

Breaking free

asca

Adults Surviving Child Abuse

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

Blue Knot Day 2015



Origami fish made by supporters of Blue Knot Day at South Sydney Uniting Church

Robbie Gambley held his first Blue Knot Day event in 2010 and has been a loyal supporter of ASCA's day of awareness ever since. "There is too much silence around child abuse and bringing people together on Blue Knot Day is one way of breaking that silence," says Robbie who is a survivor himself.

This year Robbie is shifting his event from his hometown of Casino to a larger venue at Lismore Workers' Club where he is inviting people to gather on Sunday, November 1. "Interest in Blue Knot Day has grown and it was time to take the event to a more central location," he says. "Lismore is more convenient for people living in places like Ballina and Nimbin." He is hoping for a large turnout.

Blue Knot Day falls on October 26 this year and is followed by a week-long series of events and activities. During this week, ASCA asks all Australians to unite in support of the 5 million adults who have experienced childhood trauma and abuse.

Holding an event like Robbie is doing in Lismore is just one way people can play a part.

"Bringing people together to talk about an issue which is often swept under the carpet is really important," he says. "It can also be a powerful way for people to connect and share their experiences over a cup of tea."

To garner interest, Robbie has written to his local members of parliament, Thomas George and Kevin Hogan, who have been supportive. "I hand-delivered the letters, asking them to support this good cause," he says. "Both responded quickly and Thomas has agreed to pay for the hire of the room." He has also arranged a guest speaker for the day, and the Mayor of Lismore, Jenny Dowell, plans to attend.

"To spread the word, I talked to a journalist I know from the Northern Star and hopefully he will run a story on the event to encourage people to come along."

Another long-term supporter of Blue Knot Day is the South Sydney Uniting Church in Sydney which has held an ecumenical service for survivors and supporters for the past five years. This year, the church has scheduled two

services on Saturday October 31 at Pitt Street Uniting Church and Sunday November 1 at South Sydney Uniting Church.

"We are aiming to make the Saturday service a multi-faith gathering and are in conversation with Muslim, Jewish and Buddhist congregations in the area," says Heather Robinson, chairperson of South Sydney Uniting Church and organiser of the Blue Knot Day services.

"We try to make the services fresh every year, and every year we get a lot of positive feedback from people attending which is what motivates us to keep going," said Heather. "Survivors often feel very isolated in their experiences. The process of bringing people together to pray and listen to testimonies can be very healing and supporting. It is also strengthening for survivors to hear a representative of the church or a government minister validate their stories and bear witness."

Heather says providing a safe place for people to express themselves is an important part of the event. "While we mourn the pain and loss felt by survivors, we also like to finish on a positive note by talking about how we can stand united around the issue of child abuse and relay the message that recovery from trauma is possible."

To find out about Blue Knot Day and how you can get involved go to: <http://bit.ly/blueknotday>

With the theme this year being: Supportive communities help survivors recover, the more people and individuals who get involved the better.



From the Editor

Welcome to the July 2015 edition of Breaking Free.

Our cover story this month offers an insight into what it is like to run a Blue Knot Day event. Ever since ASCA began holding its day of awareness in 2010, Robbie Gambley from Northern New South Wales and Heather Robinson from South Sydney Uniting Church have been ardent supporters. We talk to them about how their events come together and how they attempt to offer something fresh each year. They speak warmly about the people who attend their events and say the feedback is always positive. "That's what motivates me to keep going," says Robbie. "There is too much silence around child abuse and bringing people together on Blue Knot Day is one way of breaking that silence."

On Page 4 we take another look at a recent webinar hosted by the Mental Health Professionals' Network with the help of ASCA. Two participants in the webinar – John Ellis and Warwick Middleton – talk about the importance of validation and choice when working with adult survivors. John, who was the recipient of our Blue Knot Award last year, runs a legal practice and often represents adult survivors in their pursuit of justice. He makes a point of empowering his clients and making them feel safe by giving them as many choices as possible in the story-telling and evidence-gathering process. Together John and Warwick (who is also a member of ASCA's Advisory Panel) praise the good work of the Royal Commission into Institutional Responses to Child Sexual Abuse and the extraordinary lengths it goes through to validate and accept survivors. They also discuss how the Commission might modify some of its procedures to give survivors more choice. Validation and choice are key tenets of trauma-informed practice, and the discussion between John and Warwick makes for interesting reading.

See Page 5 for an update on the success of ASCA's first-ever crowdfunding initiative. Thanks to the generosity of our supporters we are now able to offer a total of seven workshops for survivors in cities right around Australia this year. The dates are on our website at <http://bit.ly/1LLPMgy>

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

Cherie Marriott | Editor

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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).

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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.

The Big Picture



With Blue Knot Day only three months away, ASCA is abuzz with activity and plans. This year is all about community and how communities can come together in support. As the Royal Commission has gone around the country we have seen communities pull together as they begin to face some of their darkest history. In so doing, we have observed the strength and courage of thousands of survivors and experienced the changing of community attitudes to one of greater understanding and acceptance.

Attitudinal shift takes time and it requires strong leadership. We have seen governments from both sides of politics support the Royal Commission – the Gillard Government

in establishing it and the Abbott government in extending its term. As we rapidly approach the release of the report around Redress and Civil Litigation from the Commission to government and its ensuing recommendations, we trust that we will see strong bi-partisan leadership. A national independent redress scheme, administered by the Commonwealth government, regardless of who is in power, and funded by the relevant institutions, including governments when failures occurred, would provide an equitable just response.

Funding must also be provided for counselling and psychological care delivered by practitioners and agencies with the experience and expertise to appropriately support survivors, to enable access to the requisite services to facilitate recovery. A monetary sum and apology, both of which recognise the wrong and seek to make some degree of amends, are also paramount.

With ASCA's EOFY Save our Workshops Campaign we saw individuals and community come together in support. Governments too must come together and provide the support survivors need to rebuild their lives.

Dr Cathy Kezelman AM | President

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From Helen

My healing journey



I am a survivor of a number of traumatic experiences during both my childhood and as an adult. Being sexually abused by a stranger at a young age led to a withdrawal into my own world. A few years later a fall from a bucking horse resulted in a serious injury to my back. Though two vertebrae were fractured, I did not complain or receive any treatment but further suppressed my feelings. In my teenage years emotional numbness dominated my life, and I preferred the company of my dog and cat to people. Then as an 18 year old uncomfortable with my weight, I developed anorexia, and only through my own efforts recovered enough to return to university. When I was finishing my degree campus protests began and the ensuing violence was upsetting. So I left the United States for Europe and found work there. As a young adult travelling in third world regions exposed me to dangerous situations, and a deep restlessness often resulted in a sudden decision to move. In some ways such changes felt freeing, but it was difficult to start over and find a new residence, job and friends.

This lifestyle was exhausting, but I kept busy and did not reflect on any personal issues. Interpersonal conflicts created terrible anxiety and attempts at intimate relationships caused me to dissociate. However, I believe there were many factors that saved me from psychological disintegration, including my strong will. Spending time in nature and swimming and frequent walks were soothing. I joined a yoga class in my 20s and the poses and breathing exercises increased my confidence. At the same time, I learned a simple meditation technique that instilled calm in my daily routine. These mindfulness practices also assisted me to relax and be more present. Shunning recreational drugs and largely avoiding alcohol were significant factors in preventing greater problems.

I moved to Australia in 1981, but my first attempt at living with a man failed. Overwhelming emotions and flashbacks led me to counselling with an unlicensed psychotherapist. This encounter was retraumatising and created more fear, shame and guilt. However, within a year I became a single parent and raising our child well was my main aim. Completing two more degrees and employment in education (primary, secondary and tertiary) brought immense satisfaction. I was able to relate to individuals in a supportive and empathetic manner and worked as an advocate for foster children and trainer in a women's prison. Then a few years ago, when struggling with unresolved grief and a long-standing pain condition, an expert in trauma diagnosed me as having posttraumatic stress and dissociative identities. I do not use the term disorder, as I prefer the more accurate phrase 'post-traumatic stress injury' and regard dissociation as a creative way of managing

overwhelming experiences. Learning all I could about these conditions fostered an understanding of my reactions and a commitment to personal changes.

I am now in my 60s, have lived in my own home since 1994, still work, and have an adored adult son who excelled at school, has a good career and is a kind and caring person. Sessions with a specialist skilled in a technique called Focusing has assisted me in coming to terms with the past and having compassion for myself. It has taken courage to deal with the upsetting memories, but I now enjoy life more and do not let fear rule my existence. In recent years I 'have come out' and spoken with family and friends about what happened to me. I am writing my autobiography to honestly share my healing journey. As part of a volunteer mental health network, I present sessions to professionals and the public on topics such as 'Mindfulness and Trauma' and 'Coping with Chronic Pain'. I believe that people have an innate ability to heal not only broken bones but also their psyche. Recovery from abuse is possible when we are open to change, learn about the ramifications of what has occurred and access safe and empowering therapy. There is always hope!

Need support?

ASCA's 1300 line operates 9am–5pm Monday to Sunday EDST 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

Apologies

In the June issue of *Breaking Free* we incorrectly attributed the poem titled "Time to Speak". This poem was written and submitted by Merrin. We apologise for the error.

Responding to Trauma

Webinar reviews Royal Commission progress

A focus on validation and choice

Two important cornerstones of care for adult survivors of childhood trauma and abuse are to promote a strong therapeutic alliance by building trust through validation, and to encourage choice by maximising a survivor's sense of control of their treatment. These principles are enshrined in ASCA's internationally acclaimed Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery (<http://bit.ly/11AbsLP>) and are used by counsellors and psychologists nationally and internationally, including on ASCA's database of complex trauma health professionals (<http://bit.ly/1JoUX3Y>) in their work with adult survivors.

The importance of validation and choice were discussed during a recent webinar conducted by the Mental Health Professionals' Network and supported by ASCA which focused on how services can better support people living with complex trauma.

The hour-long webinar included short presentations by John Ellis, a solicitor and a survivor of sexual abuse; and Warwick Middleton, ASCA Advisory Panel Member, adjunct professor and psychiatrist at the Trauma and Dissociation Unit of Belmont Private Hospital in Queensland.

The two discussed how the Royal Commission into Institutional Responses to Child Sexual Abuse has been successful, to date, partly due to its focus of validation.

"The Royal Commission is representing a landmark shift in how society views itself," said Middleton. "The popular vote in favour of having the commission was that at some level it was apparent to everyone that institutions – churches, orphanages and sporting institutions – can and do exploit children." He said, for many years, our society has been "patriarchal and male-dominated, where women and children have had little or no rights".

"In this environment, it is hard for someone who is being abused to find a voice."

Middleton applauded the people who have told their stories to the Royal Commission through public and private hearings. "I am impressed by the extraordinary lengths that the commissioners go through to validate and accept survivors who have taken the brave step of standing up and talking to an authority about their experience. For many, the process validates an experience that has often been invalidated.

"All societies and all institutions will experience abuse and exploitation. If it can occur, it will occur and the way forward is to keep survivors

talking about their experiences, so this will never be put back in the box," he said.

Middleton was admiring of John Ellis's efforts to raise awareness about the issue. "You have had a pivotal role in the public perception of abuse and the work of the Royal Commission," he said. "I wonder, when the commission has run its course, whether you will have any thoughts or suggestions on how the inquiry might have been handled differently. Are there any things that could have been done to make it better?"

Ellis said the answer to this question was complicated. "When the Royal Commission was announced there was no template for such an inquiry but I had an inkling about the enormous size of the undertaking," he said.

Since work on public and private hearings began in 2013, Ellis said he has been impressed by how matters have been handled and the "amount of thought that has gone into the planning process, particularly the part where they are interacting with survivors".

He said, to his knowledge, one of the things the Royal Commission doesn't do, however, is give survivors a choice of which commissioner hears their case. "They have six commissioners, male and female, and a variety of staff that attend on sessions, but I haven't heard about people being given a choice about speaking to a male or female, or a choice about location for private hearings." Ellis said while it is hard to know exactly how this may have affected the work of the inquiry and its progress, his experience shows that it can be helpful to survivors if they have an option about who they meet and where they meet. "In my law practice, we are very mindful of giving survivors choice," he said.

Ellis also made a point about the terms of reference being constrained, which has left many survivors feeling unheard, especially those who were abused outside of an institution. In fact, ASCA statistics show more than 80% of abuse occurs in the home environment by an immediate or extended family member.

"Being such a massive undertaking it was important to draw the line somewhere," said Ellis. "But a lot of the people I deal with in my law practice don't fall into the terms of reference of the commission. Some were over the age of 18 when the abuse occurred, but it was still a situation where there was an imbalance of power and the client was in a vulnerable position." Ellis said he regularly receives feedback from clients who wish the scope of the inquiry was broader.

To view the full webinar, click here: <http://bit.ly/1QYdRUx>

ASCA Activities

Crowdfunding update



More survivor workshops scheduled in major cities

ASCA's first-ever crowdfunding initiative in June has been a great success, allowing us to offer a total of seven Workshops for Survivors in cities around Australia this financial year. New dates have been announced and we have spaces available in the following workshops.

Cairns / Saturday 19 September 2015

Darwin / Saturday 26 September 2015

Canberra / Saturday 31 October 2015

Perth / Planned for 2016

ASCA is forever thankful to the many people who supported our crowdfunding campaign. Our original goal was to raise \$30,000 by June 30, but in the end we received a total of \$43,781 to keep our survivor workshops going. In addition we received offers of assistance with venues, people asked if they could volunteer and there were countless messages of support for the program and our cause.

"The generosity has been overwhelming," says ASCA president Cathy Kezelman AM. "For many of our attendees, these survivor workshops are the first step in their recovery. They come together with other survivors and break down the walls of isolation as they realise they are not alone."

ASCA's one-day survivor workshops are specifically designed for adults who have experienced childhood trauma and/or abuse. They focus on helping people feel safe, learn about self-care, and how to seek good support.

For more information, or to book a place, contact Charlett Beham on training@asca.org.au or phone **02 8920 3611**.

Blue Knot Day 2015



Over the years, ASCA's voice has grown stronger partly due to our presence in the media as we raise awareness around the needs of adult survivors of childhood trauma and abuse. We are now considered an important source on how services are meeting the needs of survivors and ASCA anticipates many more opportunities to speak to the media over the next few months.

From time to time ASCA is asked by media outlets to be put in touch with survivors who are ready to speak out about the damaging impact of childhood abuse, and we are asking survivors to register their interest with us.

Speaking to the media can be empowering, but it can also be daunting and requires careful consideration. It is important that anyone taking such a step has the right support around them and has thought about what they are willing to speak about and what they are not willing to share.

While we cannot be sure an opportunity will arise, even if you register your interest, but if you have a story you want to share – whether it is about your engagement with the Royal Commission, your recovery journey or any other aspect of your journey – please contact Dr Cathy Kezelman on 0425 812 197 or by email ckezelman@asca.org.au to discuss the possibility further.

Spreading the word

ASCA supports trauma conference

The International Society for the Study of Trauma and Dissociation (ISSTD) will hold its regional conference in Sydney this November to address the issues of complex trauma in children, adolescents, adults, families and society. The event is aimed at health practitioners and is being supported by ASCA.

The ISSTD conference brings together specialists in the field of complex trauma and will include special presentations by the Honourable Justice Peter McClellan, chair of the Royal Commission into Institutional Responses to Child Sexual Abuse, and John Feneley, the New South Wales Mental Health Commissioner.

International experts on trauma and dissociation will present at the conference, including Richard Kluft, MD, PhD; Bethany Brand, PhD; Joyanna Silberg, PhD; Russell Meares, MD; Warwick Middleton, MD; Philip J. Kinsler, PhD; and Lynette Danylchuk, PhD.

The conference is titled "Broken Structures, Broken Selves" and aims to increase public awareness, empower sufferers and survivors, and provide continuing education for clinicians who work in the field of relational trauma. For more information on the event, visit: <http://bit.ly/1LM6exh>

Survivors in the News

Churches, schools could be held criminally liable

Sydney Morning Herald | July 16

Churches, schools and hospitals could be held criminally liable for child sexual abuse perpetrated by people linked to them, according to a report before a royal commission.

The chair of the Royal Commission into Institutional Responses to Child Sexual Abuse, Justice Peter McClellan, flagged on Wednesday that the commission was considering a report which discusses whether an institution should be held criminally liable "for the sexual abuse committed by a person associated with that institution".

It is a crime in Victoria for certain responsible people to negligently fail to reduce or remove the risk children will be abused by others in an organisation.

Instead of imprisonment or fines, "which... may have unwarranted and deleterious effects on non-profit organisations", probation orders could prevent people from certain types of conduct for a period of time, said Justice McClellan, citing the report by criminologists Professor Arie Freiberg and Karen Gelb and NSW Judicial Commission member Hugh Donnelly.

Half of all the allegations put to the commission have involved child sexual abuse in "faith-based institutions", he said.

Sydney University law professor Patrick Parkinson said such a crime could more effectively deter institutions from covering up or failing to prevent abuse in future than current mandatory reporting laws.

"We must avoid creating [a problem] in which organisations run shy of providing facilities and services for children. Enormous contributions are made throughout the community through religious and charitable groups which provide services for kids."

Labor backs abuse victim redress

9news | July 25

Labor has pledged to act on the recommendations of the royal commission into child sexual abuse, including a redress scheme for victims.

The inquiry was set up by the Gillard government in 2013 and is due to report in December 2017.

The ALP national conference being held in Melbourne on Saturday passed a resolution to act on the commission's findings, in consultation with victims, and to report annually to the parliament on the implementation of the recommendations.

Speaking on the motion, NSW delegate Darcy Byrne said the recommendations would not necessarily be implemented in their entirety, but "in their spirit".

"Today we can take another powerful step forward by saying we will not only listen to their stories but the next Labor government will take action to make sure that that level of abuse never happens to another generation of children," Mr Byrne said.

"The very worst thing we could do is to allow the recommendations of this royal commission to sit on a shelf gathering dust – it would be a kick in the teeth for all people who have come forward."

Labor MP Pat Conroy, who seconded the motion, said the Royal Commission into Institutional Responses to Child Sexual Abuse had been the most significant achievement of the Gillard government and would be acted on by a Shorten government.

"We must carry this through so the scars can be healed," Mr Conroy said.

Read more: <http://bit.ly/1OPQDLr>

Jehovah's Witnesses failed to report 1,000 alleged perpetrators

ABC News | July 28

More than 1,000 members of the Jehovah's Witnesses have been identified by the church as perpetrators of child sexual abuse since 1950 but not one was reported to police, an inquiry has heard.

The Sydney hearing was told the church adopted a scriptural response to abuse, which it abhorred, and had files relating to 1,006 alleged perpetrators, dating back to 1950.

The process required witnesses to prove abuse took place, and no allegations were ever reported to police.

A 47-year-old woman, known to the inquiry as BCB, said she was sexually assaulted as a teenager by her family friend and church elder, Bill Neill, at Narrogin, south-east of Perth in the 1980s.

The commission heard Neill is now deceased.

BCB described feeling ashamed to give

evidence because she still identifies as a Jehovah's Witness despite suffering a nervous breakdown and depression as a result of the abuse.

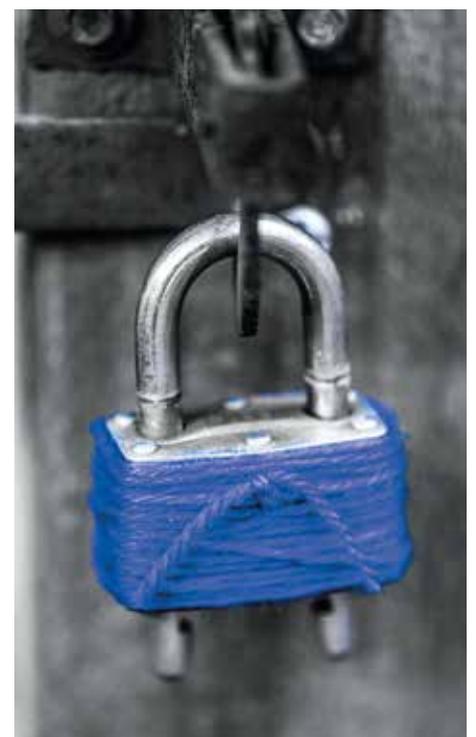
"I would like the Jehovah's Witnesses to take allegations of child abuse more seriously and report them to the police," she said.

"I also think that those victims that are brave enough to report to elders should be properly supported and protected.

"I found the experience of reporting my abuse to a room full of men, including the man who had abused me, very distressing."

BCB revealed she considered taking sleeping pills due to the ongoing impact of the abuse but decided not to for the sake of her husband and children.

Read more: <http://ab.co/1MyP5qN>



Speech

McClellan summarises work so far

An excerpt from Justice Peter McClellan's address to the triennial assembly of the Uniting Church of Australia on July 15.

I speak to you today as the Royal Commission enters the second half of its five year term. As you are probably aware the Commission was originally tasked to finish at the end of this year. We have now completed 3,766 private sessions. There are presently 1,527 people waiting in the queue. We receive applications for private sessions at a rate of almost 50 per week. I can also indicate that I have now referred 666 matters, most coming from private sessions, to police to investigate with a view to prosecution of an offender.

The people who we talk to in private sessions cover a broad spectrum of Australian society. Each of them has been betrayed by a trusted adult. Each of their individual experiences has left a mark on their lives. For some the lifelong consequences have been catastrophic. Each person's story is unique with impacts of greater or lesser significance in their life journey and with differing impacts upon their psychological and physical well-being. It is also reported to us that there are many people who cannot tell their story. They have taken their own lives.

Commissioners sometimes hear the stories of people who, despite traumatic childhood experiences have never lost their capacity to love and care for others. We have witnessed humour and ingenuity among survivors. But we have also seen profound sorrow, grief and pain that for many may never go away. The label Post-Traumatic Stress Disorder does not convey the full extent of the suffering of these people.

Although the impact of sexual abuse on survivors has been the subject of academic research it has not, in my view, been well understood in the general community. The assumption that penetrative sexual abuse of a child leads to the worst outcomes for survivors has only limited empirical support. That assumption is embedded in the criminal law of the various states and territories. In fact abuse which many lawyers and others have traditionally regarded as relatively minor can have devastating and lifelong consequences for some survivors.

From the work we have done we know that there have been failures to protect children in residential facilities, schools, including boarding schools, Christian churches of every character, Jewish organisations, kindergartens, after school care, sporting organisations, dance classes, music organisations, scouts, hospitals and other institutions. There is no difference in the nature of the allegations nor in the mechanism for institutional failure between institutions conducted by the government and those in the private sector.

A picture is emerging for us that although sexual abuse of children is not confined in time – it is happening today – there has been a time in Australian history when the conjunction of prevailing social attitudes to children and an unquestioning respect for authority of institutions by adults coalesced to create the high risk environment in which thousands of children were abused.

Although the primary responsibility for the sexual abuse of an individual lies with the abuser and the institution of which they were part, we cannot avoid the conclusion that the problems faced by many people who have been abused are the responsibility of our entire society. Society's values and mechanisms which were available to regulate and control aberrant behaviour failed.

Together we must endeavour to change the culture, policies and management within Australian institutions, so that as far as possible, the sexual abuse of children in institutional settings is eliminated.

For the full speech, click here: <http://bit.ly/1VikJVM>

Statistics



The Royal Commission has published a report into the sentencing of child sexual abuse offenders to obtain a more detailed understanding of the ways in which common law principles and statutes are applied to criminal cases against perpetrators. The report analysed 84 child sexual assault cases finalised in the District Court of NSW. It found the shortest period from the date of the offence to the date of sentence was 294 days (almost 10 months) and the longest period was 51.7 years. The average was 21 years.

Period between offence date and sentence date

Delay period	Percentage of cases finalised
Less than 5 years	12.7%
Between 5 and 10 years	7.6%
Between 10 and 12 years	25.3%
Between 20 and 30 years	36.4%
Between 30 and 40 years	12.7%
Between 40 and 50 years	2.5%
Greater than 50 years	2.5%

Read next month's Breaking Free for more data from the report. Or click here to read the full report: <http://bit.ly/1D1fue0>

Schedule of activity

August

Mon 3 (Cont) – Fri 7	Public hearing: Case Study 29 into Jehovah's Witnesses, Sydney
Mon 3 – Fri 28	Private sessions in capital cities
Mon 17 – Fri 28	Public hearing: Case Study 30 into State run youth training and reception centres, Melbourne

September

Tues 1 – Fri 11	Public hearing: Case Study 31
Tues 1 – Wed 30	Private sessions in capital cities
Mon 21 – Fri 2 (Oct)	Public hearing: Case Study 32

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.

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

Professional Development Training

Do you want to better support your complex trauma clients? Would you like to develop an evidence-based foundation for your clinical work?

ASCA can help. ASCA's *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* and professional development training programs are nationally and internationally acclaimed. Of all training attendees to these programs in 2014, 97% of attendees felt more confident about working with adult survivors of childhood trauma; 100% felt the learning objectives were met. ASCA currently schedules two types of Professional Development Training throughout Australia. Other training is available in-house on request.

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: Geelong – Wednesday 5 August

Gold Coast – Tuesday 18 August

Sunshine Coast – Wednesday 19 August

Sydney – Tuesday 15 September

Melbourne – Wednesday 16 September

Darwin – Friday 25 September

Canberra – Friday 30 October

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: Wollongong – 6th & 7th August

Perth – 27th & 28th August

Cairns – 17th & 18th September

Survivor Workshops

Educational Workshop for Adult Survivors of Childhood Trauma and Abuse

As a result of a recent fundraising campaign, ASCA is delivering its full-day workshop for free, in 7 different states and territories this financial year. It is designed for people who have experienced trauma in childhood, to help them learn more about what their experience means, how it may have affected them, and how they can find a path to recovery.

What will the workshop involve?

- Understand childhood trauma and abuse, how common it is and how it often relates to current challenges with health, well-being, relationships, self-esteem and other life issues;
- Learn about survivors' strengths, coping methods in childhood and now, explore possible changes in the future;
- Understand more about the brain, the biology of stress, triggers and tips on how to recognise and manage better;
- Explore strategies to help manage emotions and levels of arousal;
- Learn where to find help, how to care for oneself, interact in healthy ways with loved ones and others, and explore possibilities for recovery.

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: Sydney – Saturday 22 August – FULL

Melbourne – Saturday 29 August – FULL

Cairns – Saturday 19 September

Darwin – Saturday 26 September

Canberra – Saturday 31 October

Additional workshops will be scheduled soon

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 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 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**.