse in Australian institutions.

“The government is to be commended on its leadership and support for Australians who’ve been impacted in this way,” she said.

“However, it is important to remember that childhood trauma occurs in a diversity of settings and by a range of perpetrators – not solely within our institutions.”

Dr Kezelman revealed the data as the organisation opened new premises for its national office and an expanded call centre on Monday in Neutral Bay, NSW, after securing \$1.5 million in funding from the Federal Government.

The funding will mean the organisation can expand its online services and referral database, and its telephone counselling line (1300 657 380) from four hours a day, Monday to Friday, to a full seven days from 9am to 5pm.

The Federal minister for mental health and ageing, Jacinta Collins, said these services would help survivors of childhood complex trauma, their carers and the health professionals who work with them.

Read the full story [here](#).

Marketing

Countdown to City2Surf

Sunday 11 August, 2013 in Sydney

By the time we go to press, the City2Surf in Sydney will be only a week away. The ASCA team has been training hard and we'd like your support. Please either join our staff and Board Members to be a part of this fun initiative to raise funds for and awareness

of our work or donate now to our team at city2surf2013.everydayhero.com/au/asca

Thank you for supporting Team ASCA now and helping ASCA help survivors on their recovery journeys.



Untangle the Knot Competition – ENTER NOW!

\$2,000 PRIZE

CLOSING DATE: **September 15**

Also coming up is ASCA's Untangle the Knot Photographic Competition. So, amateur and professional photographers, this is your cue to get clicking and get your entry in. This is your chance to be in the running for the \$2,000 winner's prize.

The extended closing date is **September 15** and winners will be announced on Monday September 30 – one month before Blue Knot Day 2013, October 28. The competition theme, 'hope and optimism', reflects ASCA's research around possibilities for recovery.

The competition will be judged by two experts. We are looking for imagery that inspires hope and looks to the future whilst acknowledging the pain of the past. 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.

Read the full terms and conditions and find out how to enter at www.asca.org.au Click on Blue Knot Day – untangle the knot photo competition. It's easy.



Workshops

ASCA will be announcing a new schedule of a variety of workshops very soon

Workshops for Health Professionals

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

ASCA's one day workshop for health professionals is grounded in a substantive research base, which identifies and outlines effective responses to complex trauma. The workshop is drawn from ASCA's Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery www.asca.org.au/guidelines

This workshop covers:

- Understanding complex trauma – prevalence and impacts
- Neurobiology of attachment
- Supportive relationships
- Self-development and self-care
- Coping strategies – adaptive/risk factors
- Reflective practice and vicarious traumatisation
- Practice guidelines for working with adult survivors of complex trauma
- The workshop has been designed for health professionals including doctors, social workers, psychologists, mental health nurses, counsellors/therapists, psychiatrists and other health care professionals

Full-day workshop:

9.00am – 5.00pm.

Professional development endorsement:

ACMHN- 7 ACMHN CPE Points

Date	Location
9 August 2013	Canberra
20 September 2013	Brisbane
27 September 2013	Melbourne

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

ASCA In-house workshops

ASCA workshops are now available in-house on request for organisations seeking trauma-informed training and/or professional development for working with adult survivors of childhood trauma.

Workshops cover topics such as:

- Principles of trauma informed practice
- Complex trauma vs. single incident trauma
- Practice guidelines for working with adult survivors of complex trauma
- Unresolved trauma (prevalence and impacts)
- Coping strategies – adaptive/risk factors
- Attachment, supportive relationships and self-care
- Neuroplasticity and recovery

ASCA in-house workshops provide many benefits as your team can request the topics which interest you and use the time to focus on issues pertinent to your clients and practice. Workshops of one day, two days and half day duration are available.

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

In a recent evaluation of our health practitioners' workshop program (77 attendees) we recorded the following outcomes and feedback:

- 100% of health professionals attending the workshop would definitely recommend the workshop to others.
- 80% of health professionals said they would definitely be interested in attending an advanced training while 20% were unsure.
- 100% of health professionals attending stated that they either felt more confident or very much more confident about working with adult survivors after the workshop

"Amazing and inspiring."

"Very worthwhile training."

"Great and practically driven. Much more helpful than many other trauma trainings."

"I learnt so much today. Thank you."

"The session was of such relevance and importance to my daily work and interactions. I found the breakdown of information and insight into the research so helpful. Thank you for keeping the content so interesting and so accessible for the range of professions in the room."

In a recent evaluation of our carers' workshop program we recorded the following outcomes and feedback(50 attendees):

- 96% of attendees would like to attend other workshops (4% didn't respond) i.e. 100% of those who did respond would like to attend other workshops
- 98% of attendees either agreed or strongly agreed that they would like to recommend the workshop to others (2% didn't respond) i.e. 100% of those who responded would recommend the workshop to others.

"The best part of the workshop was – there is hope."

Workshops for Carers

This half-day workshop is designed for partners and supporters (carers) of adults who have experienced childhood trauma and/or abuse. It introduces the concept of a 'trauma-informed' approach to interpersonal relationships, and builds on the core principles of a trauma informed approach to assist individuals who are partners, supporters and/or carers in their interactions with adult survivors of childhood trauma/abuse.

The workshop is divided into three parts:

- What is a 'trauma-informed' approach? What it involves and how it is Helpful.
- is trauma and what are its effects? (Key points of which to be aware)
- Core principles of a trauma-informed approach to interpersonal relating, and
- These can be implemented in offering support to adult survivors of childhood trauma/abuse.

register
now

All ASCA workshops are grounded in the latest research presented in ASCA's Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery.

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

Date	Location
28 September 2013	Melbourne