

Breaking free

asca

Adults Surviving Child Abuse

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

Amendments allow more voices to be heard



The Australian Government has introduced legislation to amend the Royal Commissions Act 1902 to assist the work of the Royal Commission into Institutional Responses to Child Sexual Abuse.

The amendments will allow one or more of the six Royal Commissioners to conduct hearings. Currently, the Royal Commissions Act only permits hearings to be conducted by all members of a multi-member Commission or by a quorum.

This amendment will assist the Commission to distribute its hearing work efficiently where this is appropriate.

The other purpose of the Bill is to allow the Commissioners to receive information from those affected by child abuse at less formal 'private sessions'.

For many, telling their stories of child sexual abuse will be very traumatic and these private sessions will mean that people affected by this crime can voluntarily participate in the Royal Commission in a less formal setting than a hearing.

People attending a private session would not be required to give evidence under oath, and their information would be used in a way that did not disclose their identity. The Commissioners could also authorise people to support a person attending at a private session.

The Royal Commission is as much about assisting victims of past abuse to be heard, as it is about investigating systemic failures to prevent future abuse.

The proposed amendments will provide similar protection to participants who give information at a private session as would apply if they were giving evidence at a formal hearing.

This Government believes that every child has the right to a safe and happy childhood.

For more information on the Royal Commission, led by Justice Peter McClellan AM, call 1800 099 340 or go to www.childabuseroyalcommission.gov.au

Source: Prime Minister's Media Release

Special Commission of Inquiry in Maitland-Newcastle

Margaret Cunneen SC has been appointed as Special Commissioner to inquire into and report on matters relating to the Police investigation of certain child sexual abuse allegations in the Catholic Diocese of Maitland-Newcastle.

Terms of reference:

1. The circumstances in which Detective Chief Inspector Peter Fox was asked to cease investigating relevant matters and whether it was appropriate to do so
2. Whether, and the extent to which, officials of the Catholic Church facilitated, assisted, or co-operated with, Police investigations

of relevant matters, including whether any investigation has been hindered or obstructed by, amongst other things, the failure to report alleged criminal offences, the discouraging of witnesses to come forward, the alerting of alleged offenders to possible police actions, or the destruction of evidence.

Court dates

At the mention on 13 February 2013, Commissioner Margaret Cunneen SC announced that public hearings will be held in Newcastle from 6-17 May and 24 June – 12 July 2013.

Further information can be found at http://www.lawlink.nsw.gov.au/lawlink/Special_Projects/ll_splprojects.nsf/pages/sisa_index

Submission dates

The closing date for written submissions to the Inquiry was Friday, 1 March 2013. For more information contact Ms Emma Sullivan, Special Counsel of the Crown Solicitor's Office, by email sisa@agd.nsw.gov.au

Report date

The Commissioner is now due to provide a report on, or before, 30 September 2013.

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From the Editor



Change continues apace at ASCA, with new staff and Board members, further extensions to our 1300 Support Line and the ongoing rollout of training informed by our *Practice Guidelines*. The Royal Commission into Institutional Responses to Child Sexual Abuse continues to unfold. See our cover story and page 4 for details. In this issue's 'My Story' we are grateful to be able to share

Danii Lane's insights into her multiple personalities, as well as Sue Hill's poem – a lovely study on reframing. Readers are encouraged to get their cameras snapping for the Untangle the Knot photographic competition (now open until September 15) on page 5. See ASCA in the News on page 6 to read the views of Professor Freda Briggs, child protection expert and ASCA Patron, as she suggests that teachers are not properly covering the child protection curriculum because they are unprepared to deal with disclosures of abuse. Details of our trauma informed training for workers and health professionals along with workshops for survivors are outlined on the back page as usual – but don't miss page 7 where ASCA facilitator Dragan Wright talks to *The Examiner* about what community workers gain by understanding the impact of trauma on their clients.

Kath O'Sullivan | Editor

Taking care of business

On behalf of ASCA I would like to welcome Olimpia Mazza who has taken on the full-time role of Head of Operations this month. We are delighted to have Olimpia on board and are already seeing the benefits of her extensive organisational talents. In addition we are excited that Prenessa Moodley has now moved into a full time role of Events and Marketing Manager. Prenessa has been working part time with ASCA over the last year so it's great to have more of her time, especially as our workshop program ramps up!

Coincidentally it is with regret that we say goodbye to Jo Miller who left ASCA at the end of February. I personally would like to thank Jo for her loyalty, warmth and hard work. Jo has been a committed member of our office team and will be sorely missed. We wish her very well.

Dr Cathy Kezelman | ASCA President



Welcome Olimpia



Olimpia Mazza, ASCA's new Head of Operations, comes to us with more than 20 years experience in learning and development roles. Olimpia has led cultural change programs and helped organisations strengthen leadership, staff motivation and customer experience. In addition to her Bachelor of Adult Education, Olimpia is credentialed as a Coach and Neuro Linguistic Programming practitioner. She also holds a Certificate IV in Workplace Training and Assessment, and an Effective Leadership Certificate. Her experience spans the banking, finance, insurance, retail and not-for-profit sectors.

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Contacting the Inquiry

Any person wishing to contact the inquiry can do so in writing, at the address below in order to inform the Inquiry of their interest, and the extent of assistance that they can provide to the Inquiry.

Special Commission of Inquiry into matters relating to the Police investigation of certain child sexual abuse allegations in the Catholic Diocese of Maitland-Newcastle

GPO Box 25, Sydney NSW 2001
Phone: (02) 9224 5282
E-mail: sis@agd.nsw.gov.au
Website: www.lawlink.nsw.gov.au

ASCA Administration

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National Office Hours

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Information & Support Line: **1300 657 380**

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

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Professor Freda Briggs AO and
Thomas Keneally AO

Ambassadors

Anthony and Chrissie Foster
Rose Parker

Have your contact details changed?

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

Forgotten your Username and Password?

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

Follow Us

www.twitter.com/ascaorg

www.facebook.com/groups/adults_survivingchildabuse

Disclaimer

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

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Me, Them, Us: A Story About Multiple Personalities



Lewis Carroll once said, "Begin at the beginning, go to the end, then stop." I don't remember the beginning other than it was December 2000. One minute I didn't exist, the next I did. It eventually transpired I was just one more alter amongst many, 37 in total, but in 2000 I didn't know how big our system was, nor who did what. That knowledge would come later, along with why I was one of many females in a system that began its existence in 1957, just four years after the body was born as a male.

The Guardian, who oversees the system, created me as an administrator since David, the then host, and a false front, was seriously unwell, his behaviour fuelled by alcoholism, depression, flashbacks, and psycho-somatic memories. In 2000, David didn't know about the MPD (also known as *Dissociative Identity Disorder/DID (Ed)*), which wasn't diagnosed until 2001. False fronts were designed to lead 'normal' lives,

oblivious to the abuse, and especially the system, for secrecy at all levels ensured survival. What David did know was that he was not coping; for him, drug induced oblivion was the answer. However, when the alcohol and drugs no longer worked, suicide became the solution, and despite the efforts of our rescuers and protectors, preventing the inevitable was impossible.

As a result, I assumed control in 2003, which allowed David to dissociate and enter 'The Nothing' where he would remain free from harm. 'The Nothing' is a special place where nothing that can hurt you exists; for just as dissociation is a survival tool, 'The Nothing' is a place of safety. It is where the system's false fronts, abuse alters, rescuers, protectors, and persecutors, all reside until required to enter the real world and do whatever job they were created to do, then unobtrusively return.

Between 2003 and 2011, I became the facilitator between the system and our therapist, and due to a gender identity crisis I was permitted HRT, which altered the body's appearance to that of a female, but I was forbidden surgical gender re-assignment. I also began advocating mental health reform and became a consumer consultant to the local mental health service. In 2011, David was thought sufficiently well to resume his role as host, but it soon became obvious that David lacked the emotional capacity to deal with the complex traumatic emotions and memories that still required attention. In 2012, David abdicated and I returned as host, resumed my advocacy work, enrolled at university, and then discovered and joined ASCA.

Fourteen years of ritualized torture, sexual, physical and emotional abuse is not easy to deal with, and even with 12 years of therapy behind us, I doubt we will ever be entirely free of the horror that is child abuse; but we can move forward, and in the process create a better life for ourselves, and hopefully, along the way, help others in similar situations.

Dannii Lane | Survivor

- (minus)

Feeling like I want to cry
Do not really know why

Cannot let the tears fall
No emotion shows at all

Why does it have to be this way?
Nothing to show and nothing to say

I only want to hurt me
Nothing for anyone else to see

It has been like this for a long time
Let everyone think that I am fine

Trapped by what is in my head
Thoughts my mind has always said



+ (plus)

Maybe now it is time for this to end
Now is the time to start to mend

Sort through some of the hurt and pain
Start to see that I have things to gain

Take the help that is offered to me
Accept that is part of the key

Take each day one step at a time
Own my thoughts and let them be mine

Try and learn to like myself
Instead of loathing my inner self

Start to see a little bit of hope
It just might make it easier to cope

Sue Hill | Survivor

Royal Commission into Institutional Response to Child Sexual Assault



Governor General, Quentin Bryce

On Friday 11 January 2013, Her Excellency Quentin Bryce, Governor-General of the Commonwealth of Australia, appointed a six-member Royal Commission to investigate Institutional Responses to Child Sexual Abuse.

The Royal Commission will inquire into how institutions with a responsibility for children have managed and responded to allegations and instances of child sexual abuse.

It will investigate where systems have failed to protect children, and make recommendations on how to improve laws, policies and practices to prevent and better respond to child sexual abuse in institutions.

The Commissioners can look at any private, public or non-government organisation that is, or was in the past, involved with children, including government agencies, schools, sporting clubs, orphanages, foster care, and religious organisations.

This includes where they consider an organisation caring for a child is responsible for the abuse or for not responding appropriately, regardless of where or when the abuse took place.

The Hon. Justice Peter McClellan AM has been appointed Chair of the Commission. Justice McClellan, has held since 2005, one of the most senior judicial positions in the New South Wales judiciary as the Chief Judge at Common Law of the Supreme Court of New South Wales.

The other five Commissioners are Mr Bob Atkinson AO APM, the former Queensland Police Commissioner, Justice Jennifer Coate, Family Court Judge and former Victorian Coroner and, Mr Robert Fitzgerald AM, Productivity Commissioner, Professor Helen Milroy, Consultant Child and Adolescent Psychiatrist and former Senator for Western Australia, Mr Andrew Murray.

The Commissioners have been appointed for three years and will begin their inquiry as soon as possible. The Commission will prepare an interim report by no later than 30 June 2014.

In the interim report, the Commissioners will also identify when their final report will be completed. The final reporting date has been

set initially at the end of 2015, but this will be subject to advice from Commissioners in their interim report.

The Federal Government has introduced legislation to amend the Royal Commissions Act 1902 to assist the workings of the Royal Commission into Institutional Responses to Child Sexual Abuse.

The amendments will allow one or more of the six Royal Commissioners to conduct hearings. It will also allow the Commissioners to receive information from those affected by child abuse at less formal 'private sessions with a support person/s present, and to remain anonymous, with information deidentified if preferred. **Read more about proposed legislation in Prime Minister's Press Release on page 1.**

For more information about the Royal Commission go to www.royalcommission.com.au or call **1800 099 340**. Staff from the Royal Commission will contact callers once the Commissioners have established key processes for the operation of the Royal Commission.

Legislation to amend the Royal Commissions Act 1902 has been introduced into Federal Parliament. The bill will enable one or more of the six commissioners to conduct hearings. At present, the Act only allows hearings to be conducted by all six commissioners sitting together or by a quorum. The bill will also allow the commissioners to hear child sexual abuse victims in less formal private sessions with a support person present; victims can remain anonymous and information which could be used to identify them will not be used. They will not have to give their evidence under oath. The new legislation will formalise these features which have been canvassed in the media over the last three months.

If you wish to discuss your situation, issues or concerns with a counsellor, our 1300 line is now staffed from 9am to 5pm, Monday to Friday. Our counsellors are trained and experienced in the effects of childhood trauma and pathways to recovery. They are ready to support you, either in relation to the Royal Commission or with other queries and concerns.

Call 1300 657 380 or email counsellors@asca.org.au

ASCA's Board – Above and Beyond

The ASCA board has undergone some changes recently. As we say farewell to **Anne Sutherland** and **Bernard Uttridge** we thank them for their time, effort and contribution. The ASCA board is entirely voluntary and often requires a time commitment above and beyond that of standard board appointments. At the same time we welcome four new board members, whose short biographies follow.

Jon Kaplan

BSc; MBA; MBT; MACID; SA FIN

Jon has more than 20 years' experience in financial and general management with a significant emphasis on operational matters. His career includes working for large public listed organisations in the UK as well as private companies here in Australia. He is also involved in the not for profit sector. Jon holds a Master of Business Administration as well as a Master of Business and Technology, both from the University of NSW. He is also a Doctoral candidate at the University Of Newcastle (DBA).

Simon Cole

BA; MArt (Admin); JD

Simon Cole brings extensive experience managing and developing policy programs in Government including juvenile justice, education and training, employment relations and workplace safety. As a Senior Policy Adviser to NSW Government Ministers, Simon assisted community organisations to develop effective partnerships with NSW Government agencies. Simon holds a Masters Degree in Arts Administration from the University of NSW and is a lawyer with strong interests in child protection law, human services and justice.

Elana Cohen

BSc Psychology (Hons); MScMed (Psychotherapy)

Elana is a psychologist and psychotherapist with extensive experience working with trauma. She also has an interest in biofeedback, in particular Heart Rate Variability Biofeedback. Prior to her career as a psychologist and psychotherapist, Elana spent 18 years in the corporate sector. She is a clinical member of the Australia and New Zealand Association of Psychotherapy (ANZAP), a member of the International Association for Relational Psychoanalysis and Psychotherapy (IARPP), an associate member of the Australian Psychological Society (APS) and is Secretary to the APS Neurofeedback and Psychology Interest Group. She is also an active member of the ASCA Clinical Advisory Committee and the ANZAP Education Sub-Committee. Elana works in private practice.

Rosanna Martinelli

JP; MBA; DipPM; BBus(Acc)(Mgt); AdvDip(Acc); DipMgt(Bus); CertIII Training

Rosanna is an experienced safety professional with a background in finance and business management. She has extensive experience and expertise in developing and implementing management systems focusing on safety, compliance and operational risk, governance and oversight, and delivering operational efficiencies. With over 18 years of aviation experience her areas of specialty include: safety standards and policy, safety management systems, regulatory compliance and corporate governance, management systems auditing and assurance programs, business and finance management, change and project management, risk management, and training, education and promotions. She is also a board member of a not-for profit organisation in the area of drug and alcohol rehabilitation services, and in various aviation industry / regulatory committees and working groups.

Untangle the Knot

Amateur and professional photographers have just over six months 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 – extended. Good luck!



ASCA in the News

Herald Sun | 18 February | *Concerns about child protection education in schools*



TEACHERS are not properly covering the child protection curriculum with students because they feel unprepared to deal with disclosures of abuse, an expert warns.

UniSA emeritus professor (and ASCA patron) Freda Briggs said teachers should use the Education Department's Keeping Safe child protection curriculum but some were

not because of apprehension about "what it would unearth" and a lack of training about how to respond.

"They (teachers) feel that they are not sufficiently well trained in matters relating to child sex abuse, and they're worried that some children may disclose abuse to them and they're not competent to handle it," Prof Briggs said.

"They need to know how to talk to children (and) children need to know very clearly what is unacceptable, wrong, reportable behaviour – not hush it up."

Professor Briggs was commenting on concerns about how teachers responded to the alleged sexual assault of a female student by another girl at a Hills school in 2010.

Yesterday, it emerged that parents had written to the principal to say students were "aware an incident of some sort has occurred ... and it is naive to think it will not be discussed".

In one letter, a parent said they understood that "on a directive from you (the principal), students ... were told not to discuss any information or rumours about this incident or they would face discipline".

Prof Briggs said this approach sent children the wrong message and was "unwittingly assisting child sex offenders in giving the impression that this behaviour has to be secret".

The Education Department requires all teachers to undergo training before delivering the Keeping Safe curriculum, which includes strategies to prevent children from disclosing personal information in class.

Teachers union spokeswoman Correna Haythorpe said those who taught the curriculum were "very competent". Teachers also undergo Responding to Abuse and Neglect training every three years.

A department spokeswoman said principals were reminded each year of their responsibility to ensure staff were trained to deliver child protection curriculum.

Opposition education spokesman David Pisoni said teachers were underprepared to deal with sexual abuse in schools.

<http://www.heraldsun.com.au/news/national/teachers-fear-students-may-reveal-sexual-abuse-at-school/story-fndo471r-1226580681400>

Australian Jewish News | 14 March | *Letters to the Editor*

Enough is indeed enough. Congratulations to the AJN for putting the issue of child abuse on the front cover. The Gillard government has also put the issue of child abuse onto the front cover of the national agenda with the establishment of the Royal Commission into Institutional Child Sexual Abuse. The Royal Commission will inquire into how institutions with a responsibility for children managed and responded to allegations and instances of child sexual abuse. Given recent allegations it would seem likely that a number of Jewish organisations will be among the many which come under scrutiny.

As Zeddy Lawrence says in his article, "it is time all those involved and all those with any knowledge of what happened 10, 20, or 30 years ago to come forward and tell the truth". It is also time for those with any knowledge of recent or current abuses to come forward. The Royal Commission will provide a forum empowered to investigate such knowledge. While we look to spiritual leadership we cannot leave it solely to spiritual leaders. It is critical that all survivors who wish to tell their story, or provide evidence or testimony, as well as others with relevant information, come forward. It is time to unlock the secrecy and denial within which abuse has flourished and provide robust information to the Commission to enable it to do its work.

The Commission is charged with looking into the systemic factors which have contributed to weaknesses and failures in institutions or organisations which meant/mean that children were/are not protected and were/are sexually abused or witness/ed such abuse i.e. *circumstances which allowed sexual abuse to occur and to continue to occur. This would include failure to respond to disclosure, and/or to investigate, document and report suspicion or knowledge of harm or risk of harm ('sins of omission')* to police or child protection authorities. The more information with which the Commission is armed, the better the future for our children and the possibilities for justice and accountability for prior victims.



It is definitely "time for the truth to come out." Although the Royal Commission has not formally begun as yet, information can be found on its website at www.childabuseroyalcommission.gov.au with the option for online enquiries and calls to 1800 099 340.

Dr Cathy Kezelman | ASCA President

Workshop News

The Examiner | 1 March | *Understanding child trauma 'offers abuse survivors hope'*



Dragan Wright with community workers in Launceston.
Image: Scott Gelston, The Examiner

Child abuse survivors can develop heightened perception and intuition due to their trauma, Launceston community workers have heard.

Pyschotherapist Dragan Wright yesterday explained the heightened sense of awareness could arise as a survival instinct.

"Those parts of the brain can actually be more developed because you're living on your senses, you're living on your intuition, you're surviving on that," he said.

Mr Wright, from Adults Surviving Child Abuse, will spend two days in Launceston training community and health workers how to be "trauma informed". He said understanding child trauma was important because it was very likely to manifest during adulthood.

Conservative estimates indicate 75 per cent of drug and alcohol abusers have suffered some form of childhood trauma.

Mr Wright said there was a general lack of awareness about how child abuse may affect a survivor's behaviour. Trauma informed training attempted to change that and offer some hope for survivors.

Those seeking support can contact National Child Abuse Prevention Helpline on 1800 991 099 or Adults Surviving Child Abuse on 1300 657 380

Workshop Feedback

'It was all valuable information which I feel I can apply and utilise in my place of work.'

'The depth of information and relating to clinical practice was excellent. And I like the in-depth booklet with lots of references.'

'Great workshop! Facilitator was very knowledgeable and skilled about the topic of working with adult survivors'

'This workshop was great and I have been using the strategies all day with a consumer who is quite unwell.'

'Fantastic presentation and the applications were easily seen through the practical example discussions.'

'The facilitator was wonderful – very knowledgeable and informative. Presented the information in an easy and engaging manner. Good refresher and forum to learn – from the presenter and also from colleagues.'

'A great workshop and I will refer others in my workplace team to attend. Thank you.'

'Very broad ranging approach to trauma education, including theory and practical strategies.'

Movie Review: The Perks of Being a Wallflower



"We accept the love we think we deserve."

If you enjoy a heart-felt cry, and are emotionally in a strong space where you won't easily be triggered, *The Perks of Being a Wallflower* is a must-see movie. Most reviews describe it as a "coming of age story set in the 1990s that captures the dizzying highs and crushing lows of growing up", which it is. However, it is also much more than this. The film tackles some very important issues, and it does this beautifully. Without giving away the storyline, this may not be an easy movie for all survivors to watch, however it is deeply reassuring and inspiring. Remember to take tissues and your best friend. 4.5 out of 5 stars.

Amy | Survivor

Workshops

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.

Cost: \$250 or student concession \$190

Professional development endorsement:

ACMHN- 7 ACMHN CPE Points

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

Date	Location
5 April 2013	Penrith
12 April 2013	Brisbane
19 April 2013	Sydney

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
6 April 2013	Penrith
20 April 2013	Sydney
27 April 2013	Wollongong
27 April 2013	Bendigo
18 May 2013	Newcastle

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.

Trauma Informed Care

This whole day training for community workers provides tools to equip workers in their daily interactions with clients who experience unresolved trauma.

register
now

This workshop covers:

- Information about trauma – prevalence, impacts and costs
- Complex trauma vs. single incident trauma
- Attachment, supportive relationships, self-care
- Coping strategies – adaptive/risk factors
- Neuroplasticity and recovery
- Principles of trauma-informed practice
- Re-traumatisation and vicarious traumatisation
- Collaboration in care, between and within services and systems
- Need for broad-based change at all levels in systems and services

Full-day workshop:

9.00am-5.00pm.

For Mental Health Workers

Date	Location
31 May 2013	Sydney

Book now online:

www.asca.org.au/workshops