

Breaking free

asca

Adults Surviving Child Abuse

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

ASCA's 1300 line increases support



As the Royal Commission moves its private sessions from Sydney to Brisbane, ASCA's 1300 line is offering expanded professional support.

Call **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

ASCA's 1300 line operates 9am-5pm Monday to Sunday EDST nationally and is staffed with trained and experienced health professionals, both male and female. It supports:

- Adult survivors of childhood trauma/abuse (all forms)
- Families and friends of survivors
- Community and mental health workers
- Health professionals

ASCA's 1300 professional support line is a unique specialised service.

Meet some of our new 1300 team members:

Kate – Coordinator 1300 Support Line

BA Psych, (UNSW); Hons Psych (Uni Tas); Grad Cert Applied Psych (Macq Uni); Grad Dip Health Promotion (QUT); M Health Science (QUT).

Kate is a registered psychologist with an interest in complex trauma work. In addition to her work at ASCA, where she is the coordinator of the 1300 telephone support line, she also works part time in private practice and for Lifeline. Kate has 20 years experience in a range of health and welfare fields as a counsellor, health educator, researcher and in service development and management. She has worked in alcohol, tobacco and other drug services, sexual assault, aged care services, disability services and in general as well as trauma counselling. As a counsellor Kate works with individuals, couples and groups. She believes in working with clients in a humanistic and client-centred manner to support them in their healing.

Louise – 1300 Counsellor

B Applied Social Science (Counselling); Dip. Health Counselling; Dip. Health Practice Management; Cert. IV Telephone Counselling; Member, Australian Counselling Association (ACA).

Louise is a counsellor and began working with clients in HIV and sexual health in London, where she was and still is passionate about reducing social stigmas within the community. She has worked as a diversity adviser for an organisation, advising and training staff on various workplace issues including bullying, harassment and discrimination. Louise has also previously worked with clients whose lives have been affected by domestic violence, sexual assault, grief and loss and substance abuse/addiction. She currently works in the community counselling carers and her approach is integrative, collaborative, and supportive.

Jennifer – 1300 Counsellor

MCouns (ACU); BAFA (Hon); Grad. Dip Psychology (USYD, in progress); Grad Dip Counselling; Grad Dip Clinical Nutrition; Grad Cert Nutrition Medicine, Advanced Cert CBT; Cert REBT; Cert SFT; Dip Hom, Cert. Smoking Cessation & Nicotine Addiction (BMRI, USYD); MATMS, CMCAPA, PACFA (prov).

Jennifer is a counsellor, psychotherapist and clinical nutritionist. She has been working in private practice for over 10 years, and currently works in part-time private practice as a counsellor and psychotherapist. Jennifer is trained in Cognitive Behavior Therapy (CBT), Rational Emotive Behavior Therapy (REBT), Solution Focused Therapy (SFT), Motivational Interviewing, Grief and Loss Counselling and Trauma Counselling. She uses an integrative approach which emphasises the therapeutic relationship. Jennifer enjoys working with complex presentations, and specialises in working with clients who have a history of complex trauma, and those who are bereaved and grieving.

Royal Commission hits the road

The Royal Commission has now completed its first round of private sessions in Sydney and commenced a month of private sessions in Brisbane on June 11. Private sessions are conducted in an informal setting in the presence of one or two Commissioners.

Continued on page 5

From the Editor



November. During that time ASCA has more than doubled the size of its team, including bringing eight new counsellors on board. You will meet more of them next issue. Meanwhile, we continue to advocate for the needs of survivors through the media (see *Royal Commission News* and *ASCA in the News*, pages 5 and 6) and through direct education and training (see *Workshops*, page 8). As ever, we welcome your feedback.

Kath O'Sullivan | Editor

Taking care of business

It is with great pleasure that we announce a new expanded role in ASCA, that of Chief Operating Officer. Mark Bebbington, who we introduce in this edition of *Breaking Free* will be overseeing the operations of the organisation and the expanded office team. We are delighted to have Mark on board and look forward to working with him at this exciting time for ASCA, and a long overdue time for Australian adult survivors of childhood trauma.

As the Royal Commission continues its private sessions a spotlight shines on the needs of adult survivors of child abuse. Although the Royal Commission is focussed on Institutional Responses to Child Sexual Abuse, the needs of all survivors are being highlighted and spoken about more openly than even before. While shifts in attitudes occur slowly we are finally seeing the stigma and taboo around speaking out about child abuse/trauma erode. Along with it comes the recognition of the need for appropriate support services.

ASCA is playing an increasingly important role as its 1300 counselling team works to meet the needs of many more callers. With a 300 percent + increase in calls to this line since the announcement of the Royal Commission and call numbers which continue to increase we know how important it is for such calls to be taken by those with the expertise and experience to listen and hear. We are delighted to welcome our new counsellors to our team. We particularly want to introduce Kate McMaugh not only in the role of 1300 counsellor but as part time 1300 coordinator role.

ASCA's leadership in the area of trauma and trauma informed care and practice, the publication of its Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery, and its training excellence enable us to provide specialist services – education, information, support and training to not only adult survivors but those who care for them personally and professionally.

We look forward to providing expanded much needed specialist support to Australian adult survivors through increased funding support.

Dr Cathy Kezelman | ASCA President



This mid-winter edition of *Breaking Free* comes packed with news of ASCA's achievements and growth. Our cover story introduces just a few of our new counsellors, including Kate, who has taken up a new role coordinating ASCA's 1300 support line. Kate's role has been introduced in response to the 300 percent increase in calls to the service since the Royal Commission was announced last

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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.

Breaking News

In a joint nomination, ASCA and the MHCC have been announced as finalists in the 2013 Australian and New Zealand Mental Health Service Achievement Awards in the category – Mental Health Promotion Project or Mental Illness Preventions Program for **Trauma-Informed Care and Practice: towards a cultural shift in mental health and human services in Australia.**

As a finalist, our combined entry will be receiving either a gold, silver or special judges' award. These will be announced at the Awards Ceremony at the TheMHS conference, Wednesday 21 August in Melbourne.

This selection recognises the leadership work of ASCA and MHCC along with the other members of the National Trauma Informed Care and Practice Advisory Working Group in advancing the trauma informed agenda nationally.

Index

My Story	page 3
ASCA Activities	page 4
Royal Commission News	page 5
ASCA in the News	page 6
Marketing	page 7
Workshops	page 8



Survivor finds justice despite discouragement from radio host

I have just read the April newsletter. I was disturbed at the comment made by John Laws but certainly wasn't surprised by the innuendo of his questioning a survivor as to whether she was at fault.

I am a survivor of child sexual assault by a family member and I know how damaging these kinds of remarks can be.

In 2006 I made a decision to report the perpetrator, even though the crimes against me were committed in the early sixties. Other family members came forward to support me and to report their own misfortunes at the hands of this monster.

It took five years of 'fighting' for justice. The police believed us, along with others connected to the court system. Fortunately we were able to provide written evidence, which in the end, was a golden bullet and the perpetrator was convicted. The process was gruelling, draining but at the same time very empowering. We were aware at the very beginning of reporting, [that] gaining statements etc was the beginning of a family ultimately being destroyed. Our code of silence would be broken and we knew that there were those who would not believe us. That was the downside of our victory; the price we had to pay.

When I'm asked the question 'do you regret it', my reply is always the same. We have absolutely no regrets because the whole process became a release from the shackles of secrecy. My only regret was not having reported the abuse a long time ago but there were mitigating factors which made secrecy the only option at that time.

I called a radio station (5AA) in Adelaide soon after I'd decided my course of action, and the response I had from the radio announcer, Mr Leon Byner, was like a punch to the stomach. I told him of my intentions and he said, 'Dianne, you are wasting your time. You'll be torn to threads!'

His words had an adverse affect upon me and made me more determined. Having said that, I believe he said the wrong thing because I might have taken notice and not done anything. Mr Byner and Mr Laws are in the best seat because they not only have a five second delay button at their disposal, they can also cut callers off when they feel ready to do so. Hence, people like myself are never heard.

It is stated in the newsletter, people in positions of influence not only need to be more informed but also need to do their homework on these kinds of sensitive issues.

Dianne Scott | Reader | Tarparoo SA

Welcome Mark



ASCA welcomes Mark Bebbington to the team as Chief Operating Officer. Mark brings almost 20 years of operational and project management experience in the not for profit and community sectors. He has a Master of Management degree from the University of Technology Sydney.

Mark's background over the past 18 years has been in the HIV and sexual health sector

working with several organisations including community based agencies and national peak bodies. Mark has extensive experience in strategic operational roles including health promotion and community development, as well as health policy and advocacy. Mark has also managed a number of large and complex international development projects focusing on capacity building for civil society and communities throughout Asia and the Pacific.

Mark is excited to have the opportunity to apply his skills and experience to ASCA, combined with his passion for improving the health and lives of individuals and communities.

Workshop feedback

"I am an adult survivor of child sexual abuse and have been in Casa counselling for approximately four and a half years and read countless publications to assist in living a whole and productive life. I believe the (ASCA Survivors) workshop provided me with not only validation (an integral part of recovery) but additional knowledge on why I am like I am. It gave me a feeling of not being alone.

I can only reiterate how wonderful I found the workshop to be and look forward to attending as many as possible. The facilitators were fantastic, I felt comfortable at all times and believe I gained a great deal of knowledge from the workshop.

The only criticism I have is that there are not enough available nor is there enough support networks for adult abuse survivors however that being said organisations such as yourself are helping to improve this lack of network and I for one can only applaud you.

Thanking you sincerely for assisting me in no small way to live not just survive."

Workshop Participant | June 2013

Sunshine state embraces Guidelines

On May 29 the Hon Lawrence Springborg, Minister for Health in Queensland, launched ASCA's *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* in Queensland. The launch was held at Belmont Hospital, home to the Trauma and Dissociation Unit established by Professor Warwick Middleton from ASCA's Advisory Panel.

Pam Stavropoulos and Cathy Kezelman, co-authors of the Practice Guidelines, were generously hosted by hospital staff and colleagues at a poignant event well attended by trauma survivors and their families, workers and health professionals.

ASCA's Practice Guidelines were originally launched in October 2012, by Hon Mark Butler MP, Federal Minister for Mental Health. In 2013, they have been launched in WA by Eddie Bartnik, WA Mental Health Commissioner, at an event hosted by SARC; and in NSW by John Feneley, at an event hosted by MHCC.

We can't thank Professor Warwick Middleton enough for his passion, drive and determination which have brought this event to fruition; and the Hon Lawrence Springborg for taking time out of his busy schedule to officiate. The Minister's address showed great insight and compassion, as well as support for those with a lived experience of trauma/abuse, which is so wonderful to see and of course very much needed.



Prof Warwick Middleton, member ASCA Advisory Panel; Dr Pam Stavropoulos; Hon Lawrence Springborg, Qld Minister for Health; Dr Cathy Kezelman; Julia Bellamy, Belmont Hospital CEO; Partick McGurrin, Belmont Hospital Director; Dr Bill Kingswell, Director Mental Health Logan, Beaudesert Health Service District (at rear).



Untangle the Knot

The countdown is on for amateur and professional photographers to prepare entries for our Untangle the Knot Photographic Competition.

The extended closing date is **September 15** and winners will be announced on Monday September 30 – one month before Blue Knot Day 2013. 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. These have been updated to include the following:

All entrants understand that any image submitted to the Competition may be used by ASCA, and its affiliates and professional advisors (including advertising and promotional agencies), for marketing

and promotional purposes of the general promotion of ASCA and any of its activities.

Unless you opt out in your application, you grant ASCA an irrevocable licence in each entry throughout the world in perpetuity in all media for any use connected with ASCA.

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.



ABC The World Today | 3 June | Concern about expert trauma support for abuse survivors

ELEANOR HALL: Advocates for survivors of child sexual abuse say there's an alarming lack of support for witnesses who give evidence to the Royal Commission. The inquiry into Institutional Responses to Child Sexual Abuse has only just begun taking evidence in private hearings. And while survivor groups say they're pleased the commission's work is underway, they warn there aren't enough trauma specialists to provide the support that's needed. As Emily Bourke reports, it's raised bigger questions about how well complex trauma is understood by those in the medical profession and in community services.

EMILY BOURKE: Counsellors with the Royal Commission have begun taking calls from survivors of child sexual abuse, but already some who've made contact with the commission and even taken part in private hearings are disappointed. Dr Cathy Kezelman is from the organisation Adults Surviving Child Abuse.

CATHY KEZELMAN: Look, there's just been the initial private sessions and we've heard a positive response in terms of the reception they got from speaking to the couple of

commissioners who were there. However, we have heard some concerns about the 1800 line, that people haven't necessarily felt heard there. That there needs to be perhaps better training for some of the counsellors taking those calls. And also that people arriving to those private sessions have not felt as comfortable and safe as they might have felt, had the people receiving them, meeting and greeting, received proper trauma informed training.

EMILY BOURKE: She says there are very high expectations about what the commission can deliver.

CATHY KEZELMAN: But the thought that this is definitely going to bring closure after that sort of hearing is a sad one. But I think a lot of survivors do hope that their story will at least help to contribute to the protection of children in the future, that it will bring justice and accountability and will change systems in institutions that see that people are held to account, that crimes are reported, that hierarchy is responsible, compensation is appropriate and people get redress.

EMILY BOURKE: Dr Kezelman concedes the Government has an onerous task in quickly putting together appropriate and expert services.

CATHY KEZELMAN: There is a lack of expert services in this country and there has been for a long time. I think the commission and the Government are making a very good effort of trying to enlist the services that exist, but there's a dearth of them. I don't believe trauma is understood in our community. A lot of people, by trauma, understand the issue of a natural disaster, a flood or a fire. And that trauma obviously is profound. But what we are talking about here is repeated extreme, prolonged, interpersonal trauma in childhood. When a child is repeatedly sexually abused, by someone who's meant to look after them, care and nurture them. Someone in a position of trust who abuses that trust and abuses their power.

Read the full transcript or listen to the interview [here](#).

AAP | 18 June | More child abuse survivors reveal trauma

Four times as many child abuse survivors are seeking professional help since a royal commission into the issue was announced last year, research shows. Adults Surviving Child Abuse (ASCA) says calls to its helpline have increased by 300 per cent since November when it was revealed there would be an inquiry into institutional responses to child sexual abuse.

"The royal commission has helped break down the taboo and implore people to tell their story," ASCA president Dr Cathy Kezelman told AAP on Tuesday. "Often the first step is realising that you are not alone."

The calls have also revealed the effects abuse has on adult survivors. Four out of five (78 per cent) survivors said the abuse affected their relationships, while two out of three (68 per cent) said they suffered from mental health problems. "The findings show that living with impacts of child abuse can make everyday life very difficult and for some, dangerous," Dr Kezelman said. Of those callers who revealed the abuse they suffered, sexual abuse emerged as the most common type, affecting 61 per cent of survivors. Emotional abuse affected 29 per cent, followed by physical abuse at 27 per cent. Twenty-two per cent reported multiple types of abuse. The most common age group when survivors said they experienced any type of abuse was

between six and 10 years, at 62 per cent, followed by 11-15 at 42 per cent. Almost half (46 per cent) said they were abused at multiple stages of their lives.

Since the royal commission was announced, ASCA has expanded its 1300 657 380 helpline to 9am and 5pm between Monday and Sunday. Previously it was only available four hours a day during weekdays. Dr Kezelman predicts the fourfold increase is just the tip of the iceberg. "People are reaching out. We've had people calling us for the very first time who are in their 70s who have never told another soul what happened to them," she said. The research is based on more than 3,500 calls to the ASCA helpline over the past four years.

Continued from page 1

The Royal Commission encourages people affected by child sexual abuse in an institution to register to tell their story to the Royal Commission by:

- 1) Telephoning **1800 099 340**
- 2) Emailing registerinterest@childabuseroyalcommission.gov.au; or
- 3) Writing to **GPO Box 5283, Sydney NSW 2001**

If you need more information, including about support services, visit the Royal Commission's website at www.childabuseroyalcommission.gov.au

It is envisaged that the Royal Commission will visit different cities a number of times, and as Janette Dines, CEO of the Royal Commission said, "This will not be the only opportunity for Queenslanders to come forward to tell their story. We will be in Brisbane for a month and will return to Queensland as many times as it takes to hear peoples' stories."

The Royal Commission will be holding private sessions in Adelaide and Perth in coming months as well.

If you need help in deciding how you might wish to engage with the Commission, or whether you want to do so, ASCA's counsellors can help support you before, during and after the process, as well as provide you referral options for counsellors/therapists with the expertise and experience to support you in the longer term.

Radio Adelaide | 27 May | *Child abuse inquiry wraps up*

The Victorian Inquiry into child abuse wraps up today, with Cardinal George Pell due to present before the Inquiry. The Inquiry Committee has received over 400 written submissions and conducted almost 200 hearing sessions from victims of child abuse and their families, and will be giving a final report on the evidence submitted in late September. President of *Adults Surviving Child Abuse*, Cathy Kezelman, joined Breakfast's Angus Randall to share her thoughts on the Inquiry. Listen to the interview [here](#).

The Australian | 31 May | *Pell hopes worst of abuse scandal is over*

Cardinal George Pell hopes and prays that the worst of the sexual abuse scandal is behind the Catholic Church. He says the church is making recompense for the decades of abuse and there have been very few recent cases.

Victims and advocates disagree and say recent revelations are just the tip of the iceberg.

For Stephen Woods, who endured sexual abuse at the hands of pedophile priest Gerald Ridsdale, Cardinal Pell's evidence to the Victorian parliamentary inquiry on Monday did nothing other than demonstrate that Australia's most senior Catholic and other church hierarchy still don't get it.

Mr Woods, like many fellow victims and advocates, believes that only new leadership and a change of attitude can bring real healing. Read the full article [here](#).

The Australian | June 18 | *Suicide risk for child abuse survivors*

New figures revealing the impact of child abuse show as many as one in ten survivors have contemplated or attempted suicide, amid demands for better support from health practitioners including GPs.

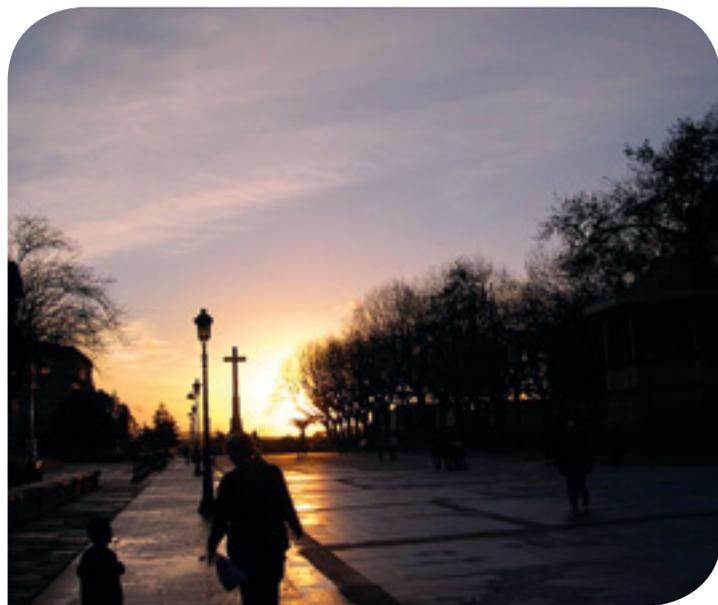
Analysis of more than 3500 calls over the past four years to a helpline operated by peak body *Adults Surviving Child Abuse* shows 67 per cent of people who said they had experienced sexual, physical or emotional abuse as a child suffered mental health problems as a result.

Nearly 80 per cent of callers said their personal relationships had been affected and 18 per cent said their physical health had suffered.

Adults Surviving Child Abuse president and former GP Cathy Kezelman said the fresh data showed a clear demand for better victim support services.

"We very frequently have feedback from people who have gone to practitioners of all disciplines and felt dismissed, felt as if what they'd brought to them was minimised, like they've been told to get over it," she said. "Some of the feedback we hear is just appalling and what that does to a survivor who has taken so much courage to come forward is to betray them and break that trust again."

Read the full article [here](#).



6PR | 31 May | *McKenna found guilty*

Wayne McKenna has been found guilty of molesting a girl more than 30 years ago. Howard Sattler spoke with WAToday reporter Rania Spooner, lawyer John Hammond and *Adults Surviving Child Abuse* President, Dr Cathy Kezelman. Listen to the interview [here](#).

ABC News | 1 June | *Sex abuse inquiry: Victims, Church members demand greater action from Cardinal Pell*

The father of two girls who were abused by a Catholic priest says apologies by Australia's most senior Catholic, George Pell, are meaningless unless they are followed up with actions.

Yesterday Cardinal Pell, the Archbishop of Sydney, told the Victorian parliamentary inquiry into child abuse that he was "fully apologetic and absolutely sorry" about decades of sexual abuse within the church.

During his evidence he admitted the fear of scandal led to the cover-up of child sexual abuse in the Church. In its submission to the inquiry, the Catholic Church said at least 620 Victorian children had been abused by its clergy in the past 80 years. Read the full article [here](#).

ABC The World Today | 4 June | *Myths, confusion, and shame force men to stay silent about abuse in childhood*

Psychologists working with survivors of child sexual abuse are calling for a radical rethink on how to treat male victims. They say there are many barriers that prevent men from speaking out or seeking help for their childhood trauma. Support organisations also say that male victims are often overlooked by government policy and agencies despite the evidence that these men are at significant risk of suicide. Now a new form of group therapy is proving effective but services are limited. Read the full transcript or listen to Emily Bourke's report [here](#).

Register to join ASCA's City2Surf team

Sunday 11 August, 2013 in Sydney

The ASCA Team is in training and we'd like you to join us. We are entering a team for the 2013 City2Surf in Sydney and we mean to make an impression! Please join our staff and Board Members, as we want YOU to be a part of this fun initiative in order to raise funds for and awareness of our work.

To take part, City2Surf is charging a one off registration fee of \$80.00 per person.

By joining ASCA's team you will:

1. be guaranteed a place to represent ASCA – and a fun time with friends.
2. receive an ASCA sports singlet to wear on the day of the challenge.
3. have the opportunity to fundraise on behalf of ASCA with your own individual fundraising page.
4. be supporting a worthy cause to advance the health and wellbeing of people and communities affected by childhood trauma, for this and future generations.

To join our team, please email the following details to events@asca.org.au as soon as possible:

- First Name:
- Surname:
- Address:
- Suburb:
- Postcode:
- Mobile telephone:
- Daytime telephone:
- Gender:
- Date of Birth:
- Email Address:
- Emergency Contact Name:
- Emergency Contact Number:
- Singlet Size (For ASCA Team singlet): Small/Medium/Large
- Start Group Preference (please select between 'Orange Back of the Pack' or 'Westpac Yellow Start' ONLY):
The Orange Back of the Pack' Start Group for walkers, fun groups, pushers (pushed wheelchairs and strollers) or the 'Westpac Yellow Start' for those who aim to run or jog the course.



PAYMENT: Please contact ASCA on 02 8920 3611 with your credit card details to pay the \$80.00 registration fee, as we will be processing your full registration via the City2Surf team registrants.

City2Surf does not accept any other form of payment. Should you require an alternative method of payment, please advise ASCA in advance to see how we could possibly assist.

Please share this information with family, friends or your network and encourage them to get involved. See you at the starting line!

Pilot workshops wow participants



ASCA recently delivered a set of pilot workshops funded by Department of Health and Ageing. The final workshops in this series will be completed in June. As we complete our evaluations of this program we wanted to share some of the feedback with you.

Health professionals

"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. Wonderful. Thank you. I will recommend to the organisation I work with that all staff attend similar training – so relevant to us."

"I really enjoyed the training – made me think. Light-bulb moments; very useful and interesting information. Great presentation. Plain English, easy to understand. Practical."

"Brilliant passion and genuineness. Very safe and encouraging atmosphere."

Of the 70 health professionals who attended the two pilots 100% said that they would DEFINITELY recommend the workshop to others.

Survivors

"Brilliant. Wish it was all day. So good."

"Amazing information and two great facilitators and teachers."

"Please do a full day or a two day workshop. Brilliant workshop. Awesome. Lovely venue. Awesome to be around other survivors. Bless you. Thank you!"

Carers

"Accessible and comprehensible concepts. Trainer was informed, charismatic and overall a great presenter"

"The best part of the workshop was the hope of repair – was a safe environment – didn't get into personal stories in depth while still using personal experience and wisdom"

"All was very valuable and enjoyable. Next time! would like more of everything."

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

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

Date	Location
2 August 2013	Bankstown
9 August 2013	Canberra
27 September 2013	Melbourne

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

Workshops for Survivors

ASCA's survivor workshops provide survivors and those supporting them with a safe space in which to learn about the impacts of childhood trauma, in all its forms, and possibilities for the process of recovery. They discuss ways in which trauma in childhood can impact current or past behaviours, feelings and/or physical and psychological health. They also build on existing strengths to foster a sense of hope and optimism about the recovery process and provide tools for positive change.

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.

www.asca.org.au/guidelines

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

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

Date	Location
3 August 2013	Bankstown

register now

Book now online:

www.asca.org.au/workshops

** 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.

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