

Breaking free

asca

Adults Surviving Child Abuse

The Newsletter of Adults Surviving Child Abuse | ISSN 1836-6899 | May 2015

Intergenerational trauma



BREAKING THE CYCLE BY PUTTING FAMILIES FIRST

Organisers of National Families Week in May were keen to highlight the important role families play in building strong communities. There was also a message of violence prevention and a stark reminder that unresolved trauma still resides in many homes across Australia.

ASCA President Cathy Kezelman AM was appointed as an ambassador during the week of celebrations and said the national event was a good time to focus on effective support services for vulnerable families. She said working to intervene in the intergenerational nature of violence, abuse and neglect involved working with mothers and fathers to better address their own histories of abuse and minimise the flow-on effect in their families.

"We need to equip people with the skills required to build healthy relationships and create positive connections," said Kezelman, indicating many survivors of childhood abuse and trauma find family dynamics particularly challenging. "For many survivors, family connections are not so positive," she said.

Research from ASCA's 1300 support line shows that of the 4,000 survivors who called the line over the previous year, more than half said their abuse was having a lasting impact on relationships within their immediate family. Another 18% revealed they were experiencing

challenges with the role of parenting.

"Considering that families are the heart and soul of our communities, it is crucial that we work to build healthy families and strengthen community supports," said Kezelman, pointing to one of ASCA's main tenets that recovery from trauma leads to a healthier society.

"I speak to a lot of people who work on the frontline of community services around Australia and they often talk about how unresolved trauma in parents can impact their capacity to parent as constructively as they would like," said Kezelman. "The life of a survivor can be very difficult, and the use of drugs and alcohol as a coping strategy is common. As a group, survivors are also more likely to live in conflicted relationships and experience domestic violence. These dynamics pose considerable risks to children."

The transmission of trauma to the next generation can be subtle and often unintentional. A recent study of 47 first-time mothers conducted in the US found that a mother's unresolved trauma had the potential to impede her ability to respond sensitively to her baby.

The research, headed by clinical psychologist Peter Fonagy and published in *Frontiers in Psychology* in September 2014, found

mothers with unresolved trauma had insecure attachment issues themselves and were more likely to have infants with insecure attachment.

A baby's ability to attach to its mother is often compromised by the mother's expectations and perceptions of her child, and her ability to effectively read the baby's emotional cues.

Promisingly, the research also showed preliminary evidence that if a mother can work to resolve her attachment issues, and move herself towards a secure attachment, this benefits the mother/baby connection. Women in the study who indicated they had "reorganised" towards a secure attachment by learning how to build more satisfying relationships, also indicated they were able to respond more sensitively to the emotional needs of their children. This, the study found, contributed to a higher rate of secure attachment in infant offspring.

"Raising children is one of the toughest jobs in the world, and doing it while also coping with unresolved trauma makes the job even harder," said Kezelman. "There are a lot of government programs aimed at assisting families once they are in crisis. While this is important work, we also need to reach out to vulnerable people, such as survivors of child abuse, before they become parents."

From the Editor

Welcome to the latest edition of Breaking Free.

Our cover story this month uses National Families Week to focus on the intergenerational nature of trauma. There is now a large body of evidence to suggest that if trauma is not dealt with adequately in one generation, it often gets passed down unwittingly in behaviours and thought systems. Even where children are protected from the traumatic experiences of their parents, the effects of unresolved traumas still impact children through family dysfunction, poor mental and physical health, and violence or substance abuse within the community.

The transmission of trauma occurs in a variety of ways including the transfer of insecure attachment relationships with caregivers, parental inability to set safe boundaries, and a poor understanding of what it takes to build healthy relationships.

The story concludes, if we want to raise healthy children and youth, and break the cycle of trauma, we must first help their parents recover.

On page 4 we publish further analysis of ASCA's Service Evaluation Survey released last month which shows a steep increase in the number of people calling our 1300 support line. Taken as a snapshot, the number of calls answered in the month of July 2009 was 29, increasing to 104 in July 2011, and as high as 449 calls in July 2014. Demand for ASCA's support services continues to climb, highlighting the critical need for more funding for adult survivors.

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



The current public hearing in Ballarat, the 28th public hearing of the Royal Commission into Institutional Responses to Child Sexual Abuse, continues to shock Australians to the core. The cost of the systemic abuse to this community and to individuals can never be reconciled, but hopefully changes can be implemented so this type of systemic abuse can never occur again. As the Royal Commission continues its work to try and understand how and why systems of care turned a blind eye to the plight of so many children, it is time for us to work together as communities to support that change.

Blue Knot Day 2015 – scheduled for Monday October 26 and followed by a week of activities – is a national day which asks communities across Australia to unite in support of adult survivors of childhood trauma and abuse. While the underlying message of Blue Knot Day is that recovery is possible, this year's theme focuses on the role of communities to aid recovery. In next month's newsletter we will be featuring news about Blue Knot Day and ways in which you, your family, work colleagues and communities can get involved.

The tangled blue knot represents not only the struggle but also the possibility of recovery. We look forward to sharing our plans with you and your communities of support.

Dr Cathy Kezelman AM | 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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Thomas Keneally AO

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Detective Chief Inspector Peter Fox

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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).

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 Terri

A sister's plight

After my brother's third suicide attempt it occurred to me that his despair might be related to the sexual abuse he experienced as a child at the hands of our priest and other 'family friends'. I agonised over how to help him and made a plan to 'smoke out' the paedophiles.

Using a blocked phone number I began contacting various people and institutions telling them about the abuse and leaving messages about the need for action. In all, I telephoned and sent letters to over 30 of the best and brightest people in our region – including company CEOs, women's groups, university professors, members of parliament and media representatives – warning them about the potentially dangerous men still active in the church.

The idea was to create a powerful ground storm of discussion and do something about the poor conviction rate for historical crimes.

It was also important to make a stand for the secondary victims of these crimes – the siblings and family members of the abused children who are often forgotten in the debate. We are often unsupported and always uncompensated.

My message to others who know about such crimes is to speak up and remain vocal, even when others try to dismiss and minimise your experiences. This is what makes the world a safer place. And without such persistence, we wouldn't have the current Royal Commission into Institutional Responses to Child Sexual Abuse.



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

Poem by Jonathan



Pridelands reclaimed

A mere young cub I used to be,
adventurous, trusting, naïve.
Protected by boundaries
ill-defined, by victims of
yesteryear.

Till that tragic day,
when I was caused to stray,
by powers far beyond my
control.

To the shadow lands,
of a broken plan.
I could not get out of that
hole.

The wounds were too deep.
A solitary tear did not seep.
You see the cub bore all the
blame.

So I ran away,
In so many ways,
To reality's illusion.

Hakuna Mutata,
what a wonderful phrase.
If you're living in delusion.

I start the journey back,
with guidance on the track.
To face the Pridelands, dark
and razed.

But behind the mane,

I still bear the shame.
Eventually I face the pain.

The fight carries on,
but now I'm truly strong.
I stand aloft, surveying my
realm.

No ignorance can stay.
The heartless slink away,
into a darkness that
overwhelms.

The Pridelands now restored,
surpassing days of yore.
A verdant pasture I share for
free.

With those I trust and love,
who understand the cub,
that had to fight to become
king.

And as the pastures grow,
one thing I'll always know,
as ruler of the inner me.

Is stay ever vigilant,
my vow I shan't recant.
The vow that reads: "You're
worth it cub!"

And the cub replies,
"You're worth it too my
liege..."

my hero, my friend, my love.

Responding to Trauma

Evaluation report

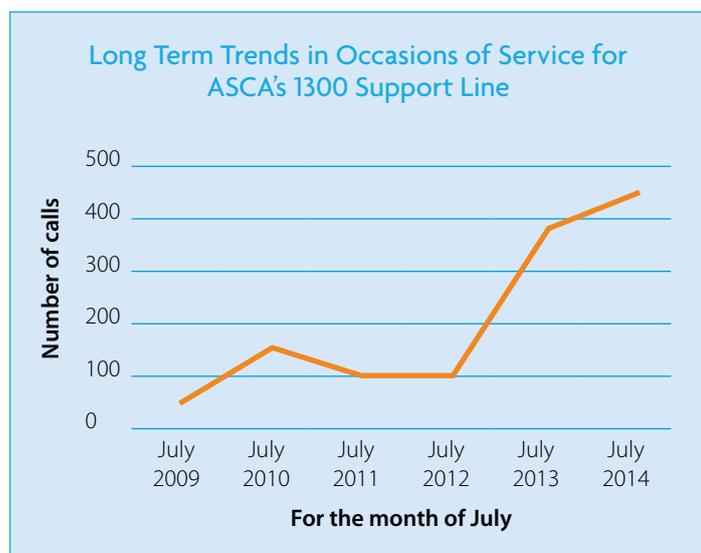
High call rates point to increased demand for ASCA services

Further analysis of ASCA's Service Evaluation Survey released last month shows a steep increase in the number of people calling our 1300 support line.

ASCA offers stage one trauma counselling to survivors that is focused on promoting safety, stabilisation, psycho-education and referral.

The increase in the number of calls answered by our counsellors has come with the expansion in operating hours from four hours per day before June 2013 to eight hours per day since then. The service has also been extended to include weekends.

Taken as a snapshot, the number of calls answered in the month of July 2009 was 29, increasing to 104 in July 2011, and as high as 449 calls in July 2014 (see chart).



In the eight months between July 2014 and February 2015, the total number of calls from survivors was already higher than the whole of financial year 2014.

The 1300 Professional Support Line is currently staffed by 17 counsellors each working one or more four-hour shifts per week. Currently, the line receives approximately 90 calls per week, or an average of 1.6 calls per hour based on a 56 hour week.

The results show ASCA is achieving its Teleweb objectives of improving access to and the utilisation of e-mental health supports for all Australians affected by complex trauma.

Importantly, ASCA is reaching a client group that is usually challenging to reach – survivors of multiple forms of abuse who have complex and comprehensive needs. When asked to describe their abuse, respondents to the survey often selected more than one type, indicating they suffered sexual abuse along with physical and emotional abuse, for example (see table). The comprehensive effects of childhood trauma mean that it is often hard for survivors to seek help.

Respondent type	Number of respondents	Percentage of respondents
Survivor of child sexual abuse	326	55.54%
Survivor of child physical abuse	229	39.01%
Survivor of child emotional or verbal abuse	308	52.47%
Survivor of childhood neglect	172	29.30%
Survivor of other child trauma (e.g. death of parent/carer, imprisonment of parent/carer, having a parent/carer with a mental illness or substance abuse problems)	174	29.64%

Diverse client groups

Significant numbers of survivors calling ASCA are also living with disability. The survey indicates there were 182 respondents living with disability, with 14% of those surveyed stating they were reliant on a disability pension. This compares with just 3.6% of the Australian population in general.

Similarly, there is a growing number of indigenous people, transgender people and foster or institutional care leavers using ASCA's services. And while over 70% of callers are female, the proportion of men has increased in the past 12 months, possible due to the Royal Commission into Institutional Responses to Child Sexual Abuse. The percentage of males as compared to females coming forward to the Commission is 2:1 which inverts the usual gender ratio.

Group	Caller numbers June 2013 – July 2014	Caller numbers July 2014 – March 2015
Female	2,755	2,162
Male	780	1,129
Transgender	13	68
People living with disability	277	458
Care leavers	11	67
Culturally and linguistically diverse	39	29
Indigenous	6	14

Feedback on the website

Since acquiring a new content management system at the end of 2013, ASCA has been continuously reviewing and enhancing its website. Improvements have made it easier for people to find ASCA using search engines, and the design and navigation of the site has been modernised. In the first quarter of 2015 over 180,000 visitors accessed the website, many of them new visitors. If this level of traffic continues, we expect to attract over 800,000 visitors by the end of 2015, more than double that of prior years.

Respondents to our evaluation survey were widely pleased with the website, with as many as 85% of those surveyed indicating they were either satisfied or very satisfied with it. The level of satisfaction was higher for the health professionals who answered the survey, indicating the site contained valuable information and knowledge.

"I have found the website to be the best of its kind – well laid out, smart, informed, compassionate and intelligent – well done," said one respondent.

ASCA Activities

Media award

ASCA video series named best in class



The peak international body working with trauma and dissociation – the ISSTD – has presented ASCA with its Media Award for a series of five videos produced last year. The award is given to an individual or organisation for the best audiovisual media that deals with dissociation and/or trauma.

ASCA was picked for its video series which targets people who have been affected by childhood trauma and abuse. The ISSTD said the videos were professionally produced, of high quality, and available free to the public from the ASCA website [HERE](#).

“Congratulations on a well-deserved recognition, but mostly on the successful completion of what must be a very important resource,” said Therese Clemens, executive director of the ISSTD.

Prize winners

Thank you for completing our Evaluation Survey

We would like to thank all of you who provided feedback on ASCA's 1300 line, fact sheets, videos and website. We received approximately 760 responses to our recent Evaluation Survey and your input has been very valuable.

The following people were the lucky winners of our draw prize: Jacinta from Queensland won the original artwork by ASCA director Elana Cohen, and Rebecca from Victoria and Elizabeth from Western Australia both won \$50 gift vouchers from Coles Myer.

ASCA Factsheets

Complex trauma explained in plain language

ASCA's factsheets meet the needs of different groups of people who are impacted by childhood abuse by explaining complex trauma in plain language. The factsheets are aimed at those who have experienced it, as well as those affected by it, including their family and friends (carers/supporters). ASCA also has factsheets for people who work with survivors in different ways.

These factsheets have been informed by ASCA's Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery as well as additional research and have been made possible through funding provided by the Australian Government Department of Health.

Join the thousands of people who have downloaded these factsheets in the past six months, and distribute them at your place of work. Go [HERE](#) or click on the factsheet icon on the home page at www.asca.org.au.



Blue Knot Day 2015

Save the date for Monday, October 26

ASCA is pleased to announce a date for this year's Blue Knot Day which will be held on Monday, October 26. Blue Knot Day is ASCA's national day, when we ask all Australians to unite in support of the 5 million Australian adult survivors of childhood trauma. We aim to: raise awareness, tackle stigma, foster hope, promote recovery.

What's the Blue Knot all about? ASCA's symbol for Blue Knot Day and its symbol all year round is the tangled knot. When children are abused they become confused – life, even in adulthood, can be chaotic and tangled. ASCA helps untangle the knot of child abuse for adults who were abused as children. ASCA helps those who have experienced childhood trauma to recover.

More information including Blue Knot Day 2015 Information Packs will be posted on our website and announced in this newsletter soon.

Survivors in the News

Abuse of trust: how John Rolleston exploited his victims and the system

Sydney Morning Herald | May 15

To his young patients and their families, John Rolleston held a position of absolute trust and authority. The general practitioner with the picture of his wife, three daughters and their pet labrador on the desk of his surgery was, as far as his patients knew, a well-regarded family man with excellent medical credentials.

He was also a sexual predator, molesting at least 14 adolescent boys under the guise of medical treatment at his practices at St Ives and Whalan as well as Royal North Shore Hospital in the 1970s and 80s.

"Who can you trust if not your family doctor?"

Seven of his victims, now men in middle age, gave harrowing accounts of their abuse to the Royal Commission into Institutional Responses to Child Sexual Abuse, which

finished its hearing into healthcare providers and regulators on Friday.

All spoke of their deep sense of betrayal, with one witness observing: "Who can you trust if not your family doctor?"

Just as doctors hold a position of trust, sick children hold a position of vulnerability, a point made by a witness who was molested by two volunteers in 1981 when she was a 12-year-old patient (known as AWI) at the Royal Children's Hospital, Melbourne.

"My abuser was extremely predatory," she said. "He targeted unwell, vulnerable and isolated children . . . Volunteering on the respiratory ward meant that the abusers knew the real possibility that their victims and their stories may pass away."

While AWI knew what happened to her was

wrong at the time, Rolleston's victims told the commission they initially believed they were receiving legitimate medical treatment when the doctor asked them to undress and masturbate to provide semen samples to be tested for infection.

"The doctor held a position of authority and I was not allowed to question adults, however I felt the exam was strange," recalled one witness who was abused when he sought treatment for a sore throat in Rolleston's Whalan surgery. "It didn't seem to be going near the areas I had complained about."

Not only did Rolleston's status help him exploit young boys, it also made it harder for them to be believed, according to evidence before the commission.

Fiends fail sex rehab

The Sunday Times (Perth) | May 17

More than a quarter of sex offenders have been freed from WA prisons without completing rehabilitation programs.

Department of Corrective Services figures show 26.4 per cent of 166 sex offending "interventions" for suitable prisoners were incomplete at the time of their release in 2013-14.

Prisoners can refuse to attend programs, fail to meet the appropriate security rating, have language or health barriers or refuse to temporarily relocate to another prison while the course may be unavailable during their sentence, a department spokeswoman said.

Opposition corrective services spokesman Paul Papalia said releasing sex offenders who skipped rehabilitation was "totally unacceptable".

"West Australians should be deeply alarmed by the government's failure to compel sex offenders to complete programs before they're released from prison," he said. "They're likely to come out worse than when they went in. They've been put in prison in close proximity to other sex offenders and they have not been given programs to change their behaviour." Adults Surviving Child Abuse president Dr Cathy Kezelman said the community expected a duty of care to ensure every effort was made to rehabilitate sex offenders.

Dr Kezelman said if a prisoner was considered suitable or enrolled in a rehabilitation program, then completion should be mandatory.

Corrective Services said programs were just one part of prisoner rehabilitation. The non-completion rate in 2012-13 was 20.6 per cent.

The department spokeswoman said at the end of March, 84.5 per cent of suitable prisoners had either finished or were booked into a sex offender treatment program. Enrolments had jumped 48 per cent in 2013-14, she said.

Melbourne private school admits to historical abuse

Abc.net.au | May 26

Melbourne's prestigious private school Scotch College has admitted for the first time that students were abused on school grounds.

In a letter emailed to former students, Scotch said the school had received a handful of abuse claims, all of which had been resolved.

The school said it took abuse allegations seriously and encouraged any victims to come forward. The school said it had offered compensation and a sincere apology to the ex-students involved and that no more cases were pending.

Most cases relate to one teacher who worked at the school in the 1950s and 60s and has since died.

Dr Cathy Kezelman, from Adults Surviving Child Abuse, said it was a positive step that the school had admitted to historical sex abuse cases.

"What we've seen for a long time with institutions is a culture of secrecy, silence and cover-up," she said. "It's time for openness and transparency and it's good to see some leadership starting in schools and all other institutions."

Dr Kezelman said more information about the cases was needed so that prior students can have all the information they need to come forward and seek justice.

Earlier this month, the principal at another top private school, Xavier College, admitted nine students were sexually abused at the school in the 1960s and 70s.

Opinion piece

Tardy redress would hurt sex abuse victims further

Sydney Morning Herald | May 22

The testimony given to the royal commission sitting in Ballarat provides further insight into the unconscionable human cost of child sexual abuse. The inquiry has revealed that 12 boys have died, allegedly by suicide from a single class of 33 at St Alipius school and 40 suicides related to child sexual assault have occurred within the Ballarat community. This community has been crushed to its core.

Silenced survivors have shown courage coming forward. To not promptly address their needs would not only be soul-destroying but also life-threatening.

One after another, victims are continuing to come forward courageously breaking their silence. It has been asserted that there were schools in which no child was safe, with periods during which every teacher was an alleged sex offender.

With no safe place or person to tell, these children lived in constant fear of the next assault, powerless and helpless, as those charged with their care abused their power and betrayed

them time and again. The possibility of "fight or flight", a normal physiological response to danger was not available. Where was their community of nurture, care and compassion? And why did no one intervene to protect them?

These survivors, now men, have related heartbreaking stories of lives ruined by disability, welfare dependency, mental illness, substance abuse and relationship breakdown. Many of those who have not paid the ultimate price are living a life sentence imposed by the predatory behaviour of paedophile priests and sealed by a system which protected its own at all costs.

The leadership of the Catholic Church in particular, is now under intense scrutiny. The Royal Commission into Institutional Responses to Child Sexual Abuse is prising open a previously secretive and closed network. The silence is being shattered.

Throughout the royal commission we have seen a series of entrenched systems previously accountable only to their own internal intransigence publicly examined and we as a community have been shocked. That so many once revered systems could so conspire to betray their charges, not once but repeatedly, over decades and across leadership structures, is not acceptable.

The royal commission will release its interim recommendations around redress

and civil litigation at the end of June. The recommendations will lay the foundations for a fair and just response for victims, including those now providing testimony in Ballarat. Adults Surviving Child Abuse (ASCA) calls on state and federal governments in Australia to respond proactively. They must immediately move to put in place frameworks and structures to implement the recommendations.

Silenced survivors have shown courage coming forward. They have trusted the commission and its processes as well as the governments that have supported it. To not promptly address their needs would not only be soul-destroying but also life-threatening.

When the recommendations are released, the immediate response should provide optimal possibilities for survivors to access much-needed support and redress. For many it will be too little; let's not make it too late for all.

It is time for institutions to be brought to justice and held accountable. It is also time for true leadership, the sort of leadership seen within the commission, and it needs to come not just from all of the institutions paraded before the commission, but also from governments across Australia.

By Dr Cathy Kezelman AM, ASCA President

New issues paper

Spotlight on the criminal justice system

The Royal Commission into Institutional Responses to Child Sexual Abuse is seeking community views on its latest issues paper looking at the criminal justice system including police responses and prosecution processes to child sexual abuse in institutional contexts.

Royal Commission CEO Philip Reed said this is the eighth issues paper the Royal Commission has released and forms part of its program of work on criminal justice.

"If you have personal experience of police responses or prosecution processes either as a complainant, family member, witness, support person or affected institution, we would like to hear from you," Mr Reed said.

"We are considering many aspects of the criminal justice system, including the reporting of child sexual abuse to police, how police responded and investigated and prosecution and trial processes," he said.

"Our Terms of Reference require us to explore how to best respond to child sexual abuse in

institutions, including removing or reducing barriers to effectively reporting, investigating and responding to allegations and incidents of sexual abuse through the criminal justice system," Mr Reed said.

An institution means any organisation, club, agency or association, including children's homes, government agencies, schools, sporting clubs and out-of-home care. Submissions are also welcome from those who have professional experience of police and prosecution responses, including as legal representatives, service providers or researchers.

Organisations and individuals wishing to respond to the issues paper should lodge their submission by emailing criminaljustice@childabuseroyalcommission.gov.au by Monday 15 June 2015.

For more information click [HERE](#).

Schedule of activity

June

Mon 1 –
Tue 30

Private sessions in capital cities and regional areas

Mon 22 –
Fri 3 (Jul)

Case Study 29, Sydney

To register your interest with the Royal Commission you can:

Call: 1800 099 340

Email: registerinterest@childabuseroyalcommission.gov.au

Write: GPO Box 5283, Sydney NSW 2001

Website: www.childabuseroyalcommission.gov.au

Education and Training

Public Education and Training Calendar 2015

Registrations now open! Visit our website at www.asca.org.au/education-and-training to register.

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

Do you want to better support your complex trauma clients? Would you like to develop a foundation for your clinical work?

ASCA can help. ASCA's *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* and professional development training programs are nationally and internationally acclaimed. Of attendees of this training in 2014, 97% of attendees felt more confident about working with survivors; 100% felt the learning objectives were met.

By attending this training participants will:

- Understand trauma, complex trauma; apply trauma-informed principles
- Learn how trauma impacts attachment, development, coping strategies, health
- Learn about the brain, stress response, neural integration and practice implications
- Acquire the key principles for working with adult survivors
- Understand the relationships between professional self-care and client safety; acquire self-care strategies

Who should attend? Psychologists, clinical psychologists, counsellors, psychotherapists, mental health nurses, social workers, general practitioners, psychiatrists working clinically with complex trauma survivors.

TIME: 9am-5pm

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

DATES: Perth – Thursday 11th June

Hobart – Friday 26th June

Albury – Monday 20th July

Bathurst – Tuesday 28th July

Professionals may claim CPD hours/credits/points/ for their participation in ASCA training as a self-directed learning activity. ASCA helps you meet your reporting obligations by having clearly articulated learning outcomes attached to each training and issuing Certificates of Attendance to participants upon completion of the workshop. For more information please refer to your professional association or the AHPRA website.

NEW Working Therapeutically with Adult Survivors of Complex Trauma: Two-Day Professional Development Training

Do you want to build confidence and work more effectively with complex trauma clients? Would you like to expand your clinical knowledge and skills?

ASCA can help. ASCA's *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* and professional development training programs are nationally and internationally acclaimed.

To provide more advanced training ASCA developed a 2-day training. Of attendees to its 2014 pilots, 100% found the training content and organisation appropriate; 97% would definitely recommend the training.

By attending this training participants will:

After this training attendees will be able to:

- Understand the relationship between complex trauma, neurobiology, development
- Recognise hyper/hypo-arousal, working within window of tolerance
- Learn how to work with implicit/explicit memory, non-verbal cues
- Define phased treatment with strategies for working; 'bottom up'/'top down'
- Explore how to attune to clients – self-regulation; attachment; dissociation
- Be alerted to ways trauma is communicated – embodied, enacted, evoked
- Optimise use of transference/countertransference
- Learn to minimise re-traumatisation/vicarious traumatisation; promote self-care/awareness

Who should attend? Psychologists, clinical psychologists, counsellors, psychotherapists, mental health nurses, social workers, general practitioners, psychiatrists working therapeutically with complex trauma survivors.

TIME: Day One 9am-5pm,

Day Two 9am-4.30pm

COST: Full Price \$575, ASCA Professional Member Price \$517.50, Concession \$450

DATES: Sydney – 24th & 25th June

Brisbane – 13th & 14th July

Melbourne – 16th & 17th July

Newcastle – 28th & 29th July

ASCA's Educational Workshop for Adult Survivors of Childhood Trauma and Abuse

This full-day educational workshop provides a safe space for people, who have experienced abuse or trauma in childhood, to learn more about what that experience means and how it may have affected them and now.

It will raise awareness about survivors' strengths and resilience, the role of coping strategies, how the brain responds to stress, and most importantly research which shows that recovery is possible.

Participants will gain information which may help them build on their strengths, understand their reactions and ways of coping and identify strategies for positive change. Participants will also receive information about finding and engaging good support, accessing helpful resources and self-care strategies.

Who should attend? 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 domestic violence situation with a parent with a mental illness, who is depressed, suicidal or abuses substances, when a parent is imprisoned or other forms of separation e.g. divorce, grief and loss.

TIME: 10am-4pm

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 when registering for the workshop)

DATES: Perth – Saturday 13th June **SOLD OUT**
Hobart – Saturday 27th June

Education and Training delivered to you in-house

ASCA professional development training and workshops are available in-house on request for organisations seeking trauma-informed and/or professional development to support their clinical work with adult survivors of complex trauma. Educational workshops for survivors and/or for family, friends, partners and loved ones can also be delivered in-house. In-house training and workshops provide many benefits as they can be tailor-delivered to suit the particular strengths, challenges and needs of your organisation and its staff.

All training sessions and workshops can be delivered across Australia and are evidence-based; quality assured and follows adult learning principles. They are grounded in research from ASCA's *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* and delivered by experienced trainers, with complex trauma and trauma-informed practice expertise.

We have a range of packages available suited to your needs, for more information on these please visit <http://bit.ly/1bc2pkw>.

To discuss your requirements or to obtain a quote, please contact ASCA Training Coordinator, Lisa Liber on lliber@asca.org.au or **02 8920 3611**.