

# Breaking free

asca

Adults Surviving Child Abuse

The Newsletter of Adults Surviving Child Abuse

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## ASCA undertakes ground-breaking work!

Last year ASCA received funding from DoHA (Federal Department of Health and Ageing) to develop a set of Best Practice Guidelines around Complex Trauma. We are delighted to say that this pivotal piece of work is progressing well.

Complex trauma is a term which is used to differentiate the often unrecognised and cumulative trauma experienced by survivors of all forms of child abuse and neglect as well as family violence, amongst other causes. Complex trauma is usually perpetrated by one human being on another and often repeated.

The Best Practice Guidelines work will help ASCA build on the knowledge it has acquired in over fifteen years of its pioneering work in meeting the needs of Australian adults who have experienced complex trauma as a result of child abuse and neglect.

Dr. Pam Stavropoulos, an experienced researcher, educator and clinician who is developing the Guidelines on ASCA's behalf has also incorporated Trauma Informed Care and Practice.

Trauma Informed Care and Practice is a strengths-based approach which always considers the possibility of trauma in people presenting to a range of services and which

seeks to minimise re-traumatisation in services. This extension of the Guidelines fits perfectly with ASCA's advocacy focus and approach around Trauma Informed Care and Practice.



In fact ASCA has been instrumental in championing a national Trauma Informed Care and Practice agenda with its foundation partners, MHCC (Mental Health Coordinating Council), ECAV (Education Centre against Violence) and PMHCCN (Private Mental Health Carer and Consumer Network).

We are continuing this work with an expanded panel of stakeholders on the newly formed

AWG (Advisory Working Group) around TICP (Trauma Informed Care and Practice) under the stewardship of MHCC.

ASCA's Best Practice Guidelines are the very first of their kind, not just in Australia but we believe, globally. The Guidelines will serve as a foundation for all ASCA programs and services while also informing a diverse range of other organisations, workers and practitioners in their practice. It will mean that the programs of the future which ASCA develops and delivers will be informed by the guidelines, and so will be grounded in the latest research.

The initial draft of the Guidelines was completed at the end of the 2011 calendar year. The draft has undergone review by internal ASCA stakeholders prior to a second draft going to selected experts in both the field of Complex Trauma and Trauma Informed Care and Practice, and the ASCA Board.

The final draft will be presented to Minister Butler, Federal Minister for mental health and his department. It is envisaged that the final document "The Last Frontier – Emerging Best Practice Guidelines for Complex trauma (trauma-specific) and Trauma informed Care and Practice" will be launched in the first half of 2012.

## From Crisis Response to Prevention: protecting Australia's children

As a member of the Coalition for Protecting Australia's Children, ASCA has been pivotal in bringing the issues of adult survivors of childhood trauma and the need for greater awareness, professional support for survivors and their supporters, education and training for health professionals and community workers, and a trauma informed approach to care to the fore.

To read the Coalition document please [click here](#). This document was presented to Commonwealth, State and territory governments and will guide the development of the second 3 year plan for Protecting Australia's Children.

## From the Editor, Catherine Davis

ASCA will be delivering a total of 18 workshops over the next 6 months. **Survivor Workshops** will be held in Sydney, Melbourne, Brisbane and Fairfield in May and June. These workshops are the first in a series and called 'Finding the support you need.' It explores the following topics: maintaining your safety; shopping for a therapist; the importance of self-care and how ASCA can help.



ASCA will also be running six **Health Professional Workshops** around the country (also in May and June) to provide Health Professionals with best practice guidelines for working with adults surviving child abuse. These workshops have been endorsed by APS (7 CPD hours), AASW (14 points), and ACMHN (7 points). They are designed for health professionals including doctors, social workers, psychologists, mental health nurses, counsellors/therapists, psychiatrists and other health care professionals. For more information go to [www.asca.org.au/workshops](http://www.asca.org.au/workshops)

We are also running 7 **In-house Workshops** across the country this month.

### Congratulations!

We would like to extend sincere congratulations to Dr. Martin Dorahy, member of ASCA's Advisory Panel for his recent promotion to Associate Professor at the University of Canterbury, NZ. The promotion is in recognition of his extensive academic contribution and expertise, including but not limited to the area of complex trauma.

### Radio interview on Family Law issues

#### with ASCA patron: Emeritus Professor Freda Briggs

Child protection expert Professor Freda Briggs believes the system doesn't ensure that those who abuse children are punished, and that the system needs a serious overhaul. Tim Brunero spoke to Professor Freda Briggs about her opinions. Go to the link below to listen to the interview:

<http://bit.ly/AfNV1T>

### 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 Administration

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**National Office Hours:** 9am to 5pm, Monday to Friday

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**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.

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Prof. Freda Briggs AO and Thomas Keneally AO

### Ambassadors

Anthony and Chrissie Foster

### Have your contact details changed?

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

### Forgotten your Username and Password?

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

### Follow Us



[www.twitter.com/asca.org](http://www.twitter.com/asca.org)



[facebook.com/groups/adultssurvivingchildabuse](https://www.facebook.com/groups/adultssurvivingchildabuse)

### 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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# My Story

## Submitting your story

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

## THE UNTHINKABLE THE UNSTOPPABLE

*I have created more damage than a battalion of armed soldiers  
I have destroyed more people than any army*

*I have sent more individuals into insanity than any wrongly  
prescribed drug*

*I have reeked more havoc with in the community than any failed  
minister*

*I am the world's slyest thief  
I steal thousands of souls every year  
I demand millions of dollars to be spent on care annually*

*I find my victims amongst male and female  
I find my victims amongst all nationalities  
I find my victims amongst the poor and rich  
I find my victims at any age*

*I take all that I can get  
And for those victims I stand so powerful, I can cast a shadow  
so tall it freezes their very souls*

*I am relentless, insidious, secretive.  
I am great Shame & total Evil*

*I am everywhere;  
In the church  
In the office  
On the streets  
In the school  
In the home  
At the beach  
In the bed  
In our heads*

*Laying in wait for the innocent and vulnerable  
I bring illness, restlessness, unemployment, poverty, emotional  
pain & death.*

*I give nothing but take all  
I am your worst enemy  
I am neither racist nor sectarian  
But I am genderless  
I hold no political persuasion nor do I believe in a Higher Being  
I am raw desire, the most basic of human instincts corrupted;*

**I AM SEXUAL ABUSE**

By Bj

**F**or all of you who sneak on our streets  
For all of you who creep around our beds  
For all of you who sneak up and down school corridors  
For all of you who creep amongst the church pews  
For all of you who sneak onto the World Wide Web  
To perpetrate crimes against a child

### Know this

*Apart from the irreparable damage you do to another living  
being  
You wound your own soul  
You cast a long and dark shadow across your family lineage  
Your own children  
Your children's children  
Things unimaginable  
Things unseen*

*Life in the eyes flees your wretched soul  
Pretence  
Secrecy  
Withdrawal  
Lies  
Deception*

*Are just the beginning as the mind fogs over  
Where you believe you have the right to another's sexuality  
Where you believe in your cruelty  
And of the child who is there to fulfil your needs  
Only*

By Bj



# ASCA in the News

**The Sunday Times | 25 February | Fears that new Perth play Blackbird could go too far | Maria Noakes**

A confronting play about a 12-year old girl and a 40-year-old man who shared a “forbidden relationship” is set to spark debate when it opens in Perth.

Perth Theatre Company’s artistic director, **Melissa Cantwell**, said *Blackbird* a “jaw dropping” play that explores pedophilia and was inspired by a true story was an important work that deserved to be showcased in WA.

She said the issue should not be considered too taboo for the stage - a sentiment echoed by the group Adults Surviving Child Abuse, which has welcomed the play coming to Perth.

“I don’t think it’s healthy to push anything underground and refuse to discuss it,” Ms Cantwell told *The Sunday Times*.

“I think this is one of the last kind of taboos in terms of things that people just don’t discuss.”

*Blackbird* is based in part on the crimes

of sex offender and former US Marine Toby Studebaker.

Ms Cantwell said the play “absolutely” did not condone sexual abuse. Rather, it allowed audiences to better understand the human condition, she said.

Written by Scottish playwright David Harrower, the play is set 15 years after the abuse when Una, played by Anna Houston, confronts her abuser, Ray (Humphrey Bower) at his workplace.

“I can’t afford to morally judge (my character). I have to suppress those feelings,” said Mr Bowler, who has daughters aged 15 and 18.

Ms Cantwell described the 90-minute play as “uncompromising”.

“It’s one of those plays that you read and you actually find yourself catching your breath as you’re reading it, or your jaw dropping,” she said.

“You’d never touch this subject matter with a not-so-well written piece . . . when you watch it you question your own sense of right and wrong in what

has always been a very black and white territory.

“This piece deals very much in grey areas of the human experience and certainly for these two characters.”

Adults Surviving Child Abuse president Cathy Kezelman said she supported “anything that communicates the impacts of abuse”.

“If we don’t talk about it firstly, people who have been abused are reluctant to speak out because there’s a stigma and a taboo about it and when you’re abused you’re already carrying an inappropriate sense of shame and self-blame,” Dr Kezelman said.

“We know in Australia there are more than two million adults who have experienced some form of abuse or neglect as a child.”

*Blackbird* was a breakout hit at the 2005 Edinburgh Festival and won a Laurence Olivier Award for Best New Play in 2007.

It will premiere on March 10 at the State Theatre Centre in Northbridge.

**Waverley Leader | 12 March | Anthony and Chrissie Foster, ASCA Ambassadors continue their fight for justice.**

An Oakleigh couple devastated by church sexual abuses hope they can finally get closure from a State Government investigation.

Chrissie and Anthony Foster have been fighting for justice for their two daughters after they were abused by a Monash primary school priest.

But they feel as if they’re closer than ever to an inquiry into the reporting of sexual abuses after the Cummins’ report last week.

The report recommended an investigation into the reporting of sexual abuses in religious organisations, including victims’ evidence.

Ms Foster said she was hopeful years of pain were near an end.

“We finally feel like someone is listening,” Ms Foster said.

“All these years the victims have really been a lone voice pushing for justice.”

She said victims and families had suffered in silence for too long. “Victims have simply had nowhere to turn.”

Mr Foster said the report had been more significant than they had expected.

“Sexual abuse in the Catholic Church wasn’t primarily the focus of the report, so we didn’t know what to expect,” Mr Foster said.

“What this highlights is the urgent need for a Royal Commission.”

The State Government is considering the report’s recommendation, with a decision expected in the next month on whether to pursue an inquiry.

# ASCA in the News

**The Punch | 8 March | It's time to speak out about the unspeakable | Cathy Kezelman**

**D**uring the early 1900s, at a time of increasing unrest over economic, social and political inequality for women, International Women's Day was born. Now etched in our calendars, March 8th has even become an official holiday in some countries.

The day celebrates both the achievements and the vital contribution women make in society. It's also a recognition of the role feminism has played in exposing sexual violence and seeking solutions to combat this problem. A problem that is yet to be abated.

The release late last month of the UN Secretary-general's report on sexual violence during conflict, named military forces, militia and other armed groups as serious offenders in a large number of countries. Sexual violence was noted to have hampered peace building in places such as Timor Leste, Sierra Leone and Bosnia and featured in civil unrest in Egypt and Syria.

While sexual violence flourishes in regions which are at war or experiencing civil unrest, it is not restricted to such zones. In fact, sexual assault is a pervasive social practice which knows no religious, cultural, demographic or economic bounds.

While sexual assault can profoundly affect victims of all ages, child sexual assault is often the most damaging. Extensive research has established the impacts of child sexual assault on the brain not just in childhood but right through the life cycle.

In Australia, an estimated one in three girls, and one in six boys will be sexually assaulted in some way prior to the age of 18. While more typically perpetrated by men, women can and do offend. Sexual violence has long been used as a tool of power and control, instilling and exacerbating fear, helplessness and humiliation in vulnerable populations.

Children are inherently vulnerable. Child sexual assault is a primary act of betrayal by someone in a position of trust, often the very person charged with the child's care. It violates the child's basic human rights.

In situations of conflict and post conflict these crimes can be encapsulated in terms of civil and political rights, transgressed in the public domain. However in Australia, the vast majority of cases of child sexual assault are perpetrated in the private domain, in the home and family.

In the 1970s and 80s, feminist waves first highlighted the often gendered crimes of sexual violence. For the first time, sexual abuse was publicly named, personal stories were told and power imbalance and control were identified as key factors in the perpetration of sexual violence.

While we have evidenced some changes in our societal approach to sexually violent crimes, in Australia we have a long way to go in combating the collective denial, stigma and taboo which would still rather not speak about the apparently unspeakable.

In recent years, the Australian media has begun to report on child sexual assault more frequently. But often they are sensationalised, with the focus shone on the facts of single cases, ignoring more substantive educative messages.

It is time to speak openly and candidly about the factors which foster child sexual assault, and how to mitigate them. More survivors and the organisations which represent them are starting to speak out but they need to be heard by a society which is ready to listen.



Only then can survivors start to overcome the soul-destroying shame imposed on them by both their original victimisation and their re-victimisation by communities and systems which minimise, negate and/or dismiss their experiences.

As human beings we share a common humanity. Inherent in our humanity is an accompanying vulnerability. War and civil unrest create vulnerable populations where, fuelled by the oppression of women within

those populations, the human rights abuses of violence and sexual violence can and do abound.

Within Australia we have our own history of human rights violations. Cultural dislocation and entrenched disadvantage have presided over an epidemic of violence and sexual violence within Indigenous communities, with substantiated rates of child abuse and neglect being eight times those of non-Indigenous communities.

Yet child sexual assault in Australia is widespread and not confined to Indigenous communities. We, in Australia, who live in the "lucky country", a country at peace, must address the factors which enable child sexual assault to continue unabated.

This International Women's Day let's celebrate the contribution women have made in their various roles as mother, daughter, mentor, colleague, boss or friend. And let's do what we can to protect the most vulnerable amongst us - our children - from child sexual assault.

Child protection programs which educate families on how to keep children safe are to be commended. However, not all children can defend themselves against sexual abusers, or feel safe enough to disclose and ask for help. All Australians need to be alert to the possibility of abuse and its signs in child victims.

The average paedophile has between 50 and 150 victims. If there is any suspicion that a child is being abused, it is important to come forward and notify the appropriate authorities. Should the suspicion not be substantiated, the consequences of being wrong are far less damaging than those of failing to report a case in which a child is actually being abused.

Not reporting not only leaves that child at risk of ongoing abuse, but puts other children at risk. Once reported the onus is on the authorities to investigate but we can all play a part. This International Women's Day and every day from now on, let's do what we can to keep our children safe from sexual predators.

# Advocacy

## Statement for Adults Surviving Child Abuse | Professor Beverley Raphael AM | Professor Population Mental Health and Disasters, UWS

It is widely accepted that children have the right to protection from violence, the security of a loving family environment and opportunities for learning.

All families however are complex, and while most do their best to provide these securities, adverse experiences are very common in childhood, affecting more than 1 in 5 children under 15 years of age. There is now a large body of research highlighting the potential consequences of adverse childhood experiences for childhood, adolescence and adult life.

Some adversities are reflected by exposure to significant “family life difficulties” such as family conflict, loss of a job, chronic health problems including mental health problems, and family breakdown. While many children will be resilient in the face of such troubles, some will have increased risk of mental health and other health problems in childhood, adolescence and through to adult life.

Most severe, however are the effects of child abuse, physical, sexual, emotional and neglect. These abuses, particularly sexual and physical abuse, can have very negative effects on the child’s development, damaging them in ways which can have profound consequences for their lives, not only in childhood, but also in adult life.

People who have been so affected may need extensive and intensive support and care. While there are organisations such as ASCA (Adults Surviving Child Abuse), there are many issues that must be addressed, and incorporated into future services.

The ubiquity of such experience highlights the need for recognition of these potential harms from the earliest stages and the development of stronger programs to support families and protect children and to prevent abuse, neglect and other adversities.

And to make sure that our systems of care are informed and sensitive to these effects throughout the life span. Health systems generally, and mental health systems specifically, need to

take into account the significance of such “trauma” with a commitment to “trauma informed care”.

Trauma is often characterised as ‘single incident trauma’ only e.g. trauma of natural disasters or single assaults in adulthood i.e. PTSD with services focussed on responsiveness to PTSD alone.

However developmental trauma experienced by children subjected to childhood abuse, neglect or family violence or other adverse family event is often repeated, extreme and prolonged. Repercussions are often cumulative and responding to ‘complex trauma’ necessitates different responses.

Training and understanding around the complex needs of adults repeatedly traumatised as children will enable adults to build on their inherent strengths towards recovery, and also help improve not only their lives, but that of their children and communities.

## Professor Raphael Biography

Professor Raphael is an internationally recognised expert in mental health aspects of terrorism and disasters and has long-term involvement and experience in research and management in the areas of trauma, grief and disasters.

More specifically, her work has covered trauma, loss and other adversities as they affect children and young people, their needs and their families’ needs, including school-based research, surveys and programs. She has extensive experience in service provision and policy development in mental health.

She is currently Professor of Psychological Medicine at the Australian National University and Professor of Population Mental Health & Disaster at the University of Western Sydney. She has chaired the National Prevention, Promotion and Early Intervention Working Party and has written numerous reports relevant to the prevention and management of trauma, loss and grief as they affect children, adolescents and families.

In 1984, Professor Raphael was made a member of the Order of Australia (AM) for her work in mental health and in 2008 the Royal Australian New Zealand College of Psychiatrists awarded her the College Medal Of Honour – its most prestigious award for distinguished and meritorious service. Professor Raphael is chair of the National Mental Health Disaster Response Committee and Taskforce. She is a consultant to the World Health Organisation and other international groups.

# Fundraising

Fundraising for ASCA is a way in which you can help ASCA in its work to help Australian adults who are living with the effects of their abuse into adulthood. There are a number of ways in which you can fundraise for ASCA and we have included a few suggestions below.

## Create your own challenge

Create your own 'Hero Page'... a fundraising web page that allows friends, family and workmates to sponsor you in a personal challenge.

[www.everydayhero.com.au/event/ASCA\\_createchallenge](http://www.everydayhero.com.au/event/ASCA_createchallenge)

## Birthdays

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

## Anniversaries

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

## Upcoming Events:

Australian Running Festival | April 14-15 | ACT

SMH Half Marathon | May 20 | Sydney

Gold Coast Airport Marathon | June 30 - July 1 | Gold Coast



## Register with Everyday Hero

**Step 1** Choose an event and register yourself

**Step 2** Choose ASCA as your charity for fundraising

**Step 3** Create your own Hero page

**Step 4** Invite friends and family to support you

**Step 5** Participate in the event, have fun!

See Register with Everyday Hero Box to register ASCA as your fundraising charity for public events.



## Relationships survey

## Participants wanted!

If you identify as

**surviving childhood abuse**

you are invited to take part.

The survey is for adults and parents. Your other family participant only needs to know it is a study of relationships.

The survey is available at

<https://www.psychdata.com/s.asp?SID=136939>

Or paper survey forms with Confidential reply paid envelopes are available on request.

Contact: Joanna Menger Leeman, PhD Candidate

[joleem001@myacu.edu.au](mailto:joleem001@myacu.edu.au) or Ph: (03) 9953 3106

## SWIMMING UPSTREAM

Would you like to participate in a storytelling and weaving artwork initiative for ASCA's national day 2012?

South Sydney Uniting Church in association with ASCA (Adults Surviving Child Abuse) are planning a special presentation in addition to their usual November service. This initiative seeks to facilitate members of the community coming together to help untangle the knot of child abuse.

There are different ways in which you can be involved: come along and weave blue ribbons into origami fish including any words or messages at SSUC, 56a Raglan Street Waterloo NSW 2017 Saturday May 5, 2012 2 - 5 pm. Or, share aspects of your story for anonymous presentation by calling Alana Valentine 0416003798.

The telling of stories and weaving of communities together helps us unite in bringing messages of hope and recovery.

Alana Valentine is a recognised Australian playwright. Alana's plays 'Parramatta Girls' and 'Run Rabbit Run' are currently on the NSW HSC Drama Syllabus. Her most recent play 'Head Full of Love', set at the world-renowned Alice Springs Beanie Festival was performed in English and Pitjantjatjara at the 2010 Darwin Festival and then toured to Cairns and Alice Springs. It was nominated for a 2011 Queensland Premier's Literary Award. Alana is currently the recipient of a Literature Board Fellowship from the Australia Council for the Arts.

Alana has proposed a combined visual art and performance activity to be conducted in the lead up to ASCA's national day in 2012 and 2013. It will comprise a visual art installation and a public reading of the stories of adult survivors of child abuse. This project will comprise two elements: 1) the weaving of thousands of small ribbon fish with both blue ribbons and ribbons of text gathered from the stories and statements of adult survivors of child abuse and 2) the gathering, transcribing and presentation of stories and statements of adult survivors of child abuse.

# Workshops

## Save the date: Workshops for Health Professionals

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

This workshop covers:

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

**Full day workshop** 9:00am-5:00pm

**Cost:** \$250 (full) / \$190 (concession)

**Professional development endorsement:**

**APS Endorsed Activity:**  
7 CPD hours.

**AASW Approved Activity:**  
14 AASW Points

**ACMHN endorsed activity:**  
7 ACMHN CPE Points

Date	Location
18 May	Sydney
25 May	Melbourne
1 June	Adelaide
15 June	Canberra
22 June	Brisbane
29 June	Perth

## Save the date: Workshops for Survivors

All Creating New Possibilities workshop are designed specifically for adult survivors of childhood 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, as well as their supporters.

**Cost:** \$50 (full) / \$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
19 May	Sydney
26 May	Melbourne
23 June	Brisbane

## FREE Workshops for Fairfield Residents

**Info Session for local agencies**

5 APRIL | 930am - 1130am

covers impacts of childhood trauma and benefits to your clients and workers from attending specialist training offered by ASCA.

**Community Workers workshop**

4 MAY | 830am - 5pm

trauma informed training providing information and tools for workers interacting with clients who have experienced complex trauma in childhood.

**Survivors "Creating New Possibilities" workshop**

9 JUNE | for men only | 930am - 1230pm

16 JUNE | for women only | 930am - 1230pm

Focusing on safety, self-care and seeking support these workshops help survivors connect their childhood trauma (from abuse, neglect, family violence/dysfunction) to their behaviours and feelings in the present, while providing tools for positive change.

**Register Online:**

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

**Venue:** Cabra-Vale Diggers Club 1 Bartley Street | Canley Vale NSW

**Cost:** Free

## ASCA In-house Workshops: Tailored to Your Needs!

ASCA in-house workshops for health care 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 which interest your organisation and focus on issues pertinent to your clients and practice.

Whilst workshops are generally one day in duration, 2 day and half-day workshops can be arranged.

Workshops for survivors are also available in-house on request.

For more information on ASCA's in-house workshops please contact:  
02 8920 3611 or email [admin@asca.org.au](mailto:admin@asca.org.au)

ASCA Workshops fill up quickly so book online ASAP!

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

**BOOK  
ONLINE  
NOW!**