

Breaking free

asca

Adults Surviving Child Abuse

The Newsletter of Adults Surviving Child Abuse | ISSN 1836-6899 | March 2014

The role of medical practitioners in supporting adult survivors



With the commencement of the Royal Commission into Institutional Responses to Child Sexual Abuse the issue of child sexual abuse is on the Australian national agenda. This has raised the needs of adult survivors of childhood trauma more broadly; the need for trauma informed services for victims is highlighted daily in stories and testimony.

In 2012 ASCA released Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery. These Guidelines are a global first. Funded by the Commonwealth Department of Health and launched by the then Minister for Mental Health, Hon. Mark Butler MP, the ASCA Practice Guidelines collate and distil two decades of research in this area, thus setting the standards for clinical and organisational practice. www.asca.org.au/guidelines

With MHCC (Mental Health Coordinating Council NSW) ASCA and a range of other organizations are also advocating for policy reform for broad implementation of Trauma

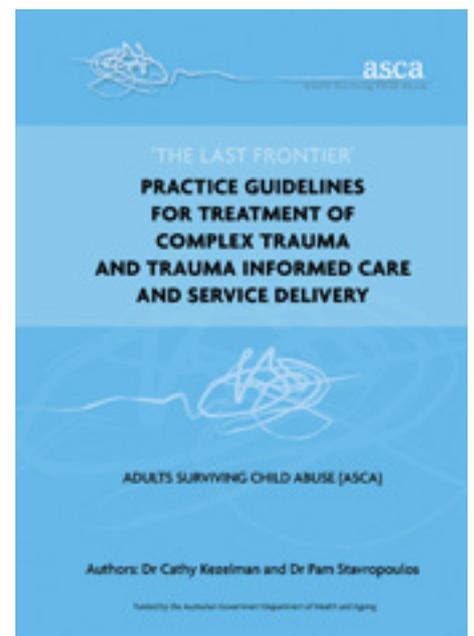
Informed Care and Practice across health and human service sectors.

With established expertise and experience in policy, practice and workforce education and training ASCA is committed to driving the cultural, philosophical, policy and practice changes needed to help reduce the substantial health and economic burden of unresolved trauma within Australia.

A range of often challenging health problems result from the chronic life stress experienced and underlying coping strategies adopted by those who have experienced childhood trauma. Adverse childhood experiences are common. In Australia, by conservative estimates, 5 million adults are living with the long-term effects of unresolved childhood trauma. Without the right help, their trauma can negatively affect them throughout their lives. Trauma also has intergenerational impacts on the children of parents whose trauma histories are unresolved. However with the right support recovery is possible, and when parents work through their trauma, their children can and do, do better.

The government has invested in training and services under the Royal Commission Support Services funding initiative. However there is a substantial need to actively engage, educate, and train practitioners, within the Australian primary care system.

Every day and often unknowingly, general practitioners see a number of patients living with the cumulative effects of trauma. They present in many ways, often with many different 'illnesses' occurring simultaneously, and/or 'medically unexplained symptoms' and undiagnosed pain. Doctors, who have not been alerted to the impacts of childhood trauma often provide discrete diagnoses based on their patients' presenting symptoms and signs.



Purchase a hard copy of ASCA's Practice Guidelines today! www.asca.org.au/guidelines

This is because, in general, neither undergraduate courses for GPs and allied health professionals, nor postgraduate professional development courses focus on trauma and how it can affect those who've experienced it, physically, emotionally and in their day-to-day functioning and relationships.

As a result, within primary care settings across Australia, trauma resulting from adverse childhood experiences and its many effects largely goes unrecognised, unacknowledged, misdiagnosed, and unaddressed.

This issue was discussed on Life Matters by Dr. Cathy Kezelman, ASCA President with Natasha Mitchell. Cathy, herself a GP for 20 years believes medical professionals should have the knowledge and training to enable them to better support adults who have been victims of childhood sexual abuse (as specifically discussed in this interview) and victims of all forms of childhood trauma.

The full interview can be heard [HERE](#).

From the Editor



In this issue of *Breaking Free* we focus on the need for survivors to be heard and to receive good support. The spoken, written and artistic voice of survivors is featured within (pages 3, 4). Our cover story highlights this need, in terms of the role of medical practitioners. We also feature an article by a service which has implemented Trauma Informed Care (Page 5) and explore the importance of trauma-informed practice within healthcare services. As the Royal Commission continues we keep you up to date with the Commission's schedule and the ways in which you can engage with the Commission if you want to (page 7). Upcoming workshops are featured as always (page 8), with some recent feedback from attendees and a spotlight interview with our Training Coordinator (page 4). ASCA continues to have a strong voice in the media, as featured on page 6.

Prenessa Moodley | Editor

Mental Health Professionals' Network and ASCA offer free webinars for mental health practitioners

The Mental Health Professionals' Network (MHPN), in partnership with ASCA, will deliver a free three-part professional development series to help enhance practitioners skills in recognising, assessing and supporting people who have been exposed to, or experienced, complex trauma.

Webinars are provided online so there is no need to travel to take advantage of this free professional development opportunity. Simply register beforehand and log in on the night from work, home or anywhere you have a high speed internet connection.

Webinar 1: Recognising and Responding to Complex Trauma is exclusively for GPs and will be held on **Monday 7 April at 7.45 pm – 9.00 pm AEST**. More information [HERE](#).

The webinar will use an interdisciplinary panel discussion of a case study to help GPs be better equipped to recognise and respond to physical, mental and psychosocial presentations that may indicate an unresolved complex trauma.

The panel will include:

- Dr Cathy Kezelman (consumer advocate)
- Professor Louise Newman (psychiatrist)
- Dr David Walker (general practitioner)
- Mr Iggy Kim (mental health nurse)
- Dr May Emeleus, general practitioner will facilitate the discussion.

GPs are invited to register now [HERE](#).

Webinar 2: Screening, Assessing and Recognising Complex Trauma will be held on **Tuesday 20 May from 6.45 pm – 8 pm AEST**. This webinar is for a multidisciplinary audience and will see an interdisciplinary panel discuss a case study to explore how practitioners from different disciplines can work together better to support someone who has been exposed to, or experienced a complex trauma. More information [HERE](#).



The panel will include:

- Mr Dragan Wright (consumer advocate)
- Dr Johanna Lynch (general practitioner)
- Ms Michelle Everett (clinical psychologist)
- Adjunct Prof Warwick Middleton (psychiatrist)
- Dr Mary Emeleus, general practitioner will facilitate the discussion.

Registrations will open soon. Visit www.mhpn.org.au/upcomingwebinars to register and learn more.

Webinar 3: Working Therapeutically with Complex Trauma is also for an interdisciplinary audience and is currently scheduled for June. MHPN's website, www.mhpn.org.au will be updated as soon as full details are available.

For further information, contact MHPN on **1800 209 031** or email webinars@mhpn.org.au

MHPN is funded by the Australian Government via the Department of Social Services to deliver this professional development webinar series to practitioners who support individuals and communities affected by or engaging in the Royal Commission into Institutional Responses to Child Sexual Abuse.

Kate Hoppe | MHPN Communications Manager

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Have your contact details changed?

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

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Disclaimer

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

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Your story

The Hidden Face of Anorexia

What is this disease I have?

The disease that so nearly cost me my life

The disease that has destroyed my life

The disease that cost me my friends, my health, my job, my career, my future

The disease that tears families apart; destroys friendships and destroys lives.

Why don't I understand?

Why don't you understand?

Why does the helping profession not understand?

I did not choose this illness

I did not choose to be ill, to behave the way I do

Who is talking?

Is it me or the illness?

I do not understand

I do not understand the pain I feel

The emotional pain

The physical pain

The loneliness

The punishment.

Why am I like this?

They say my disease; my anorexia is "a refusal to maintain 85% of my ideal body weight"

But it is so much more than that ...

Why do I refuse?

Is it because I am naughty?

Is it because I am unwell?

Is it because I want to punish my body

Because I don't want to live

Because no one wants me to exist

Because I don't have a life worth living

Because I don't have a life worth saving.

I do not understand

You do not understand

You think I am bad, that all I have to do is eat

But it is complex, and I still don't understand.

I am lost

I am confused

I am ill and so alone.

This illness has cost me so much, for so long

And I still don't understand

Why am I this way?

What did I do to deserve so much pain and so much punishment, why am I so bad

Why must I be guilted into recovery, shamed into recovery or punished into recovery?

It does not work for me

I already feel guilt

I already feel shame

I have already been punished for too long

I punish myself too

Please don't punish me

I did not choose this illness

This illness that is so misunderstood

The illness that no one wants to know about.

I put on an act

I pretend I am OK

I pretend I am functioning

I pretend I am well

But it is all an act

A protection device, a suit of armour

What you don't know, you can't hurt me with.

This illness is me, I am anorexic and

I am not OK

I live with anorexia all day and all night

I feel the pain, the emptiness, the loneliness

I can't break through the pain

I reach out, but there is no one there, no one wants to know, no one cares

YES I have a teenage illness, and NO I can't just get over it.

Anorexia is real

Anorexia costs lives

Anorexia destroys lives, families and friendships

And one day, the emotional pain, the physical pain and the damage will overcome me,

And there will be no me

And everyone will say

Why did we not see it?

Why did we not see she was hurting, that she was so alone, and just needed a friend, someone to talk to, and someone to be with?

... But, by then **it will all be too late.**

I will be gone and there will be no me.

Kate, 2nd March 2014

ASCA Activities

Interview with ASCA Training Coordinator, Fiona Thomas



What drew you to work at ASCA?

Just prior to my joining ASCA I had been confronted by personal circumstances which brought to light the many injustices survivors of childhood abuse often face. The sense I got in the community was that this was too confronting an issue for discussion, so speaking out was often an isolating endeavour. However, through this challenging journey I was mobilised to find avenues to 'break the silence'

of child abuse. When I heard about the work of ASCA I felt it a congruent fit both personally and professionally, especially given ASCA could offer me a rich and rewarding opportunity to undertake my placement to complete my social science degree.

How do you feel your role makes a difference to survivors?

My role coordinates workshops which, amongst other activities, offer survivors and their carers the opportunity to better understand childhood trauma, its effects and pathways to recovery. This is a powerful process and, for many survivors, a life changing one.

However ASCA's workshop support for survivors extends far beyond these workshops, with the promotion of trauma informed approaches to community workers and health professionals, many of whom have never received 'complex trauma' training through their higher education. The ASCA training introduces and explores trauma informed principles and appropriate approaches to complex trauma. Crucially, it is about minimising the possibility of any further re-traumatisation.

[Read more on Page 4](#)

ASCA Activities

Continued from Page 3

My role coordinates training that is far reaching both educationally and geographically and, with the current delivery of training to organisations that support the people attending or engaging with the Royal Commission into Institutional Responses to Child Sexual Abuse, has far reaching benefits for survivors.

What do you enjoy most about your role?

It is exceedingly satisfying to receive overwhelmingly positive feedback from survivors, their supporters and workers in the field about the professional and beneficial delivery of our training.

It is also a great honour and pleasure to be working with our amazing team of staff and facilitators who, combined, have an invaluable wealth of expertise. Through our interactions I have expanded my knowledge base in this area and am continually inspired by their energy and enthusiasm for providing workshops and training to help improve the lives of survivors.

What would you like to see come of the Royal commission?

Naturally I would expect that as a result of the Royal Commission there will be reforms to the policies, processes and attitudes within institutions and services here in Australia that seek to ensure the protection of our children in the future. Most importantly though, I would hope that survivors feel the process offers them an opportunity to be 'heard' and supported, whether they have spoken to the Commission or have observed from the sidelines with elements of their own experience being reflected through the collective voice of others. That, where

previously so many have ignored their voices, they may now finally feel someone is listening. I also hope that the Royal Commission springboards attention towards the largest of our institutions, that of the family; where, tragically, most abuse in society occurs.

Artist Shelley Kay shares her inspiration, her journey and the role ASCA has played



Detail of "Mood Order Borad" by Shelley Kaye (2013)
(Photo: Andrew Collis)

Article available via South Sydney Herald [HERE](#).

Trauma Informed Care

Recovery and wellbeing: trauma informed practice benefits us all – a reflection based on a presentation at the TheMHS Summer Forum Feb 21



Dr Cathy Kezelman spoke about the importance healthcare services being trauma-informed recently at the TheMHS Summer Forum.

She spoke about recovery and wellbeing recovery involving moving towards a positive and meaningful sense of identity separate from a condition or disability, while wellbeing involves how a person feels about themselves and their life. She stressed the need for hope within healthcare services and recovery-oriented approaches to help build hope.

As 5 million Australian adults are affected by childhood trauma, many health practitioners also have their own trauma histories. People can also experience trauma within services and so the need for all services to become trauma-informed. Research shows that people can recover from trauma through interventions that focus on strengths and resilience and these approaches need to be reflected in services.

Becoming trauma-informed involves safety and security, with the additional core principles of trauma-informed practice: trustworthiness, collaboration, choice and empowerment. Ultimately, trauma-informed practice involves a focus on what has happened to the person rather than what's "wrong" with the person and doing 'no harm'.

In order to become trauma-informed, practitioners need to reflect on their beliefs and current practices, reassess roles, recognize issues of power and hierarchy, respectfully negotiate boundaries (to avoid harm and humiliation), and tolerate their own discomfort in sometimes having inadvertently re-traumatized people seeking support. A driving principle is that all people need to be understood in the context and experiences of their lives. This means that practitioners need to be informed about trauma, the stress of trauma and its impacts.

They should also be aware that trauma survivors can be sensitive to situations reminiscent of their prior trauma and strong emotional reactions may be triggered by sensory input. Practitioners should

Trauma Informed Care

understand that such responses make perfect sense in the context of that person's experiences of trauma; apparently unhealthy behaviours are in fact often adaptive responses to past trauma.

Recovery from trauma occurs within relationships. Specifically, positive interactions assist neural integration and create new pathways of learning within the brain. These positive experiences of connection must take place in healthcare services. Survivors benefit from a welcoming supportive environment with open, respectful communication involving active listening and acceptance.

Ensuring privacy and confidentiality creates an environment of consistency and predictability. Survivors have often had their personal boundaries violated and need to feel secure about their privacy. Uncertainty and confusion can trigger intense trauma responses while providing information can enhance a sense of safety and control.

It is important to also consider how culture impacts the way trauma is experienced, how survivors manage and express experiences, and which supports are most effective. For workers to be aware of their own cultural attitudes and beliefs and how this impacts the way they view their work. Involving other survivors in peer support is an important endeavour, as having other survivors alongside them can help counter shame and power imbalances while promoting understanding and acceptance.

Staff training in building a trauma-informed healthcare workforce is critical and all staff in healthcare and community settings need to understand that people can recover from trauma there is hope. Staff wellbeing is also an important consideration as staff sensitivities can be ignited by interactions with clients, especially if they themselves have an unresolved trauma history. Ideally practitioners and workers need to:

1. be aware of their own needs and limits;
2. establish a balance between work, leisure and rest;
3. foster connections with others and something greater e.g. spirituality.

The importance of collegial support, warmth and respect within the workplace, and opportunities for peer support and debriefing cannot be overrated.

Implementing trauma-informed care practices benefits both those seeking help as well as staff in mental health and human services settings. These benefits include gains in outcomes and satisfaction, as well as improved staff morale, collaboration with those seeking help and the development of a healthier workforce. Further information on the training ASCA delivers in a trauma informed approach to care go to www.asca.org.au/workshops and see the workshop section on page 8 of this newsletter.

Perth SARC moves Towards Trauma-informed Services

The Sexual Assault Resource Centre (SARC) in Perth Western Australia, has recently embarked on a mission to review and improve its services to become more trauma-informed.

As with any service review, the initial question we faced at SARC was – where to start? Since a trauma informed approach emphasises consumer empowerment, it seemed fitting to start by asking consumers themselves, for feedback on their experiences of the services they had received at SARC. In July 2013, a sample of clients who had used the service in the previous 6 months, were contacted by telephone and asked a series of questions. The questions were consistent with the principles of trauma informed practice and focused on aspects of the service such as feelings of safety, sharing control, building positive relationships and being informed about the impacts of trauma.

Consumer feedback gathered from the survey was instrumental in bringing about several immediate changes at SARC. Greater emphasis has been placed on making the arrival at SARC more welcoming for clients. The booking system for counselling has been changed to reduce or eliminate waiting times and clients now receive detailed information about the service before their first appointment with the aim to keep clients informed and reduce anxiety.

In an attempt to minimise potential trauma

triggers for clients, alarms have been relocated, gossip magazines in waiting areas have been replaced with quality reading materials and the sound of soothing music, with volume controls that can be operated by clients, has replaced radio stations in emergency rooms and waiting areas. SARC reception staff have also received training on the impact of trauma to enable them to provide a more sensitive and responsive service to clients.

Historically, we haven't provided a trauma informed service consistently across the whole organisation for clients and this is one of the things we are aiming to improve. When completing the survey with clients, it was immediately apparent when a client had had a positive experience at SARC and had worked in partnership with a counsellor who was both skilled and trauma informed.

"My counsellor was amazing. She was so caring and listened to everything. She never pushed me or rushed me. I felt she really did care about me. She even called me a couple of times between appointments to see how I was going. We worked through things together. I couldn't believe how good she was. She really was amazing and helped me so much."

The drive towards trauma informed services at SARC continues into 2014. Included on the agenda are a review of the SARC website from a trauma informed perspective, advanced skills training for counsellors on the



ASCA's Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery were launched in WA, April 2013 at a Perth Symposium organised by SARC.

(From left to right) SARC Manager & MC: Tania Towers, Director WNHS: Paula Chatfield, Keynote speaker: Dr Cathy Kezelman, ASCA, Mental Health Commissioner: Eddie Bartnik, Keynote speaker: Dr Pam Stavropoulos, ASCA

initial engagement process with clients, the development of culturally appropriate written materials for Aboriginal clients and improved feedback systems for referrers.

Tania Towers, Manager of Perth SARC says "The change process towards trauma-informed services requires an investment from everyone at all levels of the organisation, however, the resulting improvement in services for clients is well worth the investment".

Fiona McMullen | Coordinator of Education & Training | SARC WA.

ASCA in the News

Press Council rules against News.com.au 'how to pick a paedophile' article | *mumbrella* | March 7

Media watchdog The Australian Press Council (APC) has ruled an article published on News.com.au last September entitled "Could you spot a paedophile? Here's a guide on how to pick a child molester" misrepresented facts and breached principles requiring publications to balance the public interest with the sensitivities of readers.

The article, by journalist Candace Sutton, presented nine categories of sex offenders, with information about each and photographs of well-known offenders.

The APC found it was a breach of its rules with one section called "the damaged", which alleged paedophiles are often the victims of child molestation themselves, described as "deeply offensive and served to marginalise victims of child sex abuse and discourage them from speaking out".

The APC found "the level of offence (caused by the article) would not only be very high, but it would be widespread throughout the community". At the time it was published there was much online commentary about the article and News.com.au later published a response from Dr Cathy

Kezelman, president of Adults Surviving Child Abuse.

It also ruled that News.com.au had not justified some of the claims in the piece: "The publication's acknowledgement that evidence of a significant number of perpetrators being victims does not establish the frequency of victims becoming perpetrators."

News Corp Australia, which publishes News.com.au, declined to comment on the ruling as did then editor Luke McIlveen and Candace Sutton who have both since moved to the new Mail Online operation.

According to the APC ruling there were multiple complaints claiming the article had "misrepresented the incidence of victims becoming perpetrators as research on the issue does not support the claim that a high proportion of victims of child abuse go on to become paedophiles or child abusers."

The article has now been amended online to note it has had a complaint upheld against it, and linking to the verdict.

Article available [HERE](#).

Services for abused men in short supply | *Newcastle Herald* | February 14

Men who have survived child sexual abuse are at risk of being retraumatised with too few services adequately equipped to meet the demand after the royal commission, experts say.

While two thirds of the 1000 victims who have told their stories to the royal commission in private have been men, only two of the 28 organisations receiving federal funding target men.

Of the \$45million set aside for support services, \$7million is outstanding but sources within the Department of Social Services say it is unlikely to be directed towards men.

Most services are tailored for women, or are too generic to properly address the specific needs of men damaged by chronic, repeated sexual abuse, experts say.

The co-founder and director of the Survivors & Mates Support Network (SAMSN), Craig Hughes-Cashmore, said many of the men now coming forward to the Royal Commission into Institutional Responses to Child Sexual Abuse are disclosing for the first time, consistent with research showing it takes an average 22 years for men to open up.

It is vital they are met with the right support, he said.

"At a time when many men are disclosing for the very first time in their lives, it is essential they can access face-to-face support and group therapy," Mr Hughes-Cashmore said.

SAMSN, a non-profit organisation which runs groups and workshops for men and their families, has failed to secure financial support

from the state or federal governments despite approaching a multitude of ministers, MPs, and department heads.

"We can't even get \$10,000 to continue our work," Mr Hughes-Cashmore said.

"We have had to cancel our first [meeting] for 2014 ... because we don't have any funds. We desperately need to draw attention to the fact that there is a huge need for a service like ours in this country.

"No one else is doing what we're doing. We need support from somewhere."

Gary Foster, the manager of Anglicare's Living Well, based in south-east Queensland and catering specifically for men, said requests for help from his service have doubled since the start of the royal commission.

"Now is the time, if ever there was a time to come forward," Dr Foster said.

"The more that men are seeing positive responses coming out of the commission, the more they are encouraged to come forward.

"The challenge is that ... we are there to meet them. The worst thing that can happen is that they are not heard and ... go quiet. It's a real challenge."

The president of Adults Surviving Child Abuse, Dr Cathy Kezelman, said the number of inquiries to her service has increased by four or five times, with 20 to 25 per cent of calls coming from men, up from 15 per cent.

"There has been a gap for a really long time and people, men and women, have struggled to get their needs met.

"Most services haven't been educated and trained around how to support survivors of the sorts of complex trauma of people that have experienced – the compound abuses that we are hearing about as people come forward to the royal commission.

"It's very important that people get the right sort of therapeutic care and support because what happens if people don't is they are retraumatised ... because they haven't felt heard or they haven't received the counselling and support they need.

"That is an absolute travesty."

NSW Health says SAMSN will be eligible to apply for financial support in 2015-16 following a restructure of funding arrangements.

A spokesman for the Federal Department of Social Services said two organisations, On the Line Australia and Living Well, were funded to deliver services specifically targeted to men, and men could access "any of the other community-based support services", except for one specialist service for women.

"We know it is critical that survivors of child sexual abuse have access to specialised and culturally appropriate support services that suit their needs," the department said.

The remaining \$7million of \$45million in federal funding was likely to target people with specific needs such as people living with disability, indigenous Australians and people who have suffered abuse by religious organisations or clergy, the spokesman said.

Article available [HERE](#).

Royal Commission News

From 2014, the Chair of the Royal Commission, Justice Peter McClellan, will offer people who have attended a private session a thank you card and invite anyone who has shared their story at a private session to provide a 'Message to Australia'.

From 10 February 2014, people attending a private session will receive a 'thank you' pack at the end of their private session.

If you, or an individual you have helped, attended a private session during 2013 and would like to receive a thank you card or provide your 'Message to Australia', please call the Royal Commission on **1800 099 340** or email us on the address below.

Thank You card

We are enormously grateful to all those who have come forward, and helped others to come forward, to tell their story to the Royal Commission in a private session, and, as a gesture of our appreciation for your contribution, we would like to provide all attendees with a signed 'thank you' card.

Message to Australia

The Royal Commission is making a book called 'Message to Australia'. The book will be made up of messages from people who have attended a private session.



It is an opportunity for people who have attended a private session to send a simple message to the Australian community about their experience of institutional child sexual abuse and their hopes for creating a safer environment for children in the future.

At the end of the Royal Commission, the book will be kept at the National Library of Australia, where it will be available to members of the public and preserved for future generations. Please call **1800 099 340** or email us to have a message included. For specific stakeholder enquiries or to request a thank you card please email us at stakeholders@childabuseroyalcommission.gov.au

Upcoming schedule of activity:

April 2014

Monday 31st March – Wednesday 16th April | Public hearing: The Royal Commission will hold a public hearing in Sydney commencing on **Thursday 27 March 2014** into the handling by The Salvation Army (Eastern Territory) of claims of child sexual abuse between 1993 and 2014.

Tuesday 1st – Wednesday 30th | Private sessions in capital cities

Wednesday 16th April | Roundtable Discussion* – Out-of-home care

Wednesday 23rd – Friday 2nd May | Public hearing: Case Study Sydney

Monday 28th – Wednesday 30th | Public hearing: Case Study Western Australia

May 2014

Thursday 1st – Friday 9th | Public hearing: Case Study Western Australia

Monday 5th – Friday 30th | Private sessions in capital cities

Friday 16th | Public hearing: Case Study Sydney

Monday 19th – Friday 30th | Public hearing: Case Study Sydney

Monday 19th – Friday 23rd | Private sessions in regional areas

Monday 26th – Friday 30th | Public hearing: Case Study Sydney

June 2014

Monday 2nd – Wednesday 11th | Public hearing: Case Study ACT

Monday 2nd – Friday 27th | Private sessions in capital cities

Wednesday 11th | Roundtable Discussion* (topic to be advised)

Monday 16th – Monday 30th | Public hearing: Case Study 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.

More information:

For more information on ASCA's in-house workshops, to discuss your needs and obtain a quote please email events@asca.org.au or call **02 8920 3611**

NOW AVAILABLE: A 2 day flexible trauma informed training package for community organisations which includes modules for workers, managers and administration staff/volunteers to enable the integration of trauma informed principles into practice across your organisation. This can be delivered in part or whole.

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 To find out more about our workshops, check the schedule and to register go to www.asca.org.au/workshops or call **02 8920 3611**. For all enquiries email events@asca.org.au

Professional Development for Health Practitioners

Working with Adult Survivors of Complex Trauma

ASCA's one day workshop for health practitioners is grounded in a substantive research base, which identifies and outlines effective responses to complex trauma.

Suitable Audience:

Psychologists, clinical psychologists, counsellors, psychotherapists, mental health nurses, social workers, general practitioners, psychiatrists working clinically with adults survivors of complex trauma.

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

Date	Location
11 April 2014	Gold Coast
9 May 2014	Sydney
30 May 2014	Bunbury

Full-day workshop: 9:00am – 5:00pm

Cost: \$250 / Concession \$190

Professional development endorsement:

ACMHN- 7 CPE Points | AASW – 7 CPD hours

APS, PACFA and CAPA members can accrue CPD hours by participating in activities that they determine to be relevant to their individual professional skills, learning plans and goals. CPD activities do not need to be endorsed by these bodies as long as the training meets policy requirements.

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.

These workshops are open to all adult survivors. It is possible for survivors to bring a support person along to this workshop.

Full-day workshop:

10.00am – 4:00pm

Cost: \$25.00

Date	Location
31 May 2014	Bunbury

ASCA's philosophy is for our workshops to be accessible to all survivors. If you are experiencing financial difficulties please do contact us on **02 8920 3611** or email events@asca.org.au

Workshops for Carers

This 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.
- What 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.

Full-day workshop:

9:00am – 5:00pm

Cost: \$25.00

(Due to government funding, ASCA is able to provide these workshops for a nominal fee)

Date	Location
12 April 2014	Gold Coast

ASCA Workshop Feedback

"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."

– Attendee from ASCA workshop for Health Practitioners

"The facilitators were fantastic, I felt comfortable at all times and believe I gained a great deal of knowledge from the workshop."

– Attendee from ASCA's workshop for Adult Survivors of Childhood Trauma & Abuse

"This was the most amazing workshop. The facilitator was amazing. Cheers and again thank you for such a strengths based and hopeful day"

– Attendee from ASCA's Trauma Informed Training for Workers, Wollongong 21.2.14

"Having a great trainer who knows what they are talking about it very important. I have not met a presenter like this for a very long time, thank you love your work"

– Attendee from ASCA Tailor delivered in-house training, February 2014