

Breaking free

asca

Adults Surviving Child Abuse

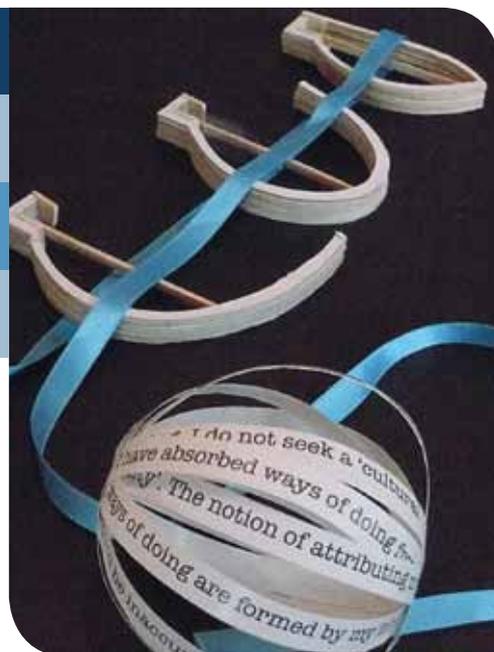
The Newsletter of Adults Surviving Child Abuse | ISSN 1836-6899 | October 2012



BLUEKNOTDAY IS HERE!

RAISING AWARENESS
TACKLING STIGMA
FOSTERING HOPE
PROMOTING RECOVERY

After months of preparation, ASCA's annual awareness day, Blue Knot Day, is here. October 29 marks the beginning of a week of activities in which Australians unite to support the estimated 4-5 million of us who have experienced childhood trauma.



GIVE NOW

As we rapidly approach Blue Knot day we are asking for your support. ASCA is doing lots of vital work, with the release of its Practice Guidelines, advocacy and programs. The aim of all this work is to help adults who have experienced childhood trauma find pathways to recovery.

While we appreciate the funding we have received over the last 12 months from government and other bodies, it is not sufficient to sustain the organisation or allow it to deliver as many services as are needed. ASCA needs your support to continue its important work. Please give generously to the Blue Knot Day appeal www.givenow.com.au/blueknotday

WHAT'S ON

Following is a selection of the many events scheduled for Blue Knot Day. For details of other activities, visit www.asca.org.au/blueknotday

October 29 Practice Guidelines & Blue Knot Day Launch, Parliament House Canberra

ASCA is delighted to announce that the Minister for Mental Health, The Hon Mark Butler MP, will officially launch our recently released Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery on Blue Knot Day at Parliament House, Canberra. The event, hosted by Senator Matt Thistlethwaite and Senator Catryna Bilyk, will bring together government representatives, survivors

and their supporters, community members and representatives from ASCA and other organisations.

At the event Dr Cathy Kezelman, ASCA President, and Dr Pam Stavropoulos, co-authors of the Guidelines, will give a briefing to parliamentarians, advisors and guests entitled: Working together to change Australian lives: heralding a new era in trauma recovery.

Click this link to access the [Blue Knot Day](#) Launch invitation in PDF format.

Continued on page 3

From the President

Taking care of business



As we approach **Blue Knot Day** we are sad to say farewell to Margaret Price who has resigned from her role as COO. Margaret has been with ASCA since the beginning of the year, initially on a full time basis, going to part time in April. In that time Margaret has made substantial contributions to the smooth running of the office and also to the look and feel of much of what ASCA does, including Breaking Free itself. She has worked hard to develop ASCA's staff and contractors and her work in this area stands us in good stead for the coming year. As Margaret leaves we wish her all the best in her future endeavours.

At the same time we farewell Len Kasper, who had a brief part time operational role supporting Margaret Price in her work. We thank him for his contribution over that period.

At the same time we would like to welcome Chris Hartley who is stepping into the COO role, full-time. Chris trained as a lawyer but has gravitated to the not for profit sector having worked in the homelessness sector, with HPLS (Homeless Persons' Legal Service) and PIAC (Public Interest Advocacy Centre). He brings with him a passion for the work ASCA does with adult survivors of complex trauma and for trauma informed care and service delivery. We look forward to Chris's contribution to ASCA's forward journey over the coming months and into the future.

I would also like to take this opportunity to congratulate Prof Warwick Middleton, a very active member of ASCA's Advisory Panel on his recent appointment to the board of the ISSTD (International Society for Study of Trauma and Dissociation). It is a well-deserved appointment given Warwick's substantial ongoing contribution to education, understanding and practice in the area of complex trauma.

Dr Cathy Kezelman | ASCA President

From the Chief Operating Officer



I am very excited to be commencing as ASCA's new Chief Operating Officer.

I would firstly like to acknowledge the great work of Margaret Price who was previously in this role. Margaret's professionalism and dedication has left ASCA in a wonderful position and has enabled a very seamless transfer.

By way of introduction, for a number of years my work has focused on empowering disadvantaged people such as those experiencing homelessness or mental illness. I have also worked extensively on promoting the needs of people with complex trauma. As such I believe I am a good fit at ASCA and I am very happy to be commencing at such an exciting time for the organisation.

As I write we are getting close to **Blue Knot Day**. The launch this year, co-ordinated by Cathy Kezelman, ASCA President, will be taking place at Parliament House, Canberra on October 29. In addition, there will be great activities held nationwide that will assist in ensuring greater government and community recognition of the needs of adult survivors of trauma and abuse. To see a list of some of the activities taking place, see the cover story and visit our website.

In the long term, ASCA has great potential to expand our current activities and to further develop ways that we can best represent and promote recovery for adult survivors of childhood trauma.

I look forward to working with ASCA's great staff and with you all to ensure these goals are achieved.

Chris Hartley | Chief Operating Officer

ASCA Administration

PO Box 597 Milsons Point NSW 1565
Email: admin@asca.org.au
Web: www.asca.org.au
Ph: (02) 8920 3611 Fax: (02) 8920 3644

National Office Hours

9am to 5pm, Monday to Friday
Information & Support Line: **1300 657 380**

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

Newsletter

Editor: Kath O'Sullivan
Email: newsletter@asca.org.au
Post: PO Box 597 Milsons Point NSW 1565

Chief Operating Officer

Chris Hartley
Email: chartley@asca.org.au
Ph: (02) 8920 3611

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

Have your contact details changed?

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

Forgotten your Username and Password?

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

Follow Us

 www.twitter.com/ascaorg

 www.facebook.com/groups/adults-survivingchildabuse

Disclaimer

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

Index

Blue Knot Day	page 3
Guidelines	page 4
Blue Knot Day Media	page 5
ASCA in the News	page 6
Guest Contributor	page 7
Workshops	page 8

Blue Knot Day – October 29



BLUEKNOTDAY

Continued from page 1

WHAT'S ON

October 26-30

**On Recovery Road,
Discount Art Warehouse, Brisbane**

An exhibition of artworks, with launch on Friday October 26, 6-9pm. Details at www.asca.org.au/associations/8549/files/belmont%20promo.jpg created by survivors of childhood trauma. You can

donate to this event to support ASCA for Blue Knot Day at www.everydayhero.com.au/asti_berniers_hope



November 4

**Church Service, South
Sydney Uniting Church**

56a Raglan Street, Waterloo.
Please contact Heather for further details on 0400 378 319.

November 11

**Hope Street Compassion Service,
Glebe, Sydney**

A time of reflection, remembrance and recovery for anyone affected by childhood abuse including survivors, family members or friends. Contact: Julie Brackenreg, 0426 503 351.

November 12

**Tears and Hope, St John's Anglican
Church, Darlinghurst**

A service of healing for survivors of abuse. Open to all who have been affected by abuse in any context. Click on this link for details www.asca.org.au or contact St John's Church Office on 02 9360 6844

November 18

**Blue Knot Day Service,
St Mark's Anglican Church,
Casino NSW**

There will be two services to commemorate Blue Knot day, one at 7am and one at 9am. The main service will be at 9am. All are most warmly welcome.

UNTANGLE THE KNOT COMPETITION

DEADLINE NOW EXTENDED

Photographers who thought they had missed out on entering the Untangle the Knot Photo Competition can get their cameras back out. The deadline for entries has been extended to **February 28, 2013**.

For more information and to view the competition terms and conditions, visit www.asca.org.au/untangletheknot

November 3

**Swimming Upstream Launch,
South Sydney Uniting Church**

You are cordially invited to the launch of Swimming Upstream 3-6 pm November 3, at the Orchard Gallery, 56a Raglan Street, Waterloo – an art installation created by community weavers under the stewardship of the South Sydney Uniting Church. The event will include a storytelling presentation created by playwright Alana Valentine, honouring the lived experience of adult survivors of child abuse. The exhibition will run until December 20 in support of Blue Knot Day.

We are seeking volunteers to help thread origami fish onto fishing line as part of the art installation. If you are able to help support this exciting community activity please join Heather and other volunteers any Saturday in October between 2 and 5pm at South Sydney Uniting Church, either in the church or the hall. Call Heather on 0400 318 719.

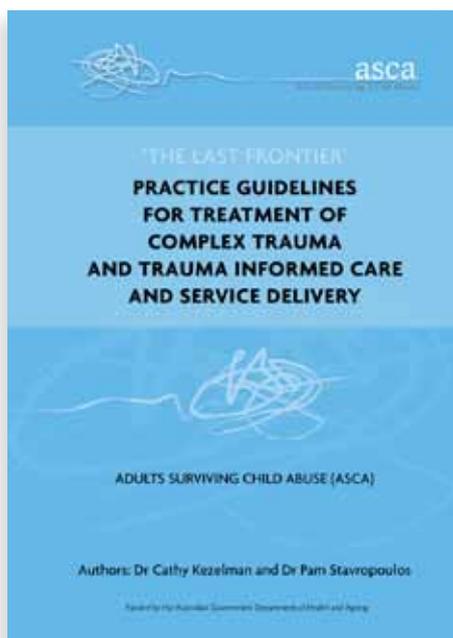
Click on this link for details www.asca.org.au



What are you doing for Blue Knot Day? Call for contributions

Are you holding or attending an event? *Breaking News* would love to hear reports from our readers about activities, in which you participated, this Blue Knot Day. Tell us what you did and how the day went in 100 words or less and send, along with good quality photos, to newsletter@asca.org.au NB. Please ensure any people identifiable in your photos give their consent.

For details of other activities, visit www.asca.org.au/blueknotday



ASCA's *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* have now been released. The Guidelines revolutionise possibilities for recovery for the large numbers of people who have experienced "complex trauma" – child abuse in all forms, neglect, family and community violence and other adverse childhood events.

Presenting the collective wisdom of the last two decades of national and international research in the trauma field they will form the basis for all of ASCA's programs.

We are most grateful to Federal Department of Health and Ageing for providing the funding that made these Guidelines possible. We are also delighted that the Minister for Mental Health, Hon Mark Butler MP will be launching the Guidelines at the launch of Blue Knot Day in Canberra. **Click here for a link to the invitation.**

Identifying and appropriately addressing the needs of people who have experienced trauma is a major global public health challenge.

"I think about not only what cost it was to me and my family because professionals did not have the training to understand my issues, but what it cost the government in trying to "deal" with me while I was wrongly diagnosed."
– Tamara Stillwell, mental health consumer, community worker.

ASCA's long-awaited Practice Guidelines have now been released!

Sadly adverse and traumatic experiences in childhood are very common. Children growing up with such experiences struggle to feel safe and secure and often experience profound long-lasting effects on their health, wellbeing and social functioning. Complex trauma also affects families, friends and communities, and if they are parents, their children, as well.

"Failure to acknowledge the reality of trauma and abuse in the lives of children, and the long-term impact this can have in the lives of adults, is one of the most significant clinical and moral deficits of current mental health approaches."
– Professor Louise Newman, Psychiatrist, Director, Centre for Developmental Psychiatry & Psychology, Monash University

ASCA's *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* fill the substantial gap in knowledge, understanding, and practice in the field of trauma, and bring hope to millions of trauma survivors.

"Society has demonstrated an extreme reluctance to probe into how trauma and abuse fill our mental health units, our drug and alcohol detox services, our prisons and our medical wards. Most of our mental health patients are traumatised, many grievously so."
– Professor Warwick Middleton, Psychiatrist

The Guidelines highlight the large number of Australians living with the long-term effects of unresolved trauma, who have not had their needs identified or appropriately addressed.

"The morbidity associated with complex trauma is vast and a great burden not only on these sufferers but on the health system. There are, at the moment only the most inadequate forms of service delivery available to these people"
– Professor Russell Meares, Psychiatrist

The Guidelines weave information from neuroscience and attachment theory with recovery-orientated, trauma-informed and therapeutic principles. They have been widely welcomed by the national and international community of consumers, workers and practitioners.

"Each time any of us takes a significant step, the field benefits, and your step is remarkable."

– Adah Sachs Consultant Psychotherapist, London

The Guidelines **establish a framework** that responds to the national health challenge of trauma and **set the standards** in each of the following domains:

- A. 'Practice Guidelines for Treatment of Complex Trauma'** are for a clinical context, and highlight the role of trauma in mental illness and new possibilities for clinical treatment.
- B. 'Practice Guidelines for Trauma-Informed Care and Service Delivery'** are directed at services which come into contact with people who have trauma histories.

"The first set of guidelines address the foundations of adequate and state of the art treatment; the second tackle the system of care, long known to be inadequate and stigmatizing to the traumatized. Both guidelines show how treatment and service delivery can be humane, trauma-focused, and trauma-informed to the benefit of all. This document is a singular and pioneering achievement in its depth and scope."
– Christine A. Courtois, PhD, ABPP, Psychologist Washington, DC

The Guidelines are poised to spearhead the policy and practice reforms needed to respond appropriately to trauma across and within service sectors. Their widespread implementation is urgently needed to assist the recovery of those whose trauma is unresolved.

"The guideline document is thoroughly researched, well written and draws poignant conclusions, necessary for the future of mental health care."
– A/Prof Martin Dorahy, PhD, Associate Professor Department of Psychology University of Canterbury

To download your copy of the Guidelines go to www.asca.org.au/guidelines

The following story is an extract from a six-page feature published in *Mindfood* (<http://www.asca.org.au/associations/8549/files/Mindfood.pdf>) this month. Cathy is one of three survivors who has shared their story for this feature.

Adults Surviving Child Abuse



According to the World Health Organisation, one in five adults has suffered some sort of abuse as a child. It may have been physical, emotional or sexual abuse, neglect or negligent treatment, and commercial or other forms of exploitation. The result is the actual or potential harm to the individual's health, survival, development or dignity.

Cathy's Story

When Dr Cathy Kezelman was in her mid-forties, her young niece was killed in a car accident. While grieving for her niece, Cathy started experiencing flashbacks.

"It was horrific," she says. "My body would writhe with pain. I didn't have words for what I was experiencing – just a sense of fear and pain that would overtake me."

As a general practitioner and a mother of four, Cathy was used to feeling in control. "But when my niece died," she says, "I was constantly gripped by anxiety. Grieving her death unlocked emotions I had long ago buried. I ended up falling into a deep depression and I considered ending my life a number of times. I couldn't see a way out."

Cathy had always been aware that she had very little memory of her childhood until the age of 14. "I used to get angry when people reminisced about their childhoods because I couldn't remember mine," she says. "But the flashbacks forced me to remember what I had tried to suppress for so long – years of emotional and sexual abuse by close family members and others."

She sought help from a therapist to process the memories. "I owe my recovery to my therapist," Cathy says. "After several years of therapy, I started to feel safe enough to explore my story and start the healing process, which took many years."

Cathy is now president of Adults Surviving Child Abuse (ASCA), a national organisation that supports adults dealing with the long-term impact of child abuse. She is also a director of the Mental Health Coordinating Council. ASCA, with Cathy's involvement, is also developing programs to help therapists more effectively support survivors with issues associated with complex trauma. "Trust, feelings

of safety and firm boundaries are the most important things when dealing with abuse in therapy," says Cathy. "But we have also found that some therapists are not equipped to deal with other issues common to complex trauma, so we aim to help professionals with these issues too."

The Adverse Childhood Experiences (ACE) Study published by the US Centres for Disease Control and Prevention shows that childhood trauma can cause a multitude of negative health and social outcomes, from high risk behaviours such as alcohol and drug abuse, obesity and smoking, to chronic conditions including heart disease and frequent headaches.

Research from the University of Minnesota shows how a caring and secure environment can help moderate the negative impact that stress places on the developing brain. Because safety and bonding are important factors in the brain's early development, childhood trauma can compromise brain function. Without a secure base, adult survivors can find it difficult to manage stress, making them more prone to coping mechanisms such as alcohol and drug abuse. Survivors also often experience poor relationships and chaotic lifestyles.

As harrowing as the years of therapy and healing were, Cathy is thankful that she made it through them. "I'm now a lot more emotionally connected with my kids; we are a very honest and open family unit," she says. "My friendships are also a lot deeper. I still struggle knowing what I want and nurturing myself, but I'm still evolving."

Through her work with ASCA, Cathy wants to deliver the message loud and clear that there is hope and optimism, with pathways for recovery. "For survivors of trauma, healing is possible and there are people who can help – particularly with all the research that is going on now in neuroscience, and evidence that it is possible to create new, healthy neural pathways and change the brain in positive ways."

Despite the problem being so widespread and the damage so deep, child abuse remains a taboo subject. For this reason, ASCA still finds it challenging to attract ongoing funding and receives little financial support apart from sporadic government grants. Raising awareness and funds through activities like Blue Knot Day, are therefore vital.



The ASCA symbol 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 suffered abuse as children. Every year on Blue Knot Day, ASCA asks all Australians to unite in support of adult survivors of childhood trauma. This year, Blue Knot Day is October 29, and activities will take place from October 29 to November 4. For more information visit asca.org.au and for support, call 1300 657 380.

ASCA in the News

AAP | October 1 | Priest's death robs victims of justice

The cancer death of a priest accused of sexually assaulting a boy and covering up other sexual abuse in the Catholic Church has left alleged victims feeling robbed of justice, a support group says.

Father Tom Brennan, 74, died recently at the Hunter Valley Private Hospital after battling cancer for several years. The priest was the first member of the Australian Catholic clergy to be charged with covering up sex abuse by another priest and was also charged with sexually abusing a young boy. He was too unwell to face Newcastle Local Court on a total of 14 charges.

Dr Cathy Kezelman, president of Adults Surviving Child Abuse, says his alleged victims have lost their chance of seeing justice done. "It's going to be very difficult for the victims who thought they would be seeing the perpetrator who covered up another perpetrator being brought to justice," she told AAP. "Having waited all these years, the victims are going to feel robbed, potentially, all over again."

While school principal at St Pius X in Newcastle, Fr Brennan allegedly failed to disclose child sex offences by a defrocked priest, committed in the late 1970s. In August he became the first Australian Catholic priest to be charged with concealing the child sex crimes of another priest. He was also accused of assaulting two boys by caning them when they reported sexual abuse and charged with eight counts of sexually assaulting a boy aged between eight and nine at a Waratah church in 1984 and 1985.

NSW Greens MP David Shoebridge said he had spoken to one of the alleged victims, who told him of the priest's death. He said it would be difficult for victims to deal with their feelings about his passing. "It will lead to very complicated emotions for victims, which for many will take time to assess," Mr Shoebridge told AAP. "But we cannot allow the church to simply bury its past. This shows the urgency of needing to investigate these claims."

Editor's note: A public forum is being held in Sydney on October 27

Is there a need for a Royal Commission into Sexual Abuse in the Catholic Church and other Institutions?

Saturday October 27, 2012

3pm – 5pm

Join Survivors of abuse and their families, Fairfax journalist Joanne McCarthy, Greens NSW MP David Shoebridge, and lawyer and Monash Phd Candidate Judy Courtin.

Sydney Mechanics School of Arts

280 Pitt Street, Sydney NSW 2000



The Australian | October 15 | Vigilante fears for sex offender website victims of justice

A WESTERN Australian government website revealing the state's most dangerous sexual offenders may lead to vigilantism, a top lawyer and a victim support advocate have warned.

The Community Protection Website can provide the public with photographs and certain information on the state's worst sexual offenders, including serial pedophiles. It is the first such website in Australia and is divided into three "tiers", the top one being sex offenders whose whereabouts are unknown to police.

Criminal Lawyers Association of WA president Linda Black said there was already a good system in place whereby anyone working with children needed police clearances. Ms Black said she had concerns the new website could lead to vigilantism and cases of mistaken identity. "You get released a photograph and then you are able to hopefully find the right person, and then when you do, I'm not sure exactly what it is that the government expects you to do with the information," she told AAP.

Adults Surviving Child Abuse president Cathy Kezelman agreed there was a risk of vigilantism. "There's a risk of what people do with the information and whether there's a sense of community panic if they find out there's an offender living in the area and decide to take the situation into their own hands, so it needs to be very well policed."

Photographs of the offenders may be shared privately – not publicly – and are watermarked with the name of the person that conducted the original search to deter redistribution.

Dr Kezelman said it was also a concern that the website might include sex offenders with a chance of rehabilitation. "You don't want people to be labelled forever," she said. However, the website would help raise general awareness of risks to children in the community, Dr Kezelman said.

She said the most useful aspect of the website was the third "tier" of publication, which allowed parents or guardians to ask police whether a specific person, who had regular unsupervised contact with their child or children, was a reportable sex offender.

Australian Policy Online | September 28 | 'The last frontier' – practice guidelines for treatment of complex trauma and trauma informed care and service delivery

This set of guidelines looks into the assistance and support given to those suffering from trauma and the treatment they receive. Over the last two decades research has established a substantive evidence base in relation to trauma. However a huge gap still exists between evidence about the effects of trauma on individuals and possibilities for recovery, as well as in the treatment and service responses which enable sustained recovery. The ASCA Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery (the Guidelines) are informed by this research.

They fill the long overdue gap in knowledge, understanding and practice. Trauma is often solely characterised as a one-off event. Yet repeated extreme interpersonal trauma resulting from adverse childhood events ('complex' trauma) is not only more common, but far more prevalent than currently acknowledged, including within the mental health sector. The effects of complex (cumulative, underlying) trauma are pervasive, and if unresolved, negatively impact mental and physical health across the lifespan.



New Guidelines for the Treatment of Complex Trauma

by Dr Jan Resnick

“Trauma is not simply an individual misfortune. It is a *public health problem of major proportions. The costs of unrecognised and untreated complex trauma are enormous.* This is not only in terms of reduced quality of life, life expectancy and lost productivity, but in ‘significant increases in the utilisation of medical, correctional, social and mental health services.’ In 2007 alone, the cost of child abuse to the Australian community is conservatively estimated to be at least \$10.7 billion, and is almost certainly far higher.”

So begins the Executive Summary ASCA’s recently completed and profoundly important document ‘The Last Frontier’ *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery*. It recommends a radical revision of mental health services with a better understanding of the pervasiveness and widespread destructive consequences of complex trauma.

We can often determine the consequences of single-incident trauma by straightforward cause and effect attributions. Complex trauma is different and frequently confused with Post-Traumatic Stress Disorder (PTSD), a ubiquitous term, even if commonly misapplied.

Complex trauma is repetitive and cumulative and so has been endured on an ongoing basis. It is generated interpersonally, usually in the context of the family, primary relationships and/or perpetrated by a trusted caregiver. A betrayal of trust is a central feature, which often combines with an exploitation of childhood emotional dependency.

PTSD is classified as an extreme anxiety disorder that is defined by the event that causes it with symptoms persisting for at least 30 days afterwards. Typically, it arises from an experience that may include the threat of death, something horrific, terrifying or shocking, or perhaps also invasive.

In its simplest formulation, the effects of complex trauma permeate *everything*. Survivors may find they are easily triggered into states of hypoarousal or hyperarousal. Self-regulation of the most basic functions is often adversely affected. Because of this, all manner of *secondary* conditions, both physical and psychological, may be brought to doctors for treatment. Dysregulated emotional states are typically amplified and intensified. Anxiety is pervasive, often extreme and disruptive. Flashbacks, nightmares and re-experiencing of traumatic events are not uncommon. Dissociation, in varying degrees and manifestations, invariably follows complex trauma. And certainly not least, basic interpersonal relations, the experience of connectedness and a stable relational bond or attachment is fraught.

Issues of the ‘self’ are standard; that is, low self-esteem, self-loathing or hatred, self-harm, self-sabotage, and extreme feelings of guilt and SHAME. Alcohol and substance abuse are legion, often used as a form of self-medication.

New guidelines for treatment

Trauma-informed Care and Treatment, whether medical, psychological, hospital-based, psychiatric, social, occupational or otherwise must understand how defining such an experience is, how persistently enduring are its consequences and how so much of subsequent development is affected. While brief interventions have some limited

value, informed, longer-term and in-depth therapy is required even if it is bound to be a complicated process.

Despite the time and resources necessary, developments in our understanding and application of effective treatment(s) suggest that improvements in the outcomes for healing and indeed recovery from complex trauma are better than previously thought. Neural networks in the frontal cortex are stimulated by positive social experience and interaction. Specifically, the production of the neurotransmitters of serotonin, dopamine and norepinephrine are compromised in depression and anxiety disorders, invariably following complex trauma. Though this cycle can be difficult for psychotherapy to reverse completely on its own, there is still tremendous scope for it to stimulate and repair emotion-regulating structures through positive emotional experiences so central to psychological health and the feeling of wellbeing.

Traditional insight-based psychotherapies are learning about the primacy of the body in treating complex trauma. This means that we do not proceed only from the top-down, moving from cognitive functioning to emotional to somatic but rather from the bottom-up, in the reverse direction.

Psychotherapy has always been a process that responds to individual difference, and shouldn’t be the universal application of a theory. However the core principles of safety, trustworthiness, choice, collaboration and empowerment are foundational.

These principles are most achievable when psychotherapy occurs within The Window of Tolerance. The idea of The Window of Tolerance aims to identify a middle ground between hyperarousal (increased sensation, emotional reactivity, hypervigilance, intrusive feelings, thoughts, or memories and disorganised thinking) and hypoarousal (numbing of emotions, lack of sensation, reduced physical movement, blankness, ‘spaced-out’, remote, cut-off). The middle ground is where arousal is optimal, balanced and hence, more tolerable.

Research on the neurobiology of attachment has demonstrated that brain plasticity is profoundly altered by early care-giving relationships in a way that is central in developing a sense of self. We are increasingly understanding that the way the mind and brain are structured and then function, are very largely shaped and influenced by relationships, especially the earliest emotional ones.

Conclusion

Over 36 years of psychotherapy practice, I have facilitated the healing and recovery of patients who have suffered dramatically from the after-effects of complex trauma. The benefits of effective psychotherapy can be profoundly life enhancing, indeed even life saving. But it tends to take time, sometimes many years, for improvements to be lasting. It is so important for the broad-based community of medical and mental health practitioners to recognise the need for long-term psychotherapy, and to support it. Such recognition underscores effective treatment and possibilities for collaboration in patients’ best interest and moves us forward toward best practice.

Dr Jan Resnick, PhD (Psychology) is (Past) Founding President of the Psychotherapists & Counsellors Association of WA, (Inc.), Founding Director of Training of The Churchill Clinic (Inc) (1991-2008), Editorial Advisory Board member of *Psychotherapy in Australia*, Editorial Advisory Board member of *Virtual Medical Centre*, Advisory Board Member of ASCA, Clinical Member of PACFA, Accredited Supervisor (of Psychotherapy) by the RANZCP, and a regular contributor to the RANZCP Section of Psychotherapy conferences.

ASCA Workshops

Workshops for Health Professionals

One Day Workshop for Health Professionals – working with adult survivors of complex trauma

ASCA's one day workshop for health professionals is grounded in a substantive research base, which identifies and outlines effective responses to complex trauma. The workshop is drawn from ASCA's Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery www.asca.org.au/guidelines

This workshop covers:

- Understanding complex trauma - prevalence and impacts
- Neurobiology of attachment
- Supportive relationships
- Self-development and self-care
- Coping strategies - adaptive/risk factors
- Reflective practice and vicarious traumatisation
- Practice guidelines for working with adult survivors of complex trauma
- The workshop has been designed for health professionals including doctors, social workers, psychologists, mental health nurses, counsellors/therapists, psychiatrists and other health care professionals

Full-day workshop: 9.00am-5.00pm.

Cost: \$250 or student concession \$190

Professional development endorsement:

ACMHN- 7 ACMHN CPE Points

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

register now

Date	Location
9 November	Parramatta
16 November	Melbourne

ASCA In-house workshops

ASCA workshops are now available in-house on request for organisations seeking trauma-informed training and/or professional development for working with adult survivors of childhood trauma.

Workshops cover topics such as:

- Principles of trauma informed practice
- Complex trauma vs. single incident trauma
- Practice guidelines for working with adult survivors of complex trauma
- Unresolved trauma (prevalence and impacts)
- Coping strategies - adaptive/risk factors
- Attachment, supportive relationships and self-care
- Neuroplasticity and recovery

ASCA in-house workshops provide many benefits as your team can request the topics which interest you and use the time to focus on issues pertinent to your clients and practice. Workshops of one day, two days and half day duration are available.

For more information about in-house workshops, please call **02 8920 3611** or email events@asca.org.au

Workshops for Survivors

ASCA's survivor workshops provide survivors and those supporting them with a safe space in which to learn about the impacts of childhood trauma, in all its forms, and possibilities for the process of recovery. They discuss ways in which trauma in childhood can impact current or past behaviours, feelings and/or physical and psychological health. They also build on existing strengths to foster a sense of hope and optimism about the recovery process and provide tools for positive change.

All ASCA workshops are grounded in the latest research presented in ASCA's Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery.

www.asca.org.au/guidelines

These half-day workshops (9.30am – 12.30pm) are open to all adult survivors and their supporters.

Cost:** \$50 or \$25 concession.

register now

Book now online:

www.asca.org.au/workshops

Date	Location
10 November	Brisbane
17 November	Melbourne
24 November	Hobart
23 March 2013	Gold Coast
27 April 2013	Bendigo
27 April 2013	Wollongong
18 May 2013	Newcastle

** ASCA's philosophy is for our *Creating New Possibilities* workshops to be accessible to all survivors. If you are experiencing financial difficulties please do contact us.

Workshops for Community Workers

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

This workshop covers:

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

Date	Location	Time
23 November 2012	Hobart	9am – 5pm
8 February 2013	Gold Coast	9am – 5pm
15 February 2013	Bendigo	9am – 5pm
22 February 2013	Wollongong	9am – 5pm
22 March 2013	Newcastle	9am – 5pm

Book now online:

www.asca.org.au/workshops