

# Breaking free

asca

Adults Surviving Child Abuse

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## Blue Knot Day 2014

### Fostering hope and promoting recovery

ASCA's annual Blue Knot Day this year was marked with an event held at Parliament House in Canberra where a crowd of supporters and interested parties gathered including Senators, Members of Parliament, staffers, survivors and friends.

The event was hosted by Senator Catryna Bilyk and Mr Ken Wyatt MP who are the co-convenors of PACAN – Parliamentarians Against Child Abuse. Senator Bilyk opened the session by highlighting the scale of childhood abuse and its daily personal cost and challenges. The Federal Minister for Health, Peter Dutton MP, spoke about the importance of providing support to adult survivors and the organisations which work with them.

The Department of Health provides funding under the e-mental health initiative, the provision of which supports ASCA's 1300 Professional Support Line as well as online services. As part of the online services ASCA has developed under that funding is a series of videos, of which there are five. Having watched a short excerpt from the survivors' video, Mr Dutton officially launched the series. ASCA used the occasion to thank the Minister and his government for their ongoing support which is critical to the lives of so many.

The Blue Knot audience was then addressed by Justice Peter McClellan, the Chair of the Royal Commission into Institutional Responses to Child Sexual Abuse, who acknowledged the work of ASCA and its sister organisations. Justice McClellan reflected on the work of the Commission from its first public hearing in April 2014 to now its 19th hearing. More than 2,500 survivors have provided testimony in private sessions.

In acknowledging the fundamental wrongs committed, and the devastation, grief, loss, pain and anger, Justice McClellan also highlighted the enduring capacity of people to love and care, despite the traumas perpetrated against them. He noted that child sexual abuse is not simply an issue of past years but a current one, and he stressed that institutions must never have the power to silence children again, or diminish the capacity of adults to protect them.

Among many issues he covered was the need for survivors to have access to the right counselling support for as long as is needed, a requisite ASCA strongly endorses. He also highlighted the current work of the Commission around redress, stressing three core elements which need to be included: a meaningful apology supported in a spiritually and culturally appropriate way; access to counselling or psychiatric care for as long as required throughout a survivors' life; and a lump sum payment



*Hon Peter Dutton MP, Dr Cathy Kezelman, Senator Catryna Bilyk*

which marks the abuse and recognises the failure of the institution to keep the survivor safe.

ASCA has been honoured to be involved, along with its sister organisations, in ongoing consultations around redress and civil litigation as the Commission drafts a paper to be released in January for public commentary. It is most grateful to Justice McClellan for highlighting its work around redress in particular on Blue Knot Day in Canberra. An excerpt from Justice McClellan's speech appears on page 7.

ASCA President, Dr Cathy Kezelman, acknowledged the work of the Commission and talked about the importance of protecting the lives of Australian children, the adults they become and generations still to be born. She provided a snapshot of research from ASCA's 1300 line highlighting the role of the Commission in changing the capacity of institutions to keep children safe and to respond to the needs of child and adult victims of child abuse.

Dr Kezelman also noted that 90% of abuse, as per ASCA's statistics, is perpetrated by a family member or family friend, and that child sexual abuse, while insidious and damaging, is but one form of childhood trauma. She called for greater support for survivors of all forms of childhood trauma and abuse and investment commensurate with the need, having highlighted the profound impacts of unaddressed abuse. To read Dr Kezelman's speech [CLICK HERE](#).

The official part of the opening event was concluded with a very personal speech by Ken Wyatt MP whose work in his own electorate has repeatedly highlighted the needs of a significant number of adult survivors. Open dialogue followed between survivors and politicians. One attendee personally thanked Justice McClellan for his work and that of the Commission.

*For a review of Blue Knot Day 2014 events, see pages 3 and 4.*

# From the Editor

Welcome to the latest edition of *Breaking Free*.

This month we publish some of the coverage given to ASCA's Blue Knot Day in national and regional media, as well as announcing the recipient of our Blue Knot Award, John Ellis, and the winner of our photo competition, Gwenda Skewes.

The broad-ranging support ASCA has received for its awareness-raising initiatives is a true indication that the stigma of child abuse is eroding, helping survivors to move towards health and wellbeing. More still needs to be done to ensure Australia's health and education systems can cope with the issues of childhood trauma and provide survivors with the right physical and psychological supports. Part of this process involves understanding the demographics of child abuse – where it occurs, who perpetrates it, and how it impacts people into their adult lives. New ASCA research published on page 5 helps to shed light on the numbers.

As the holiday period approaches, we would like to remind you that the next two issues of *Breaking Free* will be combined into a November/December edition and a January/February edition.

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](mailto:newsletter@asca.org.au).

Warm regards, Cherie

**Cherie Marriott** | Editor

## The Big Picture



ASCA was thrilled to see the many events held in support of Blue Knot Day 2014 around the country with diverse communities jumping on board to participate. The more people who unite in support of adult survivors of childhood trauma and abuse, the greater the difference our collective voice will make. Thank you all for your support and thoughts.

This year we were delighted to welcome the Chair of the Royal Commission, Justice Peter McClellan, to our opening event in Parliament House, Canberra, hosted by Senator Bilyk and Ken Wyatt MP, co-convenors of PACAN. It was also an honour to have the Minister for Health and Minister for Sport, Peter Dutton MP, to officially launch our video series, which has been online now for four months. In that time more than 2,500 people

have watched one or more of the videos, and the feedback has been very positive. We invite you to view them on the home page of our website if you haven't looked at them at yet.

At the Parliament House event we also were delighted to announce the winner of this year's Blue Knot Award, John Ellis, and to have both previous winners present – Maggie Dawkins and Detective Chief Inspector Peter Fox. Sadly, John couldn't be with us to accept the award in person as he was doing the work for which he received the award – seeking justice for adult survivors. Needless to say John joins the other ever-so-worthy recipients of the Blue Knot Award to date.

The event at Parliament House and the many events nationally, both secular and faith-based as well as the active media coverage of Blue Knot Day 2014, attest to the importance of ASCA's work and that of its fellow survivor organisations.

The Royal Commission into Institutional Responses to Child Sexual Abuse has lifted the lid on institutional child sexual abuse but also alerted the community to the prevalence of other forms of abuse and trauma, as well as the other domains in which it is perpetrated. The research which ASCA has released this Blue Knot Day from our 1300 Professional Support Line supports prior research in alerting us to the prevalence of abuse in the home, family and neighbourhood (see page 5). While not detracting from the critical work of the Royal Commission or minimising the experiences of those abused in institutionalised care, society must also seize this opportunity to tackle the stigma, taboo and legacy of abuse in all domains.

As ASCA's research also shows, the prevalence and multiple impacts of the abuse of individuals and families can no longer be ignored. We must support all survivors coming forward and help them find the path to recovery. As our theme for Blue Knot Day 2014 states and research establishes, Recovery is possible. ASCA's role in providing support through its phone and online services and workshops, and in helping to build the capacity of workers and practitioners, is critical.

**Cathy Kezelman** | President

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

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

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

**Donations** can be made online at [www.asca.org.au](http://www.asca.org.au) Donations to ASCA of \$2 and over are tax deductible.

**Newsletter**  
Editor: Cherie Marriott  
Email: [newsletter@asca.org.au](mailto:newsletter@asca.org.au)  
Post: PO Box 597 Milsons Point NSW 1565

**ASCA President/Media Spokesperson**  
Dr Cathy Kezelman  
Email: [ckeelman@asca.org.au](mailto:ckeelman@asca.org.au)  
Ph: 0425 812 197

**Patrons**  
Professor Freda Briggs AO and  
Thomas Keneally AO

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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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# Blue Knot Day 2014



## Truth Justice and Healing Council

### Catholics show support for adult survivors

Francis Sullivan, CEO of the Catholic Church's Truth Justice and Healing Council, called on all Catholic organisations around Australia to take part in Blue Knot Day 2014 in support of Australian adult survivors of childhood trauma.

"This is a chance for Catholic parishes, congregations, social services, health, and education organisations across Australia to show their support for survivors of child sexual abuse," Mr Sullivan said.

"Blue Knot Day is an important annual event that allows the whole community to stand together in support of the millions of adult survivors of childhood trauma. This is not just about abuse that happened in the Catholic Church but about abuse that has happened anywhere," he said.

"As a caring community, Blue Knot Day gives Catholics the perfect opportunity to make a very clear statement that we are responsible for ensuring the crimes and cover-ups of the past never happen again and that survivors are treated with justice and compassion," Mr Sullivan said.

The Truth Justice and Healing Council is coordinating the Catholic Church's engagement with the Royal Commission into Institutional Responses to Child Sexual Abuse.



## Award recipient

### Fighting for justice

The Blue Knot Award was established in 2012 to recognise those who uphold the principles of Blue Knot Day and further the needs of adult survivors of childhood trauma. The recipient is someone whose work and efforts inspire communities to unite in support of survivors.

The Blue Knot Award recipient is a person who stands out in their community, or nationally, for furthering the needs of adult survivors of child abuse. The Award recognises those who have broken the silence and taboo by speaking out, eroding the stigma of abuse and thereby helping survivors overcome their shame. Fostering hope and optimism. The Award recipient has shown that help is available and recovery is possible by promoting pathways towards health and wellbeing.

This year's recipient was a unanimous choice of the ASCA board – his courage, persistence and determination are an inspiration. John Ellis, sexually abused as an altar boy, conducted a 12-year search for justice from the Catholic Church and continues that fight for other victims in his role as a lawyer and



John Ellis – Blue Knot Award 2014

legal advocate. John's case was a subject of a public hearing of the Royal Commission into Institutional Responses to Child Sexual Abuse into Towards Healing and the conduct of the Church during a 3.5 year litigation – his resolve remarkable despite it all.

ASCA is delighted to welcome John as a recipient of the Blue Knot Award 2014. We were disappointed we were unable to present the Award in Parliament House Canberra at our opening event, but admire John's priorities in meeting his clients' needs instead.

John's Award reads: 'For his steadfast, forthright and courageous pursuit of justice for Australian adult survivors of child abuse.'

Thank you John for accepting ASCA's 2014 Blue Knot Award.

## Interrelate in Dubbo

### Helping to break the cycle

A Blue Knot Day morning tea was held in Dubbo hosted by Interrelate area manager for the Central West, Michelle McKenna and Interrelate's Royal Commission Community-based Support Service Clinical Specialist, Di Frost.

Balloons were released in support of survivors of childhood trauma, and a plaque in Wiradjuri language was unveiled as a mark of respect to Aboriginal heritage.

Frost said much secrecy and stigma continued to surround child abuse and Blue Knot Day aimed to tackle that, giving childhood trauma survivors an opportunity to talk about their experiences.

"Childhood trauma including physical, emotional and sexual abuse been linked to mental health issues in later life and a high proportion of heroin users, for instance, have a history of childhood trauma," she said.

"In the past we've treated the symptoms and not the core issue of childhood trauma, it's important to address that to help break the cycle of drug use, rehabilitation then going back to using because we're not addressing the core issues."

Ms Frost said that Interrelate had been funded by the Department of Social Services to provide free support to those affected by or engaging with the Royal Commission into Institutional Responses to Child Sexual Abuse, helping people engage with and attend hearings.

She said the Royal Commission had prompted a huge range of emotions among childhood abuse survivors.

"As a survivor myself, I told my story and I found it very empowering and a really important step for closure for me," Ms Frost said.

"I've heard the same for other people. There are a lot of people going to the Royal Commission who've actually never told anyone about their abuse, and for them it's a huge thing that they're able to tell and be heard and be believed."

Interrelate provides face-to-face and phone counselling for those who have survived childhood abuse and was among organisations providing information about the services provided on the day.

*From event coverage in the Daily Liberal, 28 October, 2014*

# Blue Knot Day 2014

## Photo competition

### Winning image symbolises growth

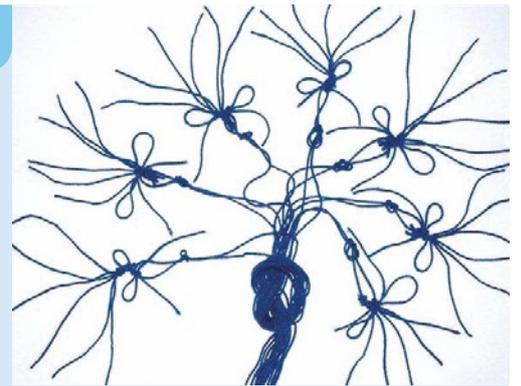
The team at Adults Surviving Child Abuse (ASCA) would like to thank everybody who participated in our Untangle the Knot photo competition this year.

We are thrilled to announce the winner for 2014 is Gwenda Skewes for the photo titled 'Unravelling the knot to freedom'.

Gwenda's winning image is, in the words of the judges: "An innovative interpretation of this year's theme 'Recovery', using the shape of a growing tree but interspersed with the knots of abuse. It symbolises past history with the promise of growth today."

ASCA was fortunate to receive the

following response from Gwenda when asked what inspired her creation; "I was abused by an uncle, who is now deceased. I was abused half my life: from a very young age until I was 22 years old. I have just started to get help for this and through this process I realised my heart was in a knot. I realised I was not a very emotional person and saw that my counsellor was trying to bring out my recovery bit by bit. This involved taking little knots out of the big knot. The bows represent the beginning of freedom, the untangled rope extending from the bow represents freedom."



"Unravelling the knot to freedom" by Gwenda Skewes

Congratulations Gwenda, the proud recipient of this year's prize to the value of \$1,000. With sincere thanks to our sponsors: Artemis Legal and St George Foundation.

A special thank you to Mark Tedeschi, the head of our judging panel again this year.

## ABC Radio interview

### Focus on education and training

How Australia's health and education systems are coping with the issue of childhood abuse was the subject of an hour-long panel discussion on ABC Radio's Sunday Nights' program.

The panel was attended by Dr Pam Stavropoulos, Head of Research and Clinical Practice at Adults Surviving Child Abuse; Rose Parker, occupational therapist and ASCA Ambassador; and Deb Gould, psychologist and clinical supervisor with STARTT, the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors.

Sunday Nights is a four-hour ABC radio program broadcast on networked Local Radio across Australia and Radio Australia as well as digital radio and internet streaming. It provides topical, wide-ranging and interactive coverage of issues of religion, ethics, spirituality, values and social issues.

Listen to the audio [HERE](#).

## Opinion piece

### ASCA reaches Newcastle audience

*The Newcastle Herald* | October 27

With the Royal Commission into Institutional Responses to Child Sexual Abuse well under way, the issue of child sexual abuse now turns its attention towards the Anglican Church in Newcastle.

The recent announcement of a police investigation, Strike Force Arinya-2, will address allegations of child sexual abuse by members of the Newcastle Diocese of the Anglican Church during the 1970s. This will build upon the findings of the Special Commission of Inquiry into child sexual abuse in the Maitland-Newcastle Diocese of the Catholic Church earlier this year.

The issue of child sexual abuse is at the forefront of Newcastle's agenda as the institutions that were, and arguably still are, complicit in the repeated abuse, neglect and cruelty towards children in their care are being brought to justice.

We are finally beginning to see a unified response for the estimated five million adult survivors of childhood trauma nationwide.

The recent announcement by the Abbott government to extend the royal commission

by the recommended two years gives everyone hope for real and sustained change. However, to prevent such events from recurring, it's important we request a solution that is enforceable, achievable and equitable, with strict parameters set for all institutions.

It must include mechanisms for monitoring, implementation, evaluation and accountability to ensure the Australian children of the future are safe and cared for.

There is no denying we are at the beginning of a very long journey to change the stigma surrounding child abuse, but we can only applaud the progress that has already been made. Victims have been given a voice, perpetrators are being brought in front of the courts and many children in ominous situations have been rescued.

This month, beginning with Blue Knot Day, which was held on Monday, October 27, Adults Surviving Child Abuse (ASCA) is working to reduce the stigma surrounding this issue and spread the message of hope and optimism – that survivors can and do recover.

To read the full opinion piece and more media coverage of Blue Knot Day, please [CLICK HERE](#).

# Responding to Trauma

## ASCA data

## New research highlights need for more services



*New data released by ASCA confirms the need for effective support for survivors abused in the home and neighbourhood as well as for those abused in institutions.*

ASCA has released new research from its 1300 professional support line, showing that most childhood abuse occurs within the home (65%) followed by abuse within institutions and in care.

The data shows that after the home, 10% reported being abused in institutions and 6% in care, other locations where people reported being abused included schools (5%), community and sporting organisations (2%) and other locations, which were outside these main locations (12%).

The research also identified 90% of respondents were abused by a member of their family or a family friend (see table). This was followed by abuse from members of institutions and organisations (22%), including teachers, health professionals, religious representatives and out-of-home care personnel. The research also found that 18% of respondents reported multiple perpetrators from multiple relationships.

### Relationship to perpetrator

Immediate family	64%
Extended family	16%
Family friend	10%
Religious	9%
Teacher	6%
Stranger	3%
In Care	6%
Health professional	2%

Commenting on the research findings, President of ASCA, Dr Cathy Kezelman, said: "It has been good to see this once-taboo issue being spoken and thought about as a result of the Royal Commission into Institutional Responses to Child Sexual Abuse. To know

that the Commission has been granted an extension to enable it to effectively pursue its work has been a commendable step by the Abbott government. However, much more needs to be done.

"We must provide the right support to adults, who, as children, experienced trauma and abuse, not just in institutions, but also in the home, family and neighbourhood. As the spotlight remains on the issue, we must continue advocate for greater awareness as well as a national coordinated trauma-informed response," she said.

"Though this data sheds a light on the harsh reality of child abuse and its prevalence in our society, a key theme for this year's Blue Knot Day is recovery. We want to provide survivors with a message of hope – to know that recovery is possible and that it is important to reach out and seek help, which comes in many forms. It's also important to gain support from your family, friends, co-workers or health care services, as they are part of the journey to recovery – survivors must know they are not alone."

Other key statistics from the research:

- Most survivors reported multiple impacts of abuse in their lives (72%)
- The most prominent impact reported by survivors was on their mental health (85%) followed by relationships: immediate family (50%); partners (35%); parenting (28%); friends (23%)
- Childhood trauma and abuse left many battling problems with physical health (35%), suicidality (18%), alcohol misuse (15%), illicit drug use (11%), employment (12%), criminality (6%) and gambling problems (1%)

The research findings were drawn from the anonymous records of 4,000 people who contacted the ASCA Professional Support Line between September 1, 2013 and August 31, 2014. The phone line offers professional counselling support, information, education, and referrals for adult survivors, their family, friends, partners and loved ones and those who work with them professionally. Of the recorded cases, 78% of respondents were direct survivors of child abuse.

The research was released as part of ASCA's Blue Knot Day awareness campaign. ASCA calls on the government to build on the work of the Royal Commission into Institutional Responses to Child Sexual Abuse, further invest in trauma-informed services for adult survivors of childhood trauma, and assist recovery for adult survivors coming forward.

## 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](mailto:counsellors@asca.org.au) for;

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

# Survivors in the News

## Victim says he felt ashamed

*The Northern Star* | October 27

Public awareness of child sexual abuse has transformed in the years since Robbie Gambley saw the man who abused him, as a Bonalbo schoolkid, brought before a court and convicted.

The Royal Commission into Child Abuse began in 2012 and since then the harrowing stories of thousands of victims have been heard in public.

The hope is that healing might now be possible.

"It's brought it into the public eye more," said Mr Gambley, who admitted he felt ashamed when he first came forward in 2006.

"When I first went to the police I was so terrified. I thought people would spit at me in the street, I was so ashamed of myself," he said. "Now people come up and give me a hug, put their hands on my shoulder; that just means the world to me. It's just changed my life completely."

Deeply moved by the experience of facing his own trauma, Mr Gambley has become a beacon for other victims of child abuse who have yet to come forward.

Mr Gambley said despite the publicity surrounding the Royal Commission, thousands of stories remain hidden.

"People are still reluctant to deal with it," he said. "The statistics are that one in three women have been sexually abused or assaulted in their childhood. They did put the percentage for men at about one in five, but men notoriously will not come forward (so) they think it's about equal with women now."

Each year around Blue Knot week Mr Gambley hosts a service in Casino to bring together survivors of child abuse and their families.

This year the service will be held at Saint Mark's Anglican Church on Sunday, November 16 from 9am.

Read more [HERE](#).

## Online sex predator was manager of a Perth McDonald's

*PerthNow* | October 26

A child sex offender serving a suspended prison sentence was working as a manager at a metropolitan McDonald's store because of a loophole in laws meant to protect our kids.

The predator was only suspended yesterday when The Sunday Times exposed the situation. He pleaded guilty to several charges earlier this year, including exposing himself over webcam to an undercover police officer he thought was a 13-year-old girl.

Department for Child Protection and Family Support –director-general Emma White confirmed last night under current guidelines "adults working in fast food outlets are not required to obtain Working With Children cards, as they are not engaging in child-related work".

Opposition Leader Mark McGowan said the law must change. "This loophole must be closed immediately," he said. "It's a simple solution, the government needs to get on with it."

Adults Surviving Child Abuse president Cathy Kezelman agreed.

"The potential exposure of children to a convicted sex offender working at the front line of a business whose main customers are children is not a risk society can accept," she said.

Police Commissioner Karl O'Callaghan raised concerns about sex predators working in the fast food industry in 2012 in a submission to a review of the Working With Children Act.

A McDonald's spokesman said yesterday: "The crew person in question has been suspended immediately pending further investigation. This action was taken as soon as we became aware of the situation."

Read more [HERE](#).

## Society has failed our abused kids

*Fraser Coast Chronicle* | October 28

A CULTURE in Australia of allowing children to be "seen and not heard" has contributed to child sexual abuse, the head of the royal commission said on Monday.

Chair of the Royal Commission into Institutional Responses to Child Sexual Abuse, Justice Peter McClellan, spoke about the commission's work at Parliament House.

During a speech launching the Adults Surviving Child Abuse's annual Blue Knot Day, he said the commission's work showed it was apparent that society's standards had failed.

"Although the primary responsibility for the sexual abuse of an individual lies with the abuser and the institution of which they were a part, we cannot avoid the conclusion that the problems faced by many people

who have been abused are the responsibility of our entire society," he said.

Justice McClellan said that "where once silence was demanded (of children), a child's complaint, however tentative in its communication, must be heard to give an appropriate response".

"Whatever the nature of an institution and however its members are respected by the community, we must all accept that there may be members of trusted institutions who failed in their duty towards children.

"The power of an institution must never again be able to silence a child."

Read more [HERE](#).

## McClellan addresses Blue Knot Day event

# Redress paper to be released in January



Justice Peter McClellan AM speaks at Parliament House, Canberra

**On October 27, Justice Peter McClellan, chair of the Royal Commission into Institutional Responses to Child Sexual Abuse, spoke at the launch of ASCA's Blue Knot Day 2014 at Parliament House. Here is an excerpt from his speech.**

Blue Knot Day is a reminder that there are many Australians who are survivors of childhood trauma and abuse. The strength, courage and resilience of those who have come forward to the Royal Commission to tell us their story shows us that recovery is possible. That possibility is enhanced by the work of Dr Cathy Kezelman and ASCA and the other people and organisations who assist survivors.

The Royal Commission held its first public sitting in Melbourne in April last year. On that occasion I remarked on the number of public inquiries which have considered the abuse, including sexual abuse, of children. I said that over time the community has come to acknowledge that fundamental wrongs have been committed in the past which have caused great trauma and lasting damage to many people. Although a painful process, if a community is to move forward, it must come to understand where wrongs have occurred.

The Royal Commission has now heard from about 2,500 people in private sessions. Many others have provided us with a written account of their abuse. We have also conducted 19 public hearings.

The people who we talk to in private sessions cover a broad spectrum of Australian society. Each of their individual experiences has left a mark on their lives. For some that mark is evident in a profound sadness because of their betrayal by a trusted adult. Others carry greater scars. For others the life consequences have been catastrophic. Each person's story is unique with impacts of greater or lesser significance in their life journey and with differing impacts upon their psychological and physical well-being.

Commissioners have also heard the stories of people who, despite traumatic childhood experiences and the indifferent or negligent response of institutions that had the responsibility to protect and care for them, have never lost their capacity to love and care for others.

We have seen humour and ingenuity among survivors. But we have also witnessed profound sorrow, grief and pain that for many may never go away.

As you all know, the Royal Commission has been tasked with considering many issues, including "ensuring justice for victims through the provision of redress by institutions." Our research and consultation in relation to redress is now well advanced and we anticipate publishing a paper in January which will invite public responses to this complex issue.

Our discussions with a broad range of institutions, survivor groups and Government confirm that everyone accepts that there should be an effective response available to all survivors. That response should include three fundamental elements. First, for those who wish it, there should be an opportunity to engage with the institution where they were abused, receive a meaningful apology and be otherwise supported in a spiritually and culturally appropriate manner.

The second need is for any survivor to have access to counselling or psychiatric care as they may need it during their lifetime. Currently both the limited availability of trained professionals with appropriate experience and the problems faced by many individuals in paying for their treatment mean that there is an obvious gap. The answer can only be found in a secure source of funds. By some means, funding must be found which ensures that professionals are available to keep people alive and otherwise provide them with the capacity to function effectively.

The third need of survivors is a lump sum payment which marks the abuse and recognises the failure of the institution to keep the person safe as a child.

One of the difficulties faced in providing effective redress is that some of the institutions in which children were abused have ceased to exist. Others have no money. Leaving survivors of some institutions without effective redress, but making it available to others, falls short of the goal identified in our Letters Patent of ensuring justice for victims. The inevitable consequence is that the community must look both to government and the institutions with the necessary resources to come together to provide a response which provides appropriate redress for all who have suffered sexual abuse as children in an institutional context.

To read a full copy of the speech, [CLICK HERE](#).

## Schedule of activity

### November

**Tues 4 – Fri 21** Private sessions in capital cities

**Wed 19 – Fri 28** Public hearing: Case Study 20, Hobart

### December

**Mon 1 – Fri 12** Public hearing: Case Study 21, Sydney

**Mon 1 – Wed 17** Private sessions in capital cities

**To register your interest with the Royal Commission you can:**

**Call:** 1800 099 340

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

**Write:** GPO Box 5283, Sydney NSW 2001

**Website:** [www.childabuseroyalcommission.gov.au](http://www.childabuseroyalcommission.gov.au)

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](http://www.asca.org.au/guidelines) To find out more about our workshops, check the schedule and to register go to [www.asca.org.au/workshops](http://www.asca.org.au/workshops) or call 02 8920 3611. For all enquiries email [events@asca.org.au](mailto:events@asca.org.au)

## New Training Packages coming in 2015

ASCA values the crucial role that workers and health professionals play in helping adults who have experienced childhood trauma including abuse. To that end ASCA has been delivering evidence-based trauma informed training for workers and professional development training for health professionals working clinically with adult survivors for a number of years now.

ASCA recognises that the better equipped and supported workers and health professionals are the better the outcomes for people needing their help. Therefore we have kept a keen eye and ear open to ways in which we can improve our training to better support those at the coal face. While the collated participant feedback from our training workshops has been overwhelmingly positive there has also been consistent feedback about ways in which the training arena could be improved.

ASCA is pleased to announce a revamp of our training packages based on collated and aggregate participant feedback. Participants have told us that they would like more space in the training workshops for interactivity and reflection,

more opportunity to develop skills to work therapeutically with survivors, more opportunity to apply learnings to practice, and a chance to build on skills with staged training packages.

Our 'new look' packages will continue to share the evidence, values and merits for a trauma informed approach which is underpinned by adult learning principles. This will allow for more interactivity, opportunities to apply learning to practice, sharing insights from peers and building on knowledge and skills.

We anticipate scheduling the 'new look' packages in public workshops, initially, in major Australian cities from February 2015. These packages can also be delivered, upon request, as in-house training for services. We are excited and proud to continue offering relevant, useful and meaningful support to those working with adult survivors of complex trauma. To learn more, call 02 8920 3711 or email Fiona Thomas [fthomas@asca.org.au](mailto:fthomas@asca.org.au) or Nicky Bisogni [nbisogni@asca.org.au](mailto:nbisogni@asca.org.au)

**2015 public workshop dates will be announced soon!**

## ASCA In-house Workshops

ASCA professional development and training workshops are available in-house on request for organisations seeking trauma-informed and/or professional development for working clinically with adult survivors of complex trauma. Workshops for survivors and workshops for family, friends, partners and loved ones can also be delivered in-house.

The following workshops are available:

### Education

- ASCA's workshop for Adult Survivors of childhood trauma & abuse
- ASCA's workshop for Partners & Supporters (Carers) of adult survivors of childhood trauma & abuse

### Training

- Trauma Informed Training for Workers: *one day training for anyone working in organisations*
- Trauma Informed Training for Managers: *half day training for managers*
- Trauma Informed Training for Admin Staff & Volunteers: *half day training for admin staff & volunteer*
- Professional Development for Health

Practitioners: *one day training for health professionals working with complex trauma*

- Working therapeutically with adult survivors of complex trauma (Professional Development for Health Professionals): *two day training for health professionals*
- Identifying and responding to adult survivors of childhood trauma (including abuse) (Professional Development for Primary Care Practitioners): *2 hour RACGP QI CPD Category 2 activity (four points) for primary care practitioners*

ASCA in-house 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 workshops are interactive, based on adult learning principles and are facilitated by skilled and experienced trainers in complex trauma and trauma informed practice.

To discuss your requirements or to obtain a quote, please contact ASCA Training Coordinator, Fiona Thomas on [fthomas@asca.org.au](mailto:fthomas@asca.org.au) or 0426 054 004.

For more information, go to [www.asca.org.au/workshops](http://www.asca.org.au/workshops)



## ASCA Workshop Feedback

*"Participants were brilliantly presented and supported in their learning journey around understanding the importance of being trauma informed in all aspects of our work. Recommend it to all workers in a range of fields."*

– Karena Clarke, Uniting Communities Lifeline Coordinator, Adelaide SA – 17 October 2014

*"The service provided was of high standard and met the expectations of the organisation. I would use this service again for any training needs."*

– Vickie Rollo, Assistant Manager, NSW Domestic Violence Line – 17 September 2014

*"Awesome! Very engaging and well founded in knowledge and past experience. Great balance between theory, statistics and personal/ individual/community experience. I feel every social work student should learn this and follow up with refresher courses. Anyone involved in a service provided to people with difficulties needs to understand how complex trauma manifests in everyday life – looking at the root of the problem/bottom of the iceberg, not just the top."*

– Isabelle, attendee at an in-house Trauma Informed Training for service providers supporting ATSI peoples, Broken Hill NSW, 24 October 2014

*"Loads of light bulb moments. Understanding the importance of separating the person from the behaviour and the 'hand model' to explain this in brain function. Understand how my own history has impacted my journey in life and how it has impacted on my responses."*

– Rigjtje Martin, attendee at an in-house Trauma Informed Training for Workers, Sydney NSW, 27 October 2014

*"Thank you I found the training valuable and enjoyable. The more trauma informed all government and non-government workers are the better for individuals and families."*

– Tina Van Kolck, attendee at an in-house Trauma Informed Training for Workers, Kariiong NSW, 25 September 2014