

Breaking free

asca

Adults Surviving Child Abuse

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Road to recovery: Marie Louise's journey

Finding her voice

For most of her adult life Marie Louise dealt with distressing or alarming situations by retreating into herself and clamping up.

"Silence worked so well for me," she recalls, explaining how she would shut down emotionally and physically. "Whenever I was confronted with fear, words would abandon me and I wouldn't speak."

Marie Louise developed this freeze response between the ages of 3 and 10 when she was repeatedly sexually abused by a neighbour. Too small to protect herself and threatened with death if she told anyone, she found a way to endure the abuse and that was to stay quiet and make her body rigid. "This became a very unconscious pattern of behaviour for me," she says. "I had no idea this was how I was reacting to life's situations."

During her teens, Marie Louise "self-sabotaged", treating herself with disdain and often hating who she presented to the world.

"I was so laden with shame and guilt that I made some really bad choices around my friendships and sexual relationships," she says. "My normal was to have sex for attention, so that is what I did." Her childhood trauma was repeated again at age 17 when she was raped by a stranger.

Marie Louise soldiered on, trying her best to "live a normal life". She married and ran a drilling business with her husband. "I worked in a male-dominated industry where it was important to be strong and tough and I unconsciously wanted to show that I was," she says. "But I was always afraid of not looking the right way or saying the right thing."

At age 40 her marriage ended and Marie Louise was devastated. "My marriage had become such a safe place to be and all of a sudden I was on the outside. I entered a massive state of grief and was so scared of igniting my family history of mental illness."

Through this process, she began to experience strong bodily responses to her emotions. "I couldn't believe that emotional pain could be so physical. It felt like someone had a knife in my stomach." In what she describes as a "lame attempt to exit this world", she would hold her breath and squeeze her body tightly, making herself completely stiff.

Then in this state of suspended animation a "window of silence" would open up. "It felt like eons, so much space," she says. "I could finally breathe and after that I would do whatever I could to see that window again and again."

Empowered by this experience, Marie Louise started to become more aware of what her body tells her. "I saw how I had been dictated by fear my whole life and I wanted to learn more about my wiring and firing. I finally started to understand the relationship between my body and my memories, and realised my body had been holding on to a lot of crap. I didn't want to live like that anymore."



Slowly, Marie Louise brought the same awareness to her relationships. Instead of avoiding relational conflict, she started to approach it gently.

"I remember being at home one evening and my son said something that offended me. I felt this sudden contraction in my throat and my groin. I was watching but I couldn't speak and I wanted to cry. At first I retreated to my bedroom and practiced by body squeezing technique to calm down. But then I decided to talk to him about it, which I did 14 hours later."

The experience of opening up to her son and expressing her needs was terrifying, but also cathartic. "Next time a situation like that happened I waited for only 10 hours to talk about it, then 8 hours, then 6 hours and so on."

Now Marie Louise is able to interact with people fluidly and in the moment. "The more I was able to practice this self-awareness, the more I was able to walk through life being aware of my body and my intuition and the value of my voice."

[Read more on Page 3](#)

From the Editor

Welcome to the latest edition of Breaking Free.

In this issue we return to our series of Road to Recovery stories in an interview with survivor Marie Louise who talks with such insight into the relationship between traumatic memories and bodily experiences. Marie Louise describes how her body would respond unconsciously to emotional fear and how she spent most of her adult life avoiding difficult situations and relational conflict by retreating into herself. It wasn't until she was confronted with the breakdown of her marriage in her early-40s that she embarked on a journey of recovery, exploring the blockages and learning how to walk through life being aware of her unconscious reactions and trusting her intuition. Thank you Marie Louise for sharing your feelings and thoughts with us.

On Page 4 we outline some of ASCA's recommendations to the Royal Commission into Institutional Responses to Child Sexual Abuse relating to redress and civil litigation. ASCA has suggested a raft of improvements to the provision of integrated, long-term care for survivors including increased education of primary care practitioners and the establishment of an accreditation body for quality assurance. Importantly, we are asking for trauma-informed counselling and psychological care to be available to survivors throughout their lifetime.

For more on the Commission's work to establish a suitable redress scheme for survivors, see page 7. Also, don't forget to read about new workshops and trauma-informed courses being offered by ASCA's education and training team, on page 8.

If you have any comments about what you read in this issue or suggestions for future editions, please contact me at newsletter@asca.org.au. Warm regards, Cherie

Cherie Marriott | Editor

The Big Picture



As a follow up to ASCA's Economic Report, it was great to hear Senator Penny Wright's speech in Parliament regarding survivors and the need for appropriate services. ASCA was called to speak at the Royal Commission's public hearing on redress and civil litigation earlier this month, putting the spotlight on the need for trauma-informed services including the need for counselling and psychological support from practitioners with expertise in supporting survivors and their loved ones.

ASCA has joined voices with other survivor organisations and professional bodies in lobbying for adequate investment in the right services, with ASCA's focus being for survivors of all forms of childhood trauma, perpetrated in all domains.

As we see community understanding start to shift we cannot be complacent. The horrors of the Royal Commission public hearings continue unabated. Excusing unconscionable actions (on the basis that there was little understanding at the time) cannot be a full defence. Some actions against children are indefensible because they are immoral and some views remain entrenched regardless.

The need for ongoing education not just of health professionals but of everyone who works with, or engages with, survivors is critical. Given the pervasiveness of experiences of trauma in childhood many people can benefit from such information. And we can all learn to be there for one another, to listen, to hear and to empathise.

Dr Cathy Kezelman | President



ASCA Administration
PO Box 597 Milsons Point NSW 1565
Email: admin@asca.org.au
Web: www.asca.org.au
Ph: (02) 8920 3611

National Office Hours
9am – 5pm, Monday to Friday

Professional Support Line: 1300 657 380
9am – 5pm, Monday to Sunday

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

Newsletter
Editor: Cherie Marriott
Email: newsletter@asca.org.au
Post: PO Box 597 Milsons Point NSW 1565

ASCA President/Media Spokesperson
Dr Cathy Kezelman
Email: ckezelman@asca.org.au
Ph: 0425 812 197

Patrons
Professor Freda Briggs AO and
Thomas Keneally AO

Ambassadors
Anthony and Chrissie Foster
Detective Chief Inspector Peter Fox
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 Username?** or **Forgot your Password?** as appropriate.

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 www.facebook.com/AdultsSurvivingChildAbuseASCA

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

From Irena

The strength to survive

In September this year it will be 50 years since I escaped from my abusive father and dysfunctional family. This happened 24 days before my 17th birthday. Although I'd left all my friends behind and was completely alone, I was no longer afraid.

I still clearly remember how I felt. Once I was safely tucked in at that Parramatta boarding house, I could breathe again. I felt heady and light. I felt free. Free from my tormentor. I was excited about life in a 'normal' environment. There could be nothing more dangerous, nor more traumatic, than what had already occurred. In comparison, the future had to be good.

The wretchedness of that past experience also equipped me with a supernatural, almost

mystical, inner strength – the strength to survive.

All these years on, as I sit and remember what happened to me, I know survival isn't easy. The damage done cut deep into my mind and affected my attitude. Although my life, like many others, hasn't been a fairy tale of 'happily ever afters', I can attest that it has been nothing anywhere near as evil as where I came from.

My silent emotional scars are deeply embedded and as much as I try, really try, to be 'normal', many times I fail. Mostly I have failed at interacting with people. For short periods I seem to be able to succeed. I have learnt what to say and how to behave but as soon as the situation becomes too intense I unravel and lose control. I can't stop it. I cope by isolating myself and in doing so; time heals my fragile mental state and life continues.

It will be my mother's birthday in mid-June. As a child I witnessed what must have evolved into a loveless marriage. A marriage devoured with fear and cruelty at the hands of our sadistic tormentor. Such hatred and malice further impacted her unstable mental health and she spent much of her life either heavily sedated or in psychiatric hospitals. Afraid and financially dependent, she was a migrant refugee in a strange country with no family or friends. There was no support for her or for me.

Although I later learnt that she knew what he was doing to me I could never blame her for not protecting me. She couldn't protect herself. From being the dux of her school and being offered a place at university, at a time when it was rare for women to attend university, now, she was a crushed person. He had pounded her into dust.

At 53 she died battered and broken.

In between many lovers I married and had two children, divorced and married again, was widowed, and married again and divorced again. I was in my early-40s when I realised I was in a promiscuous downward spiralling merry-go-round and that perhaps I needed more help than I was getting from the many self-help books I'd read.

At last I sought professional help. Working with a clinical psychologist I learnt how to recognise my irrational thinking and how to work through my many fears but most importantly I learnt how to be still.

During this tumultuous journey I strove to put myself through university graduating with a Bachelor of Education in Art and taught high school art before going back to university for a Master's degree in Art Administration. I then established an Aboriginal art centre on an island off Arnhem Land and ended my career in regional New South Wales where I managed a large public art gallery for many years.

Today I can boast about my two successful, professional and married adult daughters. I also have four grandchildren. I wasn't the perfect mother and didn't provide an ideal domestic situation but I sure did my best and life does continue.



Submissions for My Story ...

Our readers find inspiration and comfort in sharing with other survivors and supporters. We invite you to send us your story. The maximum word limit for My Story submissions is 700 and they can be sent to: newsletter@asca.org.au

Marie Louise's journey (from Page 1)

Putting trust in her ability to find her way back to that feeling of peace, Marie Louise has recovered from her trauma without the help of counsellors or psychotherapists. She says her intense shame and guilt closed her off from this support. "I realise it is rare to go through this process of healing and understanding trauma alone," she says, encouraging other adult survivors of child abuse to follow a path that feels right for them.

These days Marie loves working with people who are experiencing grief and traumatic loss. She is an author, a life coach and a teacher of

meditation. She has also featured in a series of videos produced by ASCA that explore the challenges and triumphs experienced by survivors. The videos are available on ASCA's website [HERE](#).

"I am passionate about sharing tools and strategies to help others find their own personal power," she says. "No matter what experiences we have had, where we are born or how much money we have, we have the ability to see our own greatness and taking responsibility for that can be tough, but it is worth it."

Responding to Trauma

ASCA's submission on redress

Eliminating the “merry-go-round” of erratic care

In a submission to the Royal Commission on Institutional Responses to Child Sexual Abuse, ASCA has called for an end to haphazard services for adult survivors. ASCA presented a number of key recommendations at the Commission's public hearing on redress and civil litigation in March. The recommendations are designed to eliminate the “merry-go-round” of unintegrated care in which survivors do not have their needs met, and even worse, are often re-traumatised, because the challenges relating to their prior trauma have not been appropriately addressed.

ASCA's key recommendations are:

- **Increased education and trauma-informed training** of primary care practitioners, including trauma-screening for primary care workers as well as those working in other services.
- **Universal trauma-informed practice** across all counselling and psychological services and the implementation of this across all health and human service settings (including legal, justice, psychosocial and other services).
- **Availability of trauma-informed counselling and psychological care from appropriately trained practitioners** throughout a survivor's life. Care must be permanently available, accessible episodically as required, timely and responsive with no fixed limits on trauma-informed services and accessible for all family members and partners.
- **The establishment of an accreditation body** which can coordinate, monitor and quality assure the training and professional development of the diverse health professionals needed to provide trauma-informed psychological services.
- **Provision for flexibility and choice in services**, which accommodates survivors' vulnerabilities, as well as strengths, and respect for diverse coping mechanisms according to trauma-informed principles. Services should be available to survivors via the redress scheme via different modes including face-to-face, telephone and online, central registry, call-back services, educational workshops and online therapeutic groups.
- **Coordination across all service responses**, enhanced communication and a greater capacity for different components of care to cross refer and communicate between practitioners and sectors.

Excerpt from parliamentary speech: March 18

Senator Penny Wright calls for more investment in survivor services

Tonight I rise to speak on a topic which has all too often been avoided, denied or hidden from public view. It is child abuse – a difficult and emotional subject that continues to affect so many Australians. But I think we owe it to those who have survived child abuse to speak up about how deeply it affects a person across their lifetime and what we can do, in this place, as people of influence, to minimise and address the abuse of children.

As the Australian Greens' spokesperson for mental health, I want to start by talking about one of those inspiring and expert people, and that is Dr Cathy Kezelman, who leads the organisation called Adults Surviving Child Abuse, ASCA. Cathy first visited me in my Parliament House office in 2011. When she left I realised I had had one of those experiences where I now knew some things that I could never 'unknow'. One of those was the frequent link between adult mental ill-health and childhood trauma, and the fact that treating the mental ill-health would often only ever be a matter of treating symptoms that would probably reoccur if the underlying trauma were not acknowledged and addressed.

ASCA has recently commissioned a report titled “*The cost of unresolved childhood trauma*

and abuse in adults in Australia”. The report estimates there are as many as 3.7 million adult survivors in Australia. For childhood trauma more broadly, the number is an estimated five million adults. Many struggle day to day with their self-esteem, relationships and mental and physical health.

There is evidence that early childhood, especially in infancy through to five years of age, is a critical period in brain development, and adverse experiences that occur at this time can have lasting impacts into adulthood. There is also a vast amount of research on the risk factors for mental illness. In the US, studies have found that 35-40% of the burden of depression, 56-64% of drug problems and 67-80% of suicide attempts can be attributed to exposure to one or more traumatic events in childhood, such as abuse, neglect, parental mental illness, substance abuse, incarceration, divorce, or family violence.

The ASCA report, which includes costings by Pegasus Economics, suggests that the annual budgetary cost of unresolved childhood trauma could be as high as \$24 billion. Based on conservative assumptions, ASCA has suggested that addressing child sexual, emotional and physical abuse could lead to



savings of \$6.8 billion annually for combined federal, state and territory government budgets.

ASCA's report is based on a series of calculations that relate to the known negative life outcomes associated with childhood trauma, including health consequences and also social and psychological impairments such as: education impairment, underachievement in the workforce, difficulties in finding and maintaining healthy relationships, and interaction with the criminal justice system.

I join with ASCA in calling on the government to invest heavily in services to support Australian adults affected by childhood trauma. While it makes economic sense, it also makes sense on a human level. And this is the most important thing to me: that people receive the support and care they need to recover and live long, healthy lives.

ASCA Activities

Connecting survivors with services

Join
ASCA's
database
and
attract
referrals



ASCA aims to provide high quality referrals to trauma-informed services and practitioners who are experienced in working with adult survivors of childhood trauma and abuse. These referrals are made to callers who phone our 1300 Professional Support Line which operates between 9am-5pm Monday to Sunday EST.

There are currently about 250 practitioners on our health professional database and a further 30 agencies on our agency database. There are still a number of areas with service gaps, particularly in rural and remote Australia.

We welcome applications to either of our two national databases: one for health professionals and one for agencies. Applications are assessed and if approved, applicants are added to the database and receive referrals from the 1300 line counsellors.

HEALTH PRACTITIONERS DATABASE

Should you be interested in applying to be on the health professionals database please complete the form on our website, located [HERE](#).

AGENCY DATABASE

Should your agency be interesting in applying to be on the agency database please complete the form on our website located [HERE](#).

If you have any queries, please contact Kate McMaugh, Counselling Coordinator, 1300 Professional Support Line at katem@asca.org.au.

Need support?

ASCA's 1300 line operates 9am-5pm Monday to Sunday EDST nationally and is staffed with trained and experienced counsellors, male and female. If you are in need of help, information or support, call ASCA's Professional Support Line on **1300 657 380** or email counsellors@asca.org.au for;

- Professional short-term counselling support
- Information
- Referrals for ongoing support
- Support and guidance for engaging with the Royal Commission

Check out ASCA's blog

Would you like to post to our blog?

ASCA's Blog is regularly updated with articles written by Dr Cathy Kezelman, ASCA President and other guest authors. Should you have any suggestions as to how we might improve the blog or any topic you would like us to consider writing about please let us know by emailing pmoodley@asca.org.au

ASCA Blog

The ASCA Office will be closed during the Easter Break from Friday, April 3 and will re-open on Tuesday, April 6.



Our 1300 Professional Support Line will be operating during the Easter break from 1pm-5pm EST on Good Friday, Easter Saturday, Easter Sunday and Easter Monday.

From your friends @ASCAORG, we wish you a safe and happy Easter!

Survivors in the News

Call to expand Medicare for abuse victims

News.com.au | March 26

LOUISE Roufeil, executive manager of the Australian Psychological Society (APS), said an overhauled Medicare system was essential to properly help thousands of people traumatised by childhood experiences in care.

Dr Roufeil said the doorway to services was very narrow and entry "very difficult and when you can get in, the capacity to fully provide treatment is limited".

Her evidence on Thursday to the Royal Commission into Institutional Responses to Child Sexual Abuse came a day after the federal government knocked back a commission suggestion that Medicare be expanded.

The commission had factored counselling costs into a \$4.3 billion redress model to be funded by governments and non-government institutions.

APS, the peak professional body for psychologists, said Medicare expansion had merit but adjustments would be needed.

Eligibility for redress should be a way in, the 10 visits a year limit should not apply and providers should not be able to claim gap fees. At present, people need GP referrals to get psychological help, and gap fees can come to more than \$100 a visit.

Thursday was the second day of a hearing into redress. Heavy criticism of the government's refusal to back a national scheme continued.

Francis Sullivan, CEO of the Catholic Church's Truth Justice and Healing Council, said he was surprising the government had "so quickly discounted itself" from the issue of redress.

The Catholic Church backs a national independent scheme run by the government to which it and other non-government institutions would contribute.

Caroline Carroll, chairwoman of the Alliance for Forgotten Australians, said the "dismissive" response from Canberra was deeply hurtful to those who spent their childhoods in Australian institutions.

"People suffer today from medical issues that happened because they were forced into labour - child labour - before their bones were cemented," she said.

Earlier on Thursday, child protection law expert Patrick Parkinson said psychological treatment was the most important aspect of the royal commission's redress proposal.

Professor Parkinson said his preferred solution would be that organisations, through a trust fund, provided reasonable gap funding beyond what Medicare provided.

"That does entail some modifications to the Medicare system for funding psychological counselling," he said.

Cathy Kezelman, president of Adults Surviving Child Abuse (ASCA), also called for reform of health services.

ASCA, with Pegasus Economics, recently released a report showing unresolved childhood trauma, including abuse, was costing Australia \$9.1 billion every year.

Dr Kezelman said diverse and comprehensive counselling and psychological services should be available.

Read more [HERE](#).

Shock jock John Laws savages sex abuse victim

Sydney Morning Herald | March 20

In an interview likely to outrage child abuse victim support groups, radio announcer John Laws has savaged an elderly caller who rang in to share his story about the sex abuse he claimed to have suffered in the 1940s, telling the caller to "go to the pub and have a lemonade".

The once influential talkback 2SM morning talkback host was called on Thursday morning by a man, who identified himself as "Brian" and claimed he had been sexually abused as a child in the mid- and late-1940s, first when he was 11 in Goondiwindi and then when he was 14.

Laws proceeded to conduct the interview in a hostile tone, hectoring the man about why he had not reported the incident at the time, and why he had not fought back against his alleged assailant.

Cathy Kezelman, president of Adults Surviving Child Abuse said that, although it was pleasing to show some level of empathy, Laws' "cheer up" views were very unhelpful.

"The danger with someone like John Laws is that he has a very broad audience and he's very influential, and if he perpetuates myths at a time when the royal commission [into institutional child sexual abuse] is trying to change societal attitudes and views and educate among other things, that's very counterproductive," Dr Kezelman said.

"There was also definitely a theme of "pull yourself together". There was some empathy, which was good to hear, but no understanding of the depth of this man's isolation and why he's so isolated and why he's lost his trust from that primary betrayal," she said.

"What it did show is a complete lack of understanding about what it means to be sexually abused as a child - that children are often completely helpless against adult perpetrators, they aren't able to scream and fight - and that's a very common and dangerous myth," Dr Kezelman said.

Read more [HERE](#).

Jewish leaders vow to undergo renewal

ABC News | March 8

Australia's Jewish community is undergoing a period of renewal following damaging revelations that emerged at the Royal Commission into Institutional Responses to Child Sexual Abuse.

After the royal commission examined allegations of child sexual abuse and cover-ups at Yeshivah colleges and centres in Melbourne and Sydney, several senior leaders in the ultra-Orthodox community resigned.

"Obviously there has been a problem in the past and I think right up to the present time with some religious leaders who have encouraged their members not to report child abuse and that's just not on," said Peter Wertheim of the Executive Council of Australian Jewry.

Mr Wertheim said the community was shocked by the revelations and subsequent comments from some leaders following the commission.

The president of the Organisation of Rabbis of Australasia (ORA), Rabbi Selwyn Franklin, said his organisation aimed to make sure there was renewal within its ranks.

"We are making absolutely certain that people who had any kind of dealings with the royal commission in a negative way will no longer be involved in the organisation at all," Rabbi Franklin said.

Australia's most senior rabbi, Meir Shlomo Kluwgant, resigned last month as president of the ORA after a damning stint in the witness box at the royal commission.

Read more [HERE](#).

Redress and civil litigation

Survivors share views on what helps them to heal

The Royal Commission into Institutional Responses to Child Sexual Abuse held a public hearing in Sydney on March 25 to listen to submissions from various people and organisations on the issue of redress and civil litigation.

A select group of attendees were invited to speak about their written submissions and comment on the Commission's Consultation Paper into the matter. They were also asked to respond to questions.

The Commission said it had received formal submissions from over 250 organisations and individuals, and that another 100 interested parties had offered comments through an online forum.

In his opening address at the public hearing, chair of the Royal Commission Justice Peter McClellan, said the issues involved in redress and civil litigation were complex. "The Royal Commission has undertaken an extensive program of consultation to ensure that we obtain and understand the views of those affected," said McClellan. "Our work on redress and civil litigation has been informed by our private sessions and public hearings, and we have held a coordinated program

of roundtables involving governments, institutions, survivors and others."

The Royal Commission has now spoken with more than 3,200 survivors in private sessions. Each private session has revealed a unique personal story of betrayal of a child's trust with, for many, life-long consequences. "Many survivors speak of losing their childhood," said McClellan. "Others speak of losing the benefits which come from a stable family and the rewards which come from personal and career achievements."

He said survivors have also spoken about the experiences they have had in seeking redress or pursuing civil litigation and of what would best help them to heal and live a productive and fulfilled life. "These private sessions have helped us to understand many survivors' views of redress and civil litigation processes as they have operated to date, and how they could be changed to better achieve justice for victims."

The Commission has heard evidence about redress and compensation in many of its public hearings. Some hearings have had a substantial focus on these issues.

Case studies in relation to the North Coast



Children's Home, the Catholic Church's response to John Ellis, and the Christian Brothers examined aspects of civil litigation in detail. The case studies relating to John Ellis and the Christian Brothers also examined aspects of existing redress schemes, as did case studies into Towards Healing, the Salvation Army, and the Melbourne Response. There has also been an examination of circumstances where no redress was offered such as case studies in relation to The Parramatta Girls' Training School and The Institution for Girls in Hay, the Retta Dixon Home, and Bethcar Children's Home.

Justice McClellan ended his opening address by thanking all of those who took time to give their views and participate in the consultation program. "We are grateful for all of their contributions," he said.

To read the individual submissions on redress and civil litigation, click [HERE](#).

Working With Children Checks

Greater safeguards needed

In its role of recommending ways to improve systems for the protection of children, the Royal Commission has published a research report into Working With Children Checks, concluding that a combination of screening techniques is needed.

The report, published at the end of February, summarises evidence on the effectiveness of pre-employment screening practices.

"Effective screening practices are just one piece of the puzzle that can help prevent child sexual abuse from occurring in the first place," said the Commission's CEO Philip Reed.

Reed said the researchers found that criminal background checks are an important component of screening and are most effective when used with other safeguards, such as thorough

reference checks and verification of the applicant's identity, employment history and qualifications. Reference checks should include direct questions about any concerns regarding the applicant's suitability to work with children.

Checks should also be made against other sources of information on suspected or substantiated child abuse, for example child abuse registries, Children's Court decisions and disciplinary body proceedings.

The research will be used to inform the Commission's draft consultation paper on Working With Children Checks, which is currently with Children's Commissioners and Guardians for comment before the Royal Commission releases its report on this topic in May.

To read the report, click [HERE](#).

Schedule of activity

April

Wed 1 – Thur 30	Private sessions in capital cities and regional areas
Tues 14 – Fri 24	Public hearing: Case Study 26 Neerkol, Rockhampton

May

Fri 1 – Fri 29	Private sessions in capital cities and regional areas
Wed 6 – Fri 15	Case Study 27, Sydney

Date to be confirmed Case Study 28, Ballarat [to come]

To register your interest with the Royal Commission you can:

Call: 1800 099 340

Email: [registerinterest@](mailto:registerinterest@childabuseroyalcommission.gov.au)

childabuseroyalcommission.gov.au

Write: GPO Box 5283, Sydney NSW 2001

Website: www.childabuseroyalcommission.gov.au

Education and Training

Registrations for all workshops are now open and we will be scheduling more workshops soon. Visit our website at www.asca.org.au to register.

Additional Public Education and Training dates for 2015

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 training program and to check the schedule call (02) 8920 3611 or email training@asca.org.au

ASCA's In-house Training

ASCA professional development and training workshops are available in-house on request for organisations seeking trauma-informed and/or professional development for working clinically with adult survivors of complex trauma, as well as their families, friends, partners and loved ones.

In 2015, ASCA is offering the following training sessions:

Foundation for Trauma-Informed Practice, Full Day: *one day training for anyone working in organisations*

Foundation for Trauma-Informed Practice, Half Day: *half day training for anyone working in organisations, particularly targeting volunteers, admin and front desk staff*

Foundational Principles of Trauma-Informed Practice: An ASCA Professional Development Workshop for Managers: *one day training for managers in community mental health settings*

Working with adult survivors of complex trauma: An ASCA Professional Development Training for Health Professionals: *one day training*

Working therapeutically with adult survivors of complex trauma: ASCA Two Day Professional Development Training for Health Professionals.

Identifying and responding to adult survivors of childhood trauma (including abuse): Professional Development for Primary Care Practitioners: *this 2 hour, Category 2 activity, has been accredited by the RACGP QI & CPD Program for 4 points*

ASCA can also deliver the following educational workshops in-house: Workshop for Adult Survivors of Childhood Trauma and Abuse, Workshop for Partners and Supporters (Carers) of Adult Survivors.

To discuss your requirements or to obtain a quote for in-house training, please contact ASCA Training Coordinator, Lisa Liber on lliber@asca.org.au or 8920 3611

What participants say about our In-House Training:

"Every organisation should send their staff to this, particularly those working with clients in need ..."

"This is a wonderful workshop and the facilitator is brilliant. She holds a group with fine precision, very impressive and clear."

Working with Adult Survivors of Complex Trauma: ASCA Professional Development Training for Health Professionals

Complex trauma is cumulative, underlying and interpersonal. To minimise the risk of re-traumatisation, working with adult survivors of complex trauma requires specialist knowledge which is both trauma informed and grounded in research in the neurobiology of attachment.

Target audience: Psychologists, clinical psychologists, counsellors, psychotherapists, mental health nurses, social workers, general practitioners, psychiatrists working in therapeutic contexts with adult survivors of complex trauma

TIME: 9am–5pm, with registration from 8:45am

COST: Full Price \$290, ASCA Professional Member Price \$261, Concession Price \$230

DATES:

Melbourne – Thursday 16 April
Brisbane – Thursday 7 May
Campbelltown – Friday 15 May
Adelaide – Thursday 21 May
Cairns – Monday 25 May
Townsville – Tuesday 26 May
Wollongong – Thursday 28 May
Perth – Thursday 11 June
Hobart – Thursday 25 June

Foundation for Trauma-Informed Practice – Full Day

Many people presenting to community services have experiences of past and/or present trauma. Trauma from childhood (including all forms of abuse, neglect, and other adverse experiences) is complex trauma and is especially damaging. Usually interpersonal, repeated and cumulative, its impacts are not well recognised, understood or addressed.

Target audience: Workers across diverse service settings including in health, community, legal, justice, mental health, AOD, disability, housing and/or employment services.

TIME: 9am–5pm, with registration from 8:45am

COST: Full Price \$225, ASCA Professional Member Price \$202.50, Concession Price \$180

DATES:

Melbourne – Friday 17 April
Brisbane – Friday 8 May
Adelaide – Friday 22 May
Perth – Friday 12 June

ASCA's workshop for adult survivors of childhood trauma and abuse

This full-day workshop provides a safe space for people who have experienced abuse or trauma in childhood to learn more about what that experience means and its potential effects both then and now. It will raise awareness about survivors' strengths and resilience, the role of coping strategies, how the brain responds to stress, and the important research which shows that recovery is possible.

Target audience: Adult survivors (over 16 years of age) who have experienced any form of childhood trauma or abuse. This includes emotional, physical and sexual abuse, neglect, growing up in a domestic violence situation, and/or with a parent who was depressed, abused substances, had a mental illness, was suicidal or imprisoned, or which involved other forms of separation such as divorce, grief and loss.

TIME: 10am–4pm, with registration from 9:45am
COST: \$50 (ASCA's philosophy is for our workshops to be accessible to all survivors. If you are experiencing financial difficulties please contact us to discuss.)

DATES:

Melbourne – Saturday 18 April **SOLD OUT**
Brisbane – Saturday 9 May
Adelaide – Saturday 23 May
Perth – Saturday 13 June
Hobart – Saturday 27 June