

# Breaking free

asca

Adults Surviving Child Abuse

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## ASCA announces Blue Knot Day



Over the last two years ASCA has celebrated Forget-me-knot Day. This year ASCA is building on the success of prior events, and its groundbreaking work in the trauma field. We want to acknowledge the needs of survivors of all forms of childhood trauma along with pathways to recovery.

To celebrate, we are launching **Blue Knot Day**, a national day in support of the estimated four million Australian adult survivors of childhood trauma. Childhood trauma includes sexual, physical and emotional abuse, neglect, witnessing and experiencing the impacts of family and community violence and a range of other adverse childhood events.

**"Blue"** because blue is ASCA's colour and that colour has become a symbol of hope, optimism and recovery.

**"Knot"** because ASCA works to untangle the knot of child abuse as well as other forms of childhood trauma.

**"Day"** to mark the date in your diary, raise awareness around the long-term impacts of abuse, tackle stigma and taboo, and promote pathways to recovery.

**Blue Knot Day will be celebrated on Monday October 29, 2012** and activities will be held in the week from October 29 to November 5. We will be informing you of ways in which you can be involved in plans for the day, in our next newsletter, as well as seeking suggestions and ideas from you.

The ASCA team is currently working to create an exciting range of logo concepts for Blue Knot Day. We would like to involve members and subscribers in choosing the new symbol for ASCA's national day. To that end, we will present three logo concepts for supporters of ASCA to vote on, next month. Watch this space.

[www.asca.org.au/blueknotday](http://www.asca.org.au/blueknotday)



**ASCA workshops for survivors, community workers, and health care professionals.**

**Register now!**

**See back page for details.**

# From the Editor

Welcome to the June issue of *Breaking Free*. This month has seen intense media coverage of the findings of a review into abuses in the Australian Defence Force, after the ABC's 7.30 Report acquired parts of the review's executive summary through Freedom of Information. ASCA quickly joined the conversation advocating for a Royal Commission. See page 7 for Dr Cathy Kezelman's opinion piece and commentary, which received widespread coverage in the days immediately after the story broke.

Read about one survivor's journey to find her voice through writing in *My Story*; and, on page 5, Cathy discusses the implications of a victim finally coming forward about years of abuse by a Catholic priest, Father Victor Rubeo. Meanwhile, the Attorney General Nicola Roxon has announced an expansion of the definition of family violence to include emotional manipulation, withholding money and harming the family pet. At the

same time, ASCA is preparing to launch its Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery, the subject of last month's *Breaking Free* cover story. The definition of trauma has been expanded and along with it, ASCA's brief, reflected in our plans for Blue Knot Day. Research indicates that Complex Trauma affects adults who have experienced interpersonal trauma in childhood as a result of abuse in all its forms as well as chronic neglect, the impacts of living with and/or witnessing domestic violence in childhood, the impacts of family dysfunction (e.g. living with a parent with a mental illness or substance abuse issue), and a range of other adverse childhood events.

We are also launching our new national event, Blue Knot Day – but if you've read this far, you already know that! As usual, see the back page for workshop details.

**Kath O'Sullivan | Editor**

## Taking care of business

ASCA was delighted to receive \$126,000 in funding this month from the Federal Government Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA), approved by the Hon Julie Collins MP, Minister for Community Services, Minister for Indigenous Employment and Economic Development, and Minister for the Status of Women. This funding acknowledges the crucial work of ASCA in the areas of advocacy, services and training. Earmarked to 'advance the wellbeing of people and communities affected by child abuse', the funding will assist ASCA to rollout a series of Survivor and Community Worker workshops nationally over the 2012/13 financial year, in both capital city and regional areas. Stay tuned for dates to be confirmed in July.

ASCA would like to acknowledge the receipt of this one-off funding in support of its work and looks forward to working with FaHCSIA to help better meet the needs of those affected by the complex trauma.

As we go to press, we have also just received notification of additional \$195,000 in funding as a result of a submission for Trauma Informed Training within the Community Services Sector completed under the Child Aware Approaches Initiative. Details of this funding and the programs it supports will be included in the next newsletter.

We would like to sincerely acknowledge FaHCSIA's support as ASCA works to advance the needs of adults who have experienced complex trauma in childhood, and the needs of those of the next generation, by intervening in the risk factors of ongoing abuse and neglect. ASCA is committed to this work as an active member of The Coalition of

Organisations Committed to the Safety and Wellbeing of Australia's Children. This work is especially important as the second three-year framework for Protecting Australia's Children is finalised and rolled out.

On May 30 ASCA submitted the final draft of the manual *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* to the Department of Health and Aging (DoHA), meeting its commitment to funding for this project.

The extensive research for this project was undertaken by Dr Pam Stavropoulos, ASCA Consultant in Clinical Research, with consultation and guidance provided by Dr Cathy Kezelman, ASCA President. The Practice Guidelines have undergone review by a significant number of consumers, carers, practitioners, academics, researchers, workers and agencies. We have been overwhelmed by the very positive feedback and high level endorsements, both nationally and internationally, for these ground-breaking Guidelines.

The final draft document is a substantial piece of work, testament to the dedication, expertise and commitment of its co-authors. It is poised to set the standards. It is also important to acknowledge Professor Warwick Middleton for his guidance and distribution of the draft Guidelines for feedback, as well as other members of ASCA's Advisory Panel. In addition we would like to thank Jenna Bateman and Corinne Henderson from MHCC, as well as other members of the national Trauma Informed Care and Practice Advisory Working Group.

**Margaret Price | COO ASCA**

### 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: Kath O'Sullivan  
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)  
Ph: (02) 8920 3611

### ASCA President/Media Spokesperson

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

### Patrons

Professor 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

 [www.twitter.com/ascaorg](http://www.twitter.com/ascaorg)

 [www.facebook.com/groups/adults\\_survivingchildabuse](http://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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## Survivor finds her voice

I was bought up in a wonderful home with very loving parents and two great brothers. However, when I was 10 years old something happened to me and from then on I harboured a secret that would profoundly change and almost ruin my life.

I did well at school, graduated from a retail management cadetship with Grace Bros and joined the Royal Australian Air Force (RAAF) as an Officer Cadet graduating from university with a Bachelor of Commerce Degree followed by a Diploma of Administration. I graduated from my officer training in the same year (1992). Unfortunately, just after finishing all my training, I was involved in a major motor vehicle accident while I was on military duty. It meant I required continuous rehabilitation including many surgeries and constant management. Eventually I was diagnosed with major chronic physical and emotional health problems (including PTSD and a mood disorder) associated with the trauma and injuries sustained in the accident. I was eventually medically discharged from the RAAF.

After my accident, I suffered from extreme and debilitating emotions. My world seemed out of control and I found it very difficult to live a normal and productive life even though I tried extremely hard to make it look as though everything was normal and OK. To say I suffered from anxiety and depression is an understatement; I was struggling physically and emotionally to get through every single day.

I started seeing a psychiatrist and a wonderful psychologist who realised that, while the motor vehicle accident had left me with PTSD and physical injuries, there were more complex issues surrounding the extreme emotions and psychological distress I was displaying. As time went on, we built an amazing trust relationship and it was only then that I found the courage to tell them that I had been sexually assaulted and abused when I was 10 years old by a trusted extended family member (maternal grandfather).

My psychologist encouraged me to write and as I did, I discovered that I didn't write anything about one specific or particular trauma. I wrote about the extreme emotions that had been 'unlocked' by my accident as well as the added psychological distress the accident itself had contributed to my desperate emotional state. I had experienced compounding traumas and they were psychologically ripping me apart. Thankfully, my therapists helped me understand a lot of the issues surrounding the abuse trauma which I had suppressed for nearly 25 years and helped me to implement strategies to get my life back on track.

It was during this time of learning, discovery and understanding that I started to focus on possible solutions to these extreme feelings and emotions instead of the actual causes and thus my book, 'Be Brave' was conceived.



But the injuries sustained in my accident continued to degenerate and in 2007 I had a full facial re-construction, a bi-maxilla osteotomy, leaving me with 6 plates and 31 screws in my face, thus allowing me to breathe more easily. As time has gone on and as a result of the physical and psychological help I have received and my own determination to get well, my life seems to have improved considerably.

I couldn't find a voice when I was 10 years old to tell anyone what had happened to me. Later, as an adult after my accident, I found it extremely difficult to explain the often severe and uncontrollable feelings and emotions I was experiencing and which were ruining my life. Finally though, with a lot of help and support provided by my family, friends, therapists and specialists, I realised that if I was to be part of my own rehabilitation, part of my own healing, I needed to 'be brave' myself and tell someone what happened to me and share my story and make my book available for those in need. In doing so, I hope to help other sufferers find their voice before the traumas of their childhood potentially ruin the rest of their lives.

See: [www.bebavebook.com](http://www.bebavebook.com)

### 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.



## Blue Knot Day

For more info see our website:  
[www.asca.org.au/blueknotday](http://www.asca.org.au/blueknotday)

### Swimming Upstream Weaving & Story Telling

July 21 and August 18, 2-5pm

SSUC, 56a Raglan Street, Waterloo NSW

For more info, go to [www.asca.org.au/upcomingevents](http://www.asca.org.au/upcomingevents)  
or contact **Alana** on 0416 003 798



### On Recovery Road Creativity Exhibition

October 26-30, Discount Art Warehouse

34 Arthur Street, Fortitude Valley, Brisbane QLD

*The work will be drawn from current and past patients of the Trauma and Dissociation Unit (TDU) in Queensland. It will not be limited to paintings, but will include poetry, prose, sculpture and other creative pieces.*

*Child abuse, mental illness, and homosexuality have one thing in common. Society tries so hard to ignore them, they are all taboo subjects with stigma attached to them.*

*Few people will admit that in this day and age, child abuse of all kinds and incest, continues to exist.*

*But how many of you out there have considered what happens to the abused child when they grow up? It is not only the physical scars but also the emotional and psychological scars that stay with you for the rest of your life. These scars can have a devastating effect on day to day life. Major depression, anxiety disorders, P.T.S.D., dissociative disorders, hyper-vigilance, poor self-esteem, insomnia, suicidal tendencies, just to name a few of the mental health issues that can effect us as adolescences/adults.*

*Some of you have helped animals who have been neglected, abused and abandoned. You know how much effort, on your part, it takes to rehabilitate an animal. Trust has to be built. But most animals have more resilience than most humans do.*

*ASCA helps adults to survive child abuse.*

*I am a child abuse survivor. I suffer from mental illness. I am a homosexual and I am me.*

*Please sponsor me to raise funds for ASCA so they can continue to support people like me or you or a friend, or family member or colleague.*

For more info, go to [www.asca.org.au/upcomingevents](http://www.asca.org.au/upcomingevents) or contact **Asti Berner** on 0407 377 190 or email [asti.berner@gmail.com](mailto:asti.berner@gmail.com)

## SAVE THE DATE

### Fundraising Activity in NT Pretty in Palmerston Fashion Show

**August 3**

to raise funds for ASCA and  
The Leukaemia Foundation.

Contact [info@asca.org.au](mailto:info@asca.org.au) for further information.

## ASCA needs your help untangling the knot of child abuse

While the recent funding ASCA has received from FaHCSIA has been welcomed it is project based and non-recurrent. We are reliant on donations to ensure our sustainability.

To donate **NOW** or sign up for a regular monthly donation, please visit the ASCA home page at [www.asca.org.au](http://www.asca.org.au) and click on the orange *Donate Now* button.

**ASCA is a registered charity  
and donations of \$2 and  
over are tax deductible.**

## Training Development Work

ASCA is developing several new training courses. We hope to have resources complete for a *Supporters of Adult Survivors* course and also *Trauma Informed Care* training for community workers and other professional roles.

See back page for details of our current workshops.



## Institutions prioritise risk management over pastoral care

The recent story so courageously told by Mr Hersbach of his and his brother's repeated sexual abuse at the hand of a highly trusted Catholic priest, Father Victor Rubeo, shows the enormity of the cost of not only the crime of child sexual assault but of the failure of institutions and individuals in authority within them to act.

Over recent years we have witnessed widespread revelations of abuse, often of a systemic nature within an array of institutions and organisations. They have included secular as well as religious institutions – religions of all faiths and churches of all denominations.

This particular case relates to the Catholic Church, which globally has had a poor record of responding promptly or decisively to child sexual assault. The cost in human terms has been staggering.

Child abuse in all its forms causes trauma and this trauma has serious negative effects on the growth, structure and development of the brain. In fact studies show that trauma affects the developing brain right through the life cycle. Trauma which is interpersonally mediated, i.e. perpetrated by one human being on another, is especially damaging. When it is repeated and extreme, occurs over a long time, is premeditated and perpetrated in childhood by the very people charged with a child's care, it falls into the category of complex trauma. Such trauma often includes abuse of power, betrayal of trust, entrapment, fear, horror, helplessness, pain, confusion or loss.

The trauma inflicted by Father Rubeo on Mr Hersbach was premeditated and extended over two generations. Father Rubeo was a trusted 'friend'; he betrayed that trust. He abused his power and position. He ingratiated himself into the family, groomed his victims and repeatedly acted inappropriately, crossing boundaries and manipulating his victims, their families and his communities.

He befriended his young charges, played and joked with them and even plied them with alcohol and cigarettes to win favours. As is common with paedophiles he monopolised opportunities and took advantage of the fact that Hersbach's father worked on Saturdays, accompanying Hersbach to his football games.

As Hersbach points out: *"He didn't wear his priestly garb, he just wore civilian clothes and everyone thought he was my father."*

Such was Rubeo's power over Mr Hersbach that he felt so trapped and disempowered he was unable to confront his perpetrator for two decades after the abuse stopped. Many victims are so silenced by their own feelings of shame and self-blame that they never reveal their abuse. Hersbach was so silenced that he was unable to speak out about Rubeo, a paedophile with access to his own four children.

In the meantime Father Rubeo remained a trusted family friend who had access not only to Hersbach's children but others in the community. The average paedophile has between 50 and 150 victims. One can only hope that Father Rubeo is not an average paedophile.

Perpetrators use secrecy and silence to hide their crimes and often minimise their crime or attack the credibility of their victims. When Rubeo was confronted he minimised his crimes. 'What are you worried about, something that happened in the past', and 'it is not such a big deal'.

When Rubeo's crimes were reported to the Church, those who were responsible refused his offer of resignation and kept him in his Ministry, in contact with children. His crimes were not reported to the police.

We have watched as institutions have doggedly clung to internal processes and attempted to stay closed to scrutiny. We have repeatedly witnessed the substantial human cost of secrecy, silence, denial and cover-up as institutional risk minimisation is prioritised over pastoral care.

Research shows that the trauma of child abuse can be worked through and people can build on their strengths to recover. However validation, empathic support and safety are crucial for victims as they work towards recovery. It is reassuring to see that Mr Hersbach has the support of his family. He, like other victims, needs support and understanding from family, friends and chosen health professionals, as well as accountability, justice and redress from the institution in which his abuse occurred.

**Dr Cathy Kezelman | ASCA President**

## Net widens on family violence

**T**he definition of domestic violence has been expanded to include emotional manipulation, withholding money and harming the family pet. The announcement, made by Attorney General Nicola Roxon, reflects changes to family law that acknowledge a more contemporary understanding of abuse and prioritise the safety of children.

The Family Law Act has been amended to say: "A child is exposed to family violence if the child sees or hears family violence or otherwise experiences the effects of family violence."

Ms Roxon said that much family violence had remained "invisible to the legal system" and that "Our laws and courts need to send the strong message that any form of family violence is unacceptable."

The SMH reported that the changes broaden the definition of violence beyond physical abuse to other damaging actions including:

- Stalking;
- Repeated derogatory taunts;
- Intentionally damaging or destroying property; and
- Preventing someone having contact with family and friends.

Under these changes, the Family Court is now required to ask parents if there was abuse or a threat of abuse in the relationship. The court is also required to ask whether children were exposed to abuse from a parent, and this will be taken into account when hearing custody cases.

"Unfortunately, more than half of the parenting cases that come to courts involve allegations by one or both parties that the other has been violent," Ms Roxon said.

In NSW, police recorded 26,673 domestic violence assaults last year, up from 26,084 the previous year.

When children are exposed to family violence, the risk of short term behavioural and learning difficulties increases. In the long term, there is a much greater risk of developing mental health issues.

The changes are a response to a 2006 overhaul of family law by the Howard government, which prioritised shared parenting. The SMH reports several studies of the changes showed children were insufficiently protected from violence and abuse and, in some cases, were forced to spend time with a parent who had been abusive.

In her statement to the media, Ms Roxon noted the following: "Some children exposed to violence have higher levels of aggression. Some go on to abuse substances, such as alcohol, as adults. This is why the



government has changed family laws to help the court to do more to protect children who are exposed to family violence."

"While the Gillard government absolutely supports the right of both parents to play a caring role in the upbringing of their child, reviews have demonstrated that the existing shared parenting laws didn't have the balance right when family violence was present. The risks to children were in some cases outweighing the benefits."

"These reforms mean that, where violence or abuse is an issue, the safety of children will be put front and centre when deciding access, parental responsibility or other disputes. The changes do this by removing disincentives for parents to report family violence."

"The research clearly showed that parents were afraid of reporting family violence to the court. In particular, the 'friendly parent provisions' from the 2006 reforms were causing parents to think twice before reporting family violence. Our changes have removed part of those provisions, helping to provide parents with the confidence to report family violence."

"In cases where there are no concerns of family violence and where it is in the best interests of the child, our courts will continue to make arrangements that promote a child's right to have a meaningful relationship with both of their parents. And, it will remain a criminal offence to make false allegations of violence during court proceedings."

ASCA President, Dr Cathy Kezelman said: "It is reassuring to see Australia's Attorney General prioritising the safety of children in all family court cases, notably in which domestic violence and/or child abuse are a feature."

"The broadening of an understanding of the types of family dynamics that can be traumatic for children is an important step. So too is informed consideration of such factors in making decisions within the Family Court which prioritise the protection of children."

### Telling Your Story

From time to time **ASCA** is approached by the media regarding different issues. Sometimes the media would like to talk to a survivor who has gone through a particular experience. Sometimes they want to interview a survivor of a certain age or gender; sometimes, a partner of a survivor or a couple. Telling your story can be an important step on the road to recovery as it helps to break the secrecy, shame and stigma survivors often carry. It can be both empowering and self-affirming, however, speaking to the media is a very public way of sharing your story and can also be daunting. It is important that you consider doing so very carefully and talk through what it means with those close to you first.

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

## ASCA calls for Royal Commission into ADF abuses



When the ABC's **7.30 Report** broke the story about the findings of a review into abuses in the Australian Defence Force, ASCA President, Dr Cathy Kezelman, responded with the following opinion piece. The story was picked up by AAP and went viral, appearing in digital, print and radio media all over the country. Visit [ASCA in the News](#) on the Media page of [www.asca.org.au](http://www.asca.org.au) for the full coverage.



A review into the Australian Defence Force has revealed an endemic culture of physical and sexual assault, including that of children as young as 13, and other forms of abuse dating back six decades.

Nothing less than a Royal Commission will deliver the systemic change needed to reverse the damage realised by the existing culture.

The review, by law firm DLA Piper, is based on 847 independent reports of abuse involving men and women and allegations of crimes committed against children. The special needs of children, based on their inherent vulnerability, have historically been ignored in the ADF. Many, according to the reports, were not kept safe and the long-term impacts have been substantial.

Over recent years we have witnessed widespread revelations of abuse, often of a systemic nature, within an array of institutions and organisations. Many of these institutions and organisations have sought to protect themselves and those who work in them rather than to prioritise accountability, justice, and victim support.

The ADF is a closed hierarchical system, which, by necessity, has a well defined chain of command. Its structure and culture of authority have, it would appear, conspired to foster abuses of that authority and power and prevented incidents of abuse being reported. As the review indicates, it is anticipated that perpetrators of abuse, never held to account may still be holding middle and senior management positions.

Perpetrators use secrecy and silence to hide their crimes; if secrecy fails they attack the credibility of their victims. Secrecy, silence and discrediting occur organisationally and institutionally as well. Blaming, silencing, punishing and re-victimising victims are, it seems, endemic practices within the ADF. A 'group herd mentality' has reportedly predominated, discouraging victims to report.

Abuse victims often adopt an inappropriate sense of shame and self blame. The use of shaming and humiliation by the identifying group further fuels the shame inherent to being abused. Similarly a 'dog-eat-dog' mentality evidenced by generational practices of bastardisation, and cycles of abuse have reportedly continued unabated.

We have watched as institutions have doggedly clung to internal processes, attempted to stay closed to scrutiny, and abrogated hierarchical and bystander responsibility. Within the ADF there has been little to no culture which supports victims and encourages them to report the abuse perpetrated against them. Nor does there appear to be the empathy, validation, and therapeutic support victims need to start to process and make sense of their trauma.

Similarly there has been a failure to make anyone accountable for substantiated cases or to pursue responsible investigation of alleged incidents.

Violence and sexual violence are primarily gendered crimes. Within the ADF, women in particular, appear to have been discriminated against by virtue of their gender, with female victims fearing further victimisation on disclosure, and a macho male mentality predominating in a fundamentally male environment.

Alcohol and other substances are known to fuel abuse and assault. The closed environment within the ADF, in which individuals are removed from family, friends and other communities, further contributes to a culture in which fewer factors mitigate the perpetuation of abusive practices. Abuse is an established social practice in all communities. In the community of the ADF, in which personnel are subject to compounded and exceptional stresses and trauma, it would appear that these practices are even more entrenched.

Like other institutions in which abuse has burgeoned, the ADF has insisted on utilising internal processes or, when subjected to reviews, has failed to enact systemic change. In so doing the ADF and successive Australian governments have effectively abrogated their hierarchical responsibility.

It is time to see systemic cultural change with zero tolerance to abuse, sexual abuse, violence and physical assault within the ADF. It is time to engender a culture that is based on mutual respect, acceptance of diversity of gender, race and religion, rather than fear, ignorance, bullying and abuse.

There needs to be an open and transparent culture of reporting in which all allegations are taken seriously and victims' needs are

prioritised. In which crimes are reported to the appropriate external authorities, legal processes are pursued and compensation claims are honoured. Perpetrators must be brought to account and justice, and unless rehabilitated, be removed from positions in which they can abuse their power.

It is time for an extensive internal education process which highlights the courage and needs of victims along with the impacts of compounded trauma on the individuals' development, their physical and mental health, and their behaviour. We need to see the provision of informed and sustained therapeutic support for all victims regardless of the length of time since the crimes were committed.

Nothing less than a Royal Commission will institute the systemic changes needed for the ADF to model the respectful, non-abusive behaviours that optimise the health and wellbeing of all the men and women of our defence forces.

**Dr Cathy Kezelman | ASCA President**

### New Advisory Panel Member

ASCA is pleased to welcome a new Advisory Panel Member. Dr Johanna Lynch is founding director of Integrate Place, a multidisciplinary clinic providing whole person care for adult survivors of childhood trauma and neglect in Brisbane, Queensland. She was awarded a PHCRED Fellowship at UQ which led to research culminating in a paper published in *Social Science and Medicine* in January 2012, entitled *"Beyond Symptoms: Defining primary care mental health assessment priorities, process and content."* She is a General Practitioner and finished a Post Graduate Certificate in Grief and Loss through UQ in 2007 and 'Introduction to Dissociation' course through the ISSTD in 2011 as well as ongoing professional development in trauma and attachment. Dr Lynch is a Fellow of the RACGP and Member of the Australian Society of Psychological Medicine and the Cannan Institute.

## Workshops for Health Professionals

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

### This workshop covers:

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

**Full-day workshop:** 9.00am – 5.00pm

**Cost:** \$250 or \$190 concession

### Professional development endorsement:

**APS Endorsed Activity:**

7 CPD hours

**AASW Approved Activity:**

14 AASW points

**ACMHN Endorsed Activity:**

7 ACMHN CPE points

**Register your interest online:**

[www.asca.org.au/workshops](http://www.asca.org.au/workshops)

Date	Location
November	Sydney
November	Melbourne

## Workshops for Community Workers

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

Date	Location	Time
10 July – Information Session	Alice Springs	11am – 1pm
17 August	Darwin	9am – 5pm
20 August	Katherine	9am – 5pm
23 August	Tennant Creek NT	9am – 5pm
27 August	Alice Springs	9am – 5pm
5 October	Hobart	9am – 5pm

**Register your interest online:**

[www.asca.org.au/workshops](http://www.asca.org.au/workshops)

**2013 workshops coming for Gold Coast, Bendigo and Wollongong.**

## Workshops for Survivors

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

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

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

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

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

Date	Location
18 August	Darwin
22 August	Tennant Creek NT
September	Sydney
September	Adelaide
September	Perth
November	Brisbane
November	Melbourne
November	Hobart

**Register your interest online:**

[www.asca.org.au/workshops](http://www.asca.org.au/workshops)

**2013 workshops coming for Gold Coast, Bendigo and Wollongong.**

## ASCA In-house workshops: tailored to your needs

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

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

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

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

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

For more information about in-house workshops, please call **02 8920 3611** or email [events@asca.org.au](mailto:events@asca.org.au)