

Breaking free

asca

Adults Surviving Child Abuse

The Newsletter of Adults Surviving Child Abuse | ISSN 1836-6899 | March 2016

Change of name to Blue Knot Foundation

ASCA is pleased to announce that the organisation will change its name from Adults Surviving Child Abuse (ASCA) to Blue Knot Foundation on the 11th of April 2016. The name change reflects the evolution of our work within the childhood trauma arena and follows a successful resolution at the Annual General Meeting in November 2015.

This change to Blue Knot Foundation signals not only the maturing of community awareness around trauma but also the organisation's significant leadership and growth. The organisation now provides a comprehensive range of specialist services

including its professional support line, diverse education and training workshops, supervision and organisational consultancy. The change in name also reflects our expanded core mission, which is to support the recovery of adult survivors of all forms of childhood trauma, not only childhood abuse.

The name had its genesis in our national awareness day, Blue Knot Day, which has a powerful impact and resonance within the Australian community every year.

The new Blue Knot Foundation logo artwork (see above) is harmoniously aligned with the current logo, which features a tangled knot – symbolising the complexity of childhood

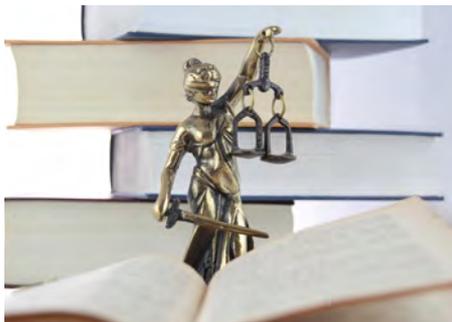
trauma and the goal of empowering survivors to recover and 'untangle' this knot. This logo will be accompanied by our new tagline: "Empowering recovery from childhood trauma" to help communicate the work of the organisation.

ASCA would like to thank all those involved in supporting this transition and exciting new phase in our development.



Redress Scheme

ASCA calls for the Federal Government to act now



ASCA has united with other leading organisations representing survivors of child abuse by strongly calling on the Federal Government to show real leadership and announce a concrete commitment to a national redress scheme for survivors of institutional childhood sexual abuse.

The Royal Commission into Institutional Responses to Child Sexual Abuse report has recommended that the best way to deliver equal, fair and just treatment to survivors is to establish a single national redress scheme, and

that this should happen as soon as possible.

President of Adults Surviving Child Abuse (ASCA), Dr Cathy Kezelman AM said,

"We call on the Federal, State and Territory governments to work with institutions to deliver real justice and healing to Australian survivors as a matter of absolute priority. More than six months has passed since the redress report was delivered to the Government – it's time for action."

Adults Surviving Child Abuse (ASCA), Care leavers and Australasia Network (CLAN), The Truth, the Justice and Healing Council, The Australian Council of Social Service and People with Disability Australia Incorporated (PWDA) have all joined together and are undivided in their support for a national scheme, as recommended by the Royal Commission.

So far, the Federal Government has indicated it favours a state-based approach to redress. Child abuse victims have raised concerns that different levels of compensation will be granted depending on where they were abused. This makes it difficult for survivors to

have fair and equitable treatment and services.

ASCA President Dr Cathy Kezelman AM continues to say that the needs of survivors will be met if all levels of government are accountable to one independent body.

"It's far more complex to have disparate schemes... what is optimal for (survivors is) having one place to go which is well-managed and sustainable, contributed appropriately by governments and accountable institutions so it will meet the needs of survivors coming forward over time."

Survivors of child sexual abuse suffer from chronic mental and physical health issues that impacts upon their ability to get work and to have stable relationships, and there is a growing need for good quality trauma-informed support in the community.

The national redress scheme is needed to deliver consistent and fair access, as well as treatment for survivors – regardless of the institution and its characteristics in which the abuse occurred and no matter where they live.

Only then will healing truly begin.

From the Editor

Welcome to latest edition of Breaking Free.

Firstly, our cover stories this month announce the name change from Adults Surviving Child Abuse (ASCA) to the Blue Knot Foundation. Secondly, they advocate the national redress scheme which is imperative for survivors of institutional child sexual abuse. Redress is a critical component in the healing process which recognises the suffering of victims and seeks to provide justice to victims of child abuse. ASCA is a leading voice amongst commentators and is calling for immediate action and real leadership from the Federal Government.

On Page 3 we take a look at Orion's story and hear how she has transformed a history of trauma into a journey of empowerment, personal discovery and realising inner wisdom. Her story reminds us that the seeds of healing reside within us, waiting to be activated on the recovery journey. On a practical level, she provides us with ideas on how to move past pain in our daily lives and to live a life that is meaningful and true to oneself.

On Page 4 we outline research investigating safety in institutions for children and young people with disability and high support needs. The research is inclusive of children and young people with limited or no speech and/or cognitive impairments. It sheds light on an under-researched topic, directing an open dialogue for children and young people on how to keep our children safe in Australian institutions.

On Page 7 we hear from ASCA President Dr Cathy Kezelman on Cardinal George Pell's third attendance at a public hearing of the Royal Commission and the questions raised about his standing within the Church and broader issues necessitating systemic review.

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

Warm regards, Sarah.

Sarah Creely | Editor

The Big Picture



With an election looming fast, the government response to redress is of national interest. ASCA and many other organisations working with survivors, as well as diverse institutions involved with the Royal Commission, are seriously concerned that the Federal Government has not committed to a single national redress scheme. With an issue that requires strong national leadership and commitment, the Federal Government response i.e. that it will coordinate a national approach to redress, falls short. Prior state schemes have proven inadequate. The fear is that multiple schemes across jurisdictions will yet again fail to deliver the optimal fair and equitable response survivors need and deserve.

We are looking to the Turnbull Government to be true to its express commitment to the needs of survivors. To build on the work of the Royal Commission and invest in the wellbeing of its citizens with a national redress scheme in the first instance, but also building the right supports and pathways to recovery for survivors of all forms of childhood trauma, including abuse, neglect, family violence and other adverse childhood impacts, and for those traumatised in different domains, including in homes and neighbourhoods.

Child sexual abuse and other childhood traumas decimate the social fabric of our country. As we invest in defence and national security, we need to also invest in the wellbeing of one in four adults living with the long-term consequences of childhood trauma. As ASCA's 2015 Economic Paper showed, the cost of not providing the right supports to Australian adult survivors of childhood trauma is conservatively \$9.1 billion/annum and for child abuse survivors, \$6.8 billion.

Not only is it the right thing to do but responding to the public health issue of trauma is the economically sound thing to do.

Dr Cathy Kezelman | President

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

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Have your contact details changed?

If you are a member of ASCA, you can update your details at asca.org.au/Join-Us/Login (log in with your member ID as username, click Retrieve Password if you have forgotten your password). For non-members, please contact ASCA on (02) 8920 3611 or admin@asca.org.au to update your details.

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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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Our problems are not who we are



Grief, pain, fear, shock and similar things have a constrictive effect on us: they paralyse the mind and body in ways that can be hard to shift.

Movement – of any kind – can break its hold, or even just create cracks where we can get our fingers in, to begin to get back into ourselves.

We are often told: 'Don't be upset. Don't be sad'. The undercurrent message is: 'Don't show your weakness, vulnerability'.

But we are told that we SHOULD be happy and if we are not, then there is something wrong with us. Conversations about abuse can be challenging or upsetting to those around us. It will, inadvertently raise difficult questions for many. Although breaking the silence is greatly contributing to healing on a personal level, as well as addressing the issue of prevention and protection within the wider community, it is not a subject that is in any way easy to confront.

So we are marginalised into believing that the problem is not the problem... the problem is US. And the more we are told that, the more we believe it. The more we become convinced that the problem is who we are.

We are pressured into believing that we need to hand ourselves over to somebody else more qualified to "fix" us, or to take a pill that will make us happy again.

I've never heard anyone argue against the old saying that a person can be their own worst enemy. But it seems that we have a collective blind spot in regard to turning that saying the other way around. It took me a very long time to think – 'Hang on... I've been me for a really long time. Who could be more qualified than I am to know who I am and what it is I need to feel ok?'

Often the simplest solutions are the best. Here are a couple that I like:

Prioritise finding out or remembering what makes you happy... and do it. As often and as much as you can.

Find a way to get what's inside, out. You can put all sorts of stuff into letters, the more detail the better... then just put them in a box and

leave them w-a-a-y down the back of a closet, or throw them into the sea. Each time you do it, you will take a little of its power away.

Find time when nobody is around to put on music that touches you and dance like an idiot or sing out loud, even if it's out of tune. Anything that resonates with you, in creating movement, will create change. Will bring release.

Sing along and sing it out. The good, the bad, the happy, the sad, the ugly and the beautiful. Give yourself voice.

When you get so tired and low that you feel you have no strength left, for a few minutes or so focus on and think about something really awful that someone has done to you in the past... and let yourself get really angry at them.* Depression, sorrow, pain and so forth takes your energy away and shuts you down. Used sensibly and with care, anger can be a powerful therapeutic tool to shift where your energy sits. When you start getting antsy, that's the sweet spot. Put the thoughts back in the box, close the lid and get up and start cleaning the house or whatever. And turn the music up!

Every chance you get, do some small kindness for a stranger who you will more than likely never see again. Only you will know, but in your heart you will also know that for someone, and in some way, you have made the world a slightly better place.

Seek out laughter and sunshine. They are both great for our brain chemistry.

And if you have a person you can hug, do so. Or a horse, or a cat, or a dog. We all have hearts that long for love and connection.

(Or even, for some strange but lovely reason... a duck.)

* All survivors have different ways for dealing with strong emotion. ASCA advises to choose methods and techniques that feel safe for you, and to seek the support of trusted others including trauma-informed counsellors, as you need to. Should you need any further support, additional information or suggestions regarding referral, please call ASCA's 1300 line on **1300 657 380** 9am – 5pm Monday to Sunday (EDST) and speak with one of our counsellors.

Responding to Trauma

New Research

Views of safety in institutions from children and young people with disability and high support needs

The Royal Commission into Institutional Responses to Child Sexual Abuse has published research into what children and young people with disability and high support need to feel and be safe in institutions.

The research – “Feeling safe, being safe: What is important to children and young people with disability and high support needs about safety in institutional settings?” was conducted by the Centre for Children and Young People at the Southern Cross University.

The children and young people who participated in the study all had cognitive impairments and many had multiple impairments. Twenty-two children and young people aged between 7 and 25 contributed to the study.

There are clear gaps in research on the views and perspectives of children and young people with disability and high support needs on the topic of feeling safe and being safe. The report established important reasons for conducting research directly with children and young people with disability and high support needs.

These include ensuring future policies and programs are responsive to children's needs and lived experience. Documenting the experiences of children and young people helps to reduce the silencing and minimising of abuse and neglect amid other systemic pressures. Significantly, children and young people with disability experience higher rates of harm and abuse and as such their voices are crucial in informing our understanding.

The children and young people who participated in the research identified that being safe meant: feeling safe and secure, being



protected, not being hurt, not trusting strangers, following written and unwritten rules, having strategies and having some control of the situation.

Children and young people with disability and high support needs identified factors of being safe and feeling safe in institutions like having a secure base or foundation, having friends, feeling known and valued, having someone to confide in, avoiding contact with people they didn't know, feeling able to tell someone if they felt unsafe, and having opportunities to learn how to be safe.

Obstacles for children and young people with disability and high support needs to being and feeling safe included fears about their safety, feeling out of control in situations, the impacts of abuse, peer pressure, and not having enough support for transitions and complexity in their family lives.

The research also looked at how families and health professionals perceive and respond to children and young people's concern about their own safety.

To read the full report: [CLICK HERE](#)

ASCA has a new training package for Trauma-Informed Practice for the Disability Sector. This package is being offered in-house to organisations in 2016 and would be suitable for all personnel working within disability specialist service or within generalist services to which people with disability present for support. Please see page 5 for more details.

Service Pathways Research Report



AIFS seeks more participants

The Australian Institute of Family Studies (AIFS) is undertaking research for the Royal Commission about pathways to support services for survivors of child sexual abuse and their families.

The purpose of the study is to identify different pathways to support services for survivors of institutional and other extra-familial (outside the family) child sexual abuse, including barriers to, and facilitators of, access to these services. Of key interest is how survivors of child sexual abuse access support services and how different pathways are navigated in order

to receive the services they believe are helpful or useful for their needs.

A major part of the study is an online survey and so the AIFS wants to hear from adult survivors of institutional or extra-familial child sexual abuse and parents and carers of child victims of institutional or extra-familial child sexual abuse. The survey will take approximately 30-40 minutes to complete and will be live until mid-May 2016.

For more information and for the link to the online survey, please [CLICK HERE](#).

ASCA Activities

ASCA Factsheets

Understanding childhood trauma

ASCA has developed a number of factsheets to meet the needs of different groups of people who are impacted by childhood trauma. This includes those who have experienced it, as well as those affected by it, including their family and friends (carers/supporters). Factsheets have also been developed for health professionals who work with survivors in different ways.

Factsheets have been developed for each of the following groups with relevant information in plain language:

- Survivors
- Carers/Supporters
- Workers (in the workplace)
- Managers (in the workplace)
- Health professionals (other than GP's)
- General Practitioners

To download these sheets and/or distribute them in your place of work, [CLICK HERE](#) or click on the factsheet icon on the home page at www.asca.org.au



Video Series



Recovery is possible for adult survivors of childhood trauma

ASCA encourages you to have a look at our video series and select the video/s most relevant to you. All videos explore the lived experience of adult survivors of childhood trauma and convey the important message that recovery is possible with the right help and support.

Each of our videos is targeted to a particular audience and is designed to shed light on how childhood trauma can impact the day-to-day lives of survivors. For families and loved ones, the videos document the experience of supporting a survivor of childhood trauma and emphasise taking care of oneself in the process. There are also suggestions for practitioners and organisations which support adult survivors of childhood trauma and how to tailor their practice and services to meet the specific needs of survivors.

There are 5 videos in the series:

1. For survivors
2. For family, friends, partners and loved ones of survivors
3. For health professionals who work with survivors
4. For primary care practitioners who work with survivors
5. For anyone in the workplace who work with survivors

ASCA's videos are grounded in research and follow the trauma-informed principles of safety, trustworthiness, choice, collaboration and empowerment. Importantly they communicate a message of hope and optimism towards recovery.

The factsheets and video series have been informed by ASCA's *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Delivery* and have been made possible through funding provided by the Australian Government Department of Health.

These videos can be viewed online now by [CLICKING HERE](#).



New Training from ASCA

Trauma-Informed Practice and the Disability Sector

ASCA is pleased to announce that a new training package for trauma-informed practice and the disability sector is being offered to organisations in 2016.

This one day training provides the information and skills needed by those working with people with a disability and high support needs to better assist the large numbers of clients that are also impacted by complex trauma. People with a disability and high support needs are at an increased risk of having experienced trauma and being in institutions for care and support. In addition, many trauma survivors with disability and high support needs use diverse services at higher rates than the general population. So it is essential for the quality support of survivors with disability and high support needs that systems' and individual practice is informed by the ground-breaking research related to trauma-informed practice.

The training will provide up-to-date information on the prevalence, dynamics and impacts of trauma, the coping strategies survivors commonly use, behavioural expressions related to traumatic stress and the principles of trauma-informed practice will be explored and disseminated using diverse case scenarios. It also provides participants with insights and tools to take back to the workplace to enhance client outcomes and minimise the risks of re-traumatisation.

If you think you or people within your organisation could benefit from this training, please contact our Training Coordinator, Leah Davison at coordinator@asca.org.au or (02) 8920 3611.

Sex victims groups push for redress

The Courier | March 19

Childhood sexual abuse survivor advocate groups and the Catholic Church are mounting pressure on the Federal Government to adopt a national redress scheme.

Adults Surviving Child Abuse (ASCA) Care Leavers Australasia Network (CLAN), the Catholic Church's Truth, Justice and Healing Council, Australian Council of Social Service and People with Disability Australia Incorporated released a joint statement on Tuesday calling on the Turnbull government to expedite a commitment to a national redress scheme for survivors of institutional childhood sexual abuse.

Survivors have criticised a state-run scheme fearing they will receive different levels of compensation dependant on the state where the offence occurred. Ballarat survivor Andrew Collins said victims suffered chronic mental and physical health issues with many left unable to work most of their lives and in desperate need of support.

"The Federal Government need to make a decision because survivors are getting old, they are dying and others are living in complete poverty," Mr Collins said.

The Royal Commission into Institutional Responses to Child Sexual Abuse last year recommended the Federal Government establish a single national redress scheme funded largely by the institutions where the abuse occurred, including schools, religious groups and government organisations.

It was proposed the scheme be run by an independent board under the auspices of the federal government to ensure equity for all sexual abuse victims. Under the proposal, up to 60,000 people who suffered childhood sexual abuse in institutions could have access to a \$4 billion redress scheme as early as 2017.

The report proposed a minimum individual payment of \$10,000 and a maximum of \$200,000 for the most "severe" cases of abuse. Labor has pledged its support for the national redress scheme but the Turnbull government has so far not committed to contribute any shortfall funding.

But Mr Collins raised concerns about elements of the proposed scheme, including payouts being measured by the severity of abuse. The redress should be determined on impact alone and not severity, he said.

"It flies in the face of every piece of evidence we have seen from expert witnesses at the Royal Commission," Mr Collins said. "How you were abused does not determine the effects the sexual abuse will have on you for the rest of your life.

Read more [HERE](#).

Child Abuse leaders have challenged a proposal for the states to oversee a national redress scheme

Newcastle Herald | March 16

Organisations representing child abuse victims have called on the Federal Government to commit to a national redress scheme for survivors of institutional child sexual abuse after the government indicated it favoured a state-based approach.

Adults Surviving Child Abuse president Dr Cathy Kezelman accused the government of watering down a key Royal Commission into Institutional Responses to Child Sexual Abuse recommendation that a national scheme headed by a national oversight body would ensure parity for survivors across the country.

"The government has said it will coordinate a national approach where it will establish a set of principles but with the states having their own oversight mechanisms," Dr Kezelman said.

Truth, Justice and Healing Council chief executive Francis Sullivan said: "Where someone lives or where they were abused should not change how they are treated which will inevitably happen if all the states operate separate schemes."

Five groups have called for urgent government action.

Read more [HERE](#).

Insight on Abuse Pain

The Courier | March 4

Ballarat's deputy mayor Belinda Coates' understanding of the complexities of child sexual abuse is more intricate than many would know.

For years, before she embarked on a career change into local government Councillor (Cr) Coates was a senior counsellor at the Centre against Sexual Assault in Ballarat.

She said many people who had been sexually abused suffered post trauma responses often mirroring the symptoms of somebody who had experienced the horror of a war.

"When it is a physical trauma you can see it, but when it's an emotional or psychological trauma it's hidden away and very invisible," she said. "A lot of people in the community wouldn't realise that and how common of a response that is and the devastating impact it can have on peoples' lives."

Cr Coates said representing the City of Ballarat and supporting survivors on their trip to Rome to bear witness to Cardinal George Pell's evidence to the Royal Commission into Institutional Responses to Child Sexual Abuse had been an extraordinarily humble feat.

"What has been incredible is all the support from home that has been flowing in for me to pass onto the survivors," Cr Coates said. "The survivors are incredibly courageous but it has certainly been so hard for them. They have felt the weight of it all on their shoulders and they have felt all the bigger issues, like protecting children of the present and future. That's a big responsibility for anyone."

Cr Coates said it had been a "long and slow" process but gradually there has been a shift in community understanding and acknowledgement of child sexual abuse.

"Some of the survivors have been speaking out for 20 or 30 years and some have just spoken out recently and then there is everything in between," Cr Coates said.

She said support services like Ballarat Centre Against Sexual Assault have been campaigning for the needs of sex abuse victims for more than 20 years.

"The issues around child sexual abuse are very much about the silence, secrecy and shame of it," Cr Coates said.

"But what the groundswell of support shows, is that they have nothing to be ashamed of. They've done nothing wrong and in fact people have a lot of support for them."

Cr Coates anticipated a surge in the number of victims coming forward in the wake of the recent public hearings into child sexual abuse held in Rome and Ballarat.

"This is so positive not just for Ballarat and Australia but the entire world," she said. "To see the seriousness of the crime and long-term impact and how much things do need to change."

Read more [HERE](#).

Opinion Piece

ASCA questions whether Cardinal Pell's position has become untenable? Should Pope Francis stand him down?

Dr. Cathy Kezelman AM

An undisclosed heart condition prevented Cardinal Pell, the third most powerful man in the Catholic Church, from travelling to Australia to appear before the Royal Commission into Institutional Responses to Child Sexual Abuse. As a consequence, his testimony was heard in the heart of Rome, close to the Vatican, and with the eyes of the world watching.

This is no longer a matter solely for Australia and its Commission.

Through Cardinal Pell, the leadership of the Church is under the spotlight. Coincidentally this week, *Spotlight*, a film chronicling the forensic investigation needed to disarm the grooming intimidation of the entire city of Boston, won Best Picture at the Oscars. The Royal Commission process is similarly forensic – it is time for the truth, the whole truth and nothing but the truth.

In *Spotlight* we felt the emotional impacts of the crimes, the cover-up and evidenced the victimisation of not only the victims but also journalists and lawyers as they sought the truth. The fall-out sent shock waves through the entire community, the trauma to which was substantially compounded by the insidious silencing and secretive power of the Church and its hierarchy.

This week, the Pennsylvania Attorney General's office released a report detailing systemic child sexual abuse over at least four decades by at least 50 priests or religious leaders in the Roman Catholic Diocese of Altoona-Johnstown. The report found that diocesan superiors had

covered up the rapes of hundreds of children to protect the church's image.

Cardinal Pell, whose testimony on day one seemingly better acknowledged the scale and accountability of the Church more broadly, has continued to deny all but minimal possible personal knowledge. He has repeatedly ducked, weaved, evaded and obfuscated. He has remained defensive, emotionally detached and consistently dismissed and minimised the relevance and importance of such matters to him. As a human being and especially as a spiritual leader, working, as the Cardinal stated 'within the framework of Christian teachings', one would expect compassion and empathy for those decimated by the Church's acknowledged systemic failures.

Cardinal Pell's demeanour stands in stark contrast to the supportive camaraderie of the contingent of Australian survivors, present in the room of the Hotel Quirinale in Rome, as well as the outpouring of empathy and understanding that generated the donations from the Australian community to get them there. To enter the 'lion's den', not only have these victims needed to face their demons, but they are being asked daily to expose the core of their trauma to the world. Yet in that very room, with those men and women in the audience and despite everything we all now know about child sexual abuse, Cardinal Pell stated that the actions of a serial perpetrator, Father Gerald Ridsdale "wasn't of much interest to him".

Read the full article [HERE](#).

An invitation from the Royal Commission

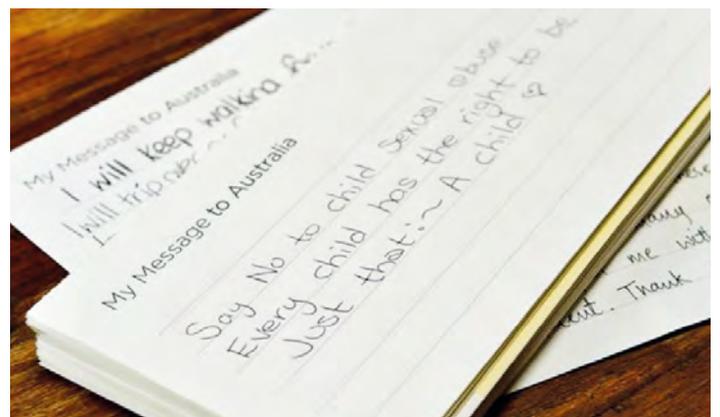
Share your thoughts and hopes with Australia

All survivors who share their story in a private session or written account for the Royal Commission are invited to send in a 'Message to Australia' to the Commission. It's an opportunity for survivors of child sexual abuse to share with the public their hopes for creating a safer environment for children in the future.

The handwritten messages will be collated and published in a book and online. At the end of the Royal Commission, the book will be kept at the National Library of Australia.

If you have completed a private session with the Royal Commission or submitted a written account, and would like to take part in the 'Message to Australia' project, simply fill in the 'Message to Australia' slip inside the 'After Sharing Your Story' brochure that you should have received. If you never received a brochure or you have misplaced it, you can order a replacement online to be sent to you in the mail or you can call the Royal Commission on 1800 099 340.

For more information [CLICK HERE](#).



Schedule of activity

April	
Mon 4 – Fri 15	Public Hearing – Sydney
Wed 27 – Thurs 28	Public Hearing – Sydney
Tues 5 – Fri 8	Private sessions – regional Victoria, Brisbane
Tues 12 – Fri 15	Private sessions – Adelaide, Melbourne
Tues 26 – Fri 29	Private sessions – Sydney

Education and Training

ASCA Training Calendar 2016 (April – August)

This calendar has been scheduled as of 1/4/16. Please use this calendar in conjunction with the ASCA website www.asca.org.au/training for updates, additional content information, trainer profiles and registration.

The calendar is displayed by alphabetical order of locations around Australia, then by order of training dates in each location. Lunch, morning tea and afternoon tea are provided at every workshop.

Early bird prices (10% discount) start from*:
One day Student \$176 Standard \$221
Two day Student \$405 Standard \$518

*Regular prices apply within 8 weeks of the workshop date. Further discounts available for **ASCA professional members** or groups of 3 or more.

We can also come to you

ASCA's full suite of training packages is available in-house on request.

All programs are grounded in research from ASCA's **Practice Guidelines**, follow adult learning principles and are delivered by experienced trainers with complex trauma and trauma-informed expertise. Whether you work directly or indirectly with people of complex trauma backgrounds, we have training to suit your needs.

Visit www.asca.org.au/training to find out more.

Adelaide

Mercure Grosvenor Adelaide
125 North Terrace, Adelaide

Safeguarding yourself – Recognising and Responding to Vicarious Trauma

For anyone working in trauma – **Apr 8**

Trauma-Informed Care and Practice

For anyone working in trauma – **Aug 15**

Albury

Atura Albury
648 Dean Street, Albury

Principles in Practice – Supporting Adult Survivors of Complex Trauma

For health professionals – **Jul 22**

Bendigo

Hotel Shamrock
Cnr Pall Mall & Williamson, Bendigo

Principles in Practice – Supporting Adult Survivors of Complex Trauma

For health professionals – **Aug 26**

Brisbane

Rendezvous on George
103 George Street, Brisbane

Safeguarding yourself – Recognising and Responding to Vicarious Trauma

For anyone working in trauma – **Jun 9**

Trauma-Informed Care and Practice

For anyone working in trauma – **Jul 15**

Bunbury

Quality Hotel Lord Forrest
20 Symmons Street, Bunbury

Principles in Practice – Supporting Adult Survivors of Complex Trauma

For health professionals – **May 5**

Cairns

Rydges Plaza Cairns
Cnr Spence & Grafton Streets, Cairns

Principles in Practice – Supporting Adult Survivors of Complex Trauma

For health professionals – **Aug 26**

Canberra

Mercure Canberra
Cnr Ainslie & Limestone Aves, Braddon

Working Therapeutically with People who have Complex Trauma Histories

For health professionals – **Jun 16 & 17**

Geelong

Mercure Gellong
Cnr Gheringhap & Myers Street, Geelong

Principles in Practice – Supporting Adult Survivors of Complex Trauma

For health professionals – **Jun 14**

Hobart

Rydges Hobart
Cnr Argyle & Lewis Streets, Hobart

Working Therapeutically with People who have Complex Trauma Histories

For health professionals – **Apr 28 & 29**

Melbourne

Adina Apartment Hotel
189 Queen Street, Melbourne

Trauma-Informed Care and Practice

For anyone working in trauma – **Apr 12**

Safeguarding yourself – Recognising and Responding to Vicarious Trauma

For anyone working in trauma – **May 2**

Working Therapeutically with People who have Complex Trauma Histories

For health professionals – **Jul 28 & 29**

Trauma-Informed Care and Practice – Domestic and Family Violence

For anyone working in DFV – **Aug 15**

Newcastle

Noah's on the Beach
Cnr Shortland Esp & Zaara St, Newcastle

Working Therapeutically with People who have Complex Trauma Histories

For health professionals – **May 26 & 27**

Perth

Adina Apartment Hotel
33 Mounts Bay Road, Perth

Safeguarding yourself – Recognising and Responding to Vicarious Trauma

For anyone working in trauma – **Jun 1**

Trauma-Informed Care and Practice

For anyone working in trauma – **Jul 29**

Sunshine Coast

Mantra Mooloolaba Beach, Cnr
Mooloolaba Esplanade & Venning Street,
Mooloolaba

Safeguarding yourself – Recognising and Responding to Vicarious Trauma

For anyone working in trauma – **Apr 20**

Sydney

2 locations: Adina Apartment Hotel
Sydney and Rydges Parramatta

Principles in Practice – Supporting Adult Survivors of Complex Trauma

For health professionals – **Apr 1**

Trauma-Informed Care and Practice

For anyone working in trauma – **Apr 28**

Safeguarding yourself – Recognising and Responding to Vicarious Trauma

For anyone working in trauma – **May 30**

Working Therapeutically with People who have Complex Trauma Histories

For health professionals – **Jun 29 & 30**

Trauma-Informed Care and Practice – Domestic and Family Violence

For anyone working in DFV – **Jul 25**

Principles in Practice – Supporting Adult Survivors of Complex Trauma

For health professionals – **Aug 26**

Wollongong

Adina Apartment Hotel
19 Market Street, Wollongong

Principles in Practice – Supporting Adult Survivors of Complex Trauma

For health professionals – **May 5**