

Breaking free

asca

Adults Surviving Child Abuse

The Newsletter of Adults Surviving Child Abuse | ISSN 1836-6899 | January–February 2016

Research on Trauma

The ACE study

– HOW IT CAN HELP US



You may have heard about Adverse Childhood Experiences (ACE). The term refers to an ongoing study in the US ('The ACE Study'), which shows how common early life trauma is (Felitti, Anda et al, 1998; 2010).

The Adverse Childhood Experience (ACE) Study shows that adverse experiences in childhood can have a range of negative effects on the health and wellbeing of adults – both physical and psychological – if the trauma is unresolved. It also shows how the coping strategies people adopt in childhood to deal with overwhelming experiences can become risk factors later in life if the underlying trauma is not resolved ('the problem is the solution').

It is important, however, to know that early life trauma *can* be resolved and that there are now many more possibilities for healing than there used to be.

As well as providing valuable information for survivors, recognition and understanding of ACE is important for health professionals and people who work with survivors. This is not only to enhance individual treatment for the many adults who experience unresolved childhood trauma, it will also enable service-provision for survivors to be trauma-informed, both at a systems as well as an individual level.

Trauma-informed Practice should be implemented by practitioners and personnel of diverse disciplines who work in and across all services and sectors that provide support to people who may have experienced trauma. General practitioners, paediatricians, nurses, therapists, lawyers, judges, magistrates, police, schools... the list goes on. *Everyone should practise in a trauma-informed way so that traumatised people are not re-traumatised.*

To relate to clients (and indeed to everyone) in a trauma-informed way is to consider the important question "*What happened to you?*" rather than the different and stigmatising question "*What's wrong with you?*"

It is to *empower* the survivor rather than to judge them. Healing and resilience can be more difficult to achieve when there is no understanding of what has happened to a person and their coping mechanisms that serve as survival strategies.

The data and pioneering findings of the ACE Study are widely respected and its relevance to ASCA members and stakeholders is clear.

It is important to be aware that even severe childhood trauma can be resolved ('earned security'). It is also important to know that hope and optimism about the possibility of recovery is not just 'wishful thinking'. Rather it is substantiated by current clinical and neuroscientific research. Neuroplasticity (i.e. the capacity of the brain to change both in structure and function) means that supportive relationships can help the process of recovery.

'That even those whose sense of self has been most brutally shattered can learn to reunite the broken parts of themselves and thereby heal, is a lesson that gives hope and wisdom to us all' (Steinberg, 2001).

Many survivors have found learning more about the ACE Study helpful. A number of resources can be found on the web including at www.acestudy.org

ASCA would like to acknowledge Meredith Lang's assistance with developing this article.

From the Editor

Welcome to the January/February 2016 edition of Breaking Free.

Our cover story this month unveils ground-breaking research from the 'ACE Study' on the pervasive impacts of early-life trauma on health and wellbeing. Many problems with which survivors grapple have at the cause underlying and unresolved trauma. The message from the ACE Study is hopeful – recovery from trauma is possible with the right kind of support, that is, a trauma-informed approach. This starts with the idea that the whole person is understood within the context of what happened to them, rather than as a problem located 'in' them. Thus coping strategies are understood as survival strategies. Its holistic and compassionate understanding of childhood trauma empowers survivors rather than judging them.

On page 3 we introduce a new section detailing fundraising news and we hear from Daniel who participated in 'Tough Mudder' to raise money for ASCA. There are also details of how to get involved in raising funds for us whilst having fun in the process.

On page 4 we take a look at trauma-informed yoga, a session about which was presented at the ISSTD conference on November 28 in Sydney. Yoga classes are proliferating throughout Australia; they are profusely advertised as a miracle cure for physical and psychological ailments. It is important to be discerning and to choose a yoga method that is safe and appropriate, so we take a look at the risks and benefits of yoga and guidelines for trauma-informed yoga.

See Page 7 for an update on the Federal Government's response to the recommendations by the Royal Commission around a national redress scheme. ASCA's voice is strong and is calling for further clarity and commitment from the Turnbull Government; it reminds us all not only of the significant personal costs but of the continued costs to society for failing to invest.

I am delighted to take on the role of Editor of Breaking Free and I look forward to bringing you stories that are of interest and relevant for you.

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, Sarah

Sarah Creely | Editor



The Big Picture



This has been a big couple of months both for ASCA and for child abuse and trauma survivors generally. The release of the Federal government's statement around its response to the Royal Commission's recommendations have left us all questioning and wondering. It is indeed disappointing that instead of a concrete commitment, the government has left us with greater uncertainty. We can only hope that ongoing discussions will facilitate a more robust response.

The release also of the chilling film *Spotlight*, highlighting the systemic nature of Catholic clergy abuse and its perennial cover-up with the silencing of an entire community, brings many parallels with what we have seen revealed through the Commission across Australian institutions. ASCA welcomes the opportunity to screen

its 1 in 4 video prior to screenings of *Spotlight* to highlight the more pervasive nature of societal traumas and abuses. While ASCA continues its very active advocacy we also offer many services and supports. The ACE Study featured in this edition shows us precisely why we need to continue to provide and seek the informed supports survivors need to claim their recovery journey. While the challenges are substantial, possibilities for hope and recovery are real. For this reason we seek the support of all governments in showing leadership and a coordinated informed response to the needs of adult survivors of childhood trauma and abuse across Australia. We know the costs, personally and societally. To not act comprehensively and compassionately is simply not acceptable.

Dr Cathy Kezelman | President

ASCA Administration

PO Box 597 Milsons Point NSW 1565

Email: admin@asca.org.au

Web: www.asca.org.au

Ph: (02) 8920 3611

National Office Hours

9am – 5pm ADST, Monday to Friday

Professional Support Line: 1300 657 380

9am – 5pm ADST, Monday to Sunday

Donations can be made online at

www.asca.org.au Donations to ASCA of \$2 and over are tax deductible.

Newsletter

Editor: Sarah Creely

Email: newsletter@asca.org.au

Post: PO Box 597 Milsons Point NSW 1565

ASCA President/Media Spokesperson

Dr Cathy Kezelman

Email: ckeelman@asca.org.au

Ph: 0425 812 197

Patrons

Professor Freda Briggs AO and

Thomas Keneally AO

Ambassadors

Anthony and Chrissie Foster

Detective Chief Inspector Peter Fox

Rose Parker

Jane Caro

Have your contact details changed?

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

Follow Us

 www.twitter.com/ascaorg

 www.facebook.com/AdultsSurvivingChildAbuseASCA

 www.youtube.com/ascaorg

 www.linkedin.com/company/asca-adults-surviving-child-abuse-

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

Fundraising News	page 3
Responding to Trauma	page 4
ASCA Activities	page 5
Survivor News	page 6
Royal Commission News	page 7
Education and Training	page 8

Fundraising News

Daniel's story



A muddy good cause

Every year a number of generous people donate their time and energy to raise money for ASCA so that we can continue improving the lives of Australian adults who have experienced childhood trauma and abuse.

Daniel recently participated in 'Tough Mudder', a grueling obstacle race, designed by British Special Forces. Daniel used the physically and mentally challenging event to raise much-needed funds for ASCA. Not only did he raise money for a great cause but the personal challenge evoked a strong sense of achievement.

In reflecting on his efforts Daniel said,

"Last November, I participated in the Tough Mudder Challenge – a 20km fun run with 25 obstacles to complete. It sounds gruelling but it was actually really fun. The event is geared towards teamwork but you can go at your own pace. To make it more interesting, I decided to collect money for a worthy charity. I chose ASCA because they do incredible work. By doing fundraising, it motivated me to train more as I needed to regularly update my online fundraising page with progress of my training in the lead up to the event.

The event was a huge success, both the run itself and being able to raise a grand total of \$913 for ASCA! I personally felt a lot of satisfaction in completing the event, with the icing on the cake being the support I was able to easily garner to raise money for ASCA. I see it as a 'win-win' situation for everyone involved. I thoroughly recommend fundraising this way – challenging yourself to go outside your comfort zone while raising money for a good cause. You won't regret it."

ASCA would like to send a big thank you to Daniel and all our supporters. We couldn't do our work without you!

Fundraising for ASCA

Have you ever considered fundraising for ASCA? It's the start of the year and there are lots of opportunities to fundraise. Have you made a New Year's resolution to get fit or stay fit? Well why not link it to a fundraising event and have loads of fun in the process?

Not only will the money you raise help adult survivors to recover, but you will gain personally too – learning new skills, making new friends, building self-confidence and feeling good about giving back. ASCA has compiled a number of events in which you could participate. There are many options depending on your interests. Perhaps you enjoy cycling, swimming, running, or doing

a Tough Mudder challenge like Daniel above.

Here are a few options for runners on one of our fundraising platforms Everyday Hero:

- Sydney Morning Herald Half Marathon – 21.1 km run: Sydney 15 May 2016
[CLICK HERE](#)
- Brisbane Times City2South – 5km or 14km run: Brisbane 5 June 2016
[CLICK HERE](#)
- The Sun Herald City2Surf – 14km run: Sydney 14 August 2016
[CLICK HERE](#)
- Watoday Swan River Run – 5km or 14km run: Perth 24 July 2016
[CLICK HERE](#)

It's easy to sign up:

- 1) Click on the link
- 2) Create an online fundraising page
- 3) Choose ASCA as your charity of choice!
- 4) Start fundraising – ask your family, friends and work colleagues to support you.

And remember – it's just a few simple steps.

Together we can make a difference to the lives of Australian adults affected by childhood trauma and abuse!

For more information on fundraising and future events you can enter, including for cyclists, swimmers and Tough Mudders like Daniel please click on our fundraising page [HERE](#).

Trauma Informed Practice



The risks and benefits of yoga

The editor of Breaking Free attended the first regional Australia and New Zealand Regional Conference of the ISSTD (International Society for Study of Trauma and Dissociation) in November in Sydney. At the conference, supported by ASCA, local and international experts came together to share current theories and the latest research in the trauma and dissociation field.

A presentation on Trauma-Informed Yoga was held by Lisa Danylchuk, a yoga teacher and psychotherapist based at Harvard University. This article reviews aspects of that presentation and considers the risks and benefits of yoga for adult survivors of childhood trauma as well as guidelines for seeking trauma-informed yoga.

Yoga is becoming an increasingly popular adjunct for the therapeutic treatment of complex trauma. Yoga originated in India many thousands of years ago and is a system of body movements involving lying, sitting or standing that results in feelings of relaxation for many people. In Australia, there are many different types of yoga practices from which to choose. Adult survivors of childhood abuse need to be aware of the benefits and risks of yoga before deciding to participate.

First the benefits... yoga builds resilience by balancing the nervous system. Survivors often feel over-stimulated and/or under stimulated. Certain postures can stimulate or soothe the nervous system so that the person learns to sit within the 'window of tolerance', that is, to feel comfortable and at ease within their own skin.

Other benefits include developing life skills to cope with stress and engaging the 'thinking' brain which helps us to plan, problem solve, and make decisions in everyday life.

Yoga, however, can also be unsuitable for some as it may increase feelings of anxiety. As with other treatment approaches there are risks of 'triggering' for survivors e.g. if a person is asked to close their eyes or is pushed into certain poses that are reminiscent of the original trauma.

So in any yoga practice, a good teacher will consider the needs of the person and identify safe and unsafe postures for each person.

If you do decide to try yoga, consider these basic guidelines designed for survivors of childhood abuse:

- Trauma-informed yoga focuses on ensuring a safe and comfortable experience for students. Look around the room and

become familiar with the colours, sights and sounds. Ask your teacher to show you where the exits are in case of an emergency.

- Remember it is always ok to keep your eyes open if you wish.
- A teacher will invite you into a pose rather than pushing you into a pose and may use words like... 'you can, you could, if you'd like to go further, either stay here or do this'.
- Helpful postures to begin with may include grounding in a chair, tree pose (balancing on one foot to resemble the stance of a tree) and mountain pose (standing tall and strong connected to the earth).
- A teacher will be aware of vulnerable body parts, positions and words and will refrain from using these in class to avoid 'triggering' students.
- A teacher will ask permission before they touch you and will have a good reason for doing so.
- Trauma-informed yoga is not a competition nor is it about performing feats of flexibility. It begins with exploring safe parts of the body then building skills in stages and over time.

ASCA Activities

Workshops

Don't miss out! Upcoming Survivor workshop in Adelaide

ASCA will be holding a survivor workshop in Adelaide on April 9. This one day workshop is designed for adults who have experienced any form of childhood trauma and abuse. It is designed to be an educative and informative session that increases awareness and understanding of trauma and will provide a safe space for people to learn more about what the experience means and its potential impacts now and then. It will raise awareness of the survivor's strengths, the role of coping strategies, how the brain responds to stress, and the important research which shows that recovery from abuse is possible. It is also a good opportunity to meet with other people who understand the lived experience of childhood abuse.

"For many of our attendees, these survivor workshops are the first step in recovery. They come together with other survivors and break down the walls of isolation as they realise they are not alone" says ASCA president, Dr. Cathy Kezelman AM.

For more information, or to book a place, please contact Charlett Beham on training@asca.org.au or phone **02 8920 3611**.

1300 Professional Support Line



Testimonials for 1300 Line

ASCA's 1300 line operates from 9am – 5pm Monday to Sunday EST nationally and is staffed with trained and experienced trauma-informed counsellors. If you are in need of help and are a survivor of childhood trauma (includes abuse), a loved one supporting a survivor, or a health professional please call us on **1300 657 380**.

Here are a few comments from callers to ASCA's 1300 service,

"I rang and spoke to ASCA late last year about becoming a member and spoke to the nicest gentleman concerning the issues I was enduring, after the phone call I felt really great and wasn't down on myself at all. He was very sincere and treated me with the utmost respect and dignity"

– Anonymous

"I spoke with one of your counsellors yesterday... His depth of understanding was powerful and I felt so Seen and Understood... I feel like your counselling line has given me a way forward and a sense of hope. I don't think I've felt that understood in a very, very long time. One hour and the right person on the other end of the phone and I cannot believe the difference it's made" – Magic

"I went to a counsellor... oh she's wonderful... the more I learn the more skills I develop, the clearer my mind gets... I'm connecting more and more with life, the little things as well, it's worth it and its ongoing, it won't stop" – Anonymous

'1 in 4' Campaign

ASCA ad raising awareness of childhood abuse

The Sydney agency, Matterhorn, has arranged for the ASCA ad 1 in 4 to be screened around Australia through February before Oscar nominated movie 'Spotlight' to highlight issues experienced by adults surviving child abuse.

Childhood trauma affects about 5 million Australian adults and many struggle day to day with self esteem, relationships as well as physical and mental health.

The film highlights the fact that a staggering 1 in 4 adults in Australia have experienced childhood trauma and abuse.

Val Morgan, PlayFilms, Facebook and Edge DP have provided their backing for the ad placement.

Matterhorn co-founder Matt Kemsley says,

"It's such an important issue. ASCA does great work and deserves all the support we can give. Cinema is an incredibly powerful way to reach an engaged audience and given Spotlight's confronting and moving story, it is the perfect place to reach out and seek peoples understanding and help."

President of ASCA Dr. Cathy Kezelman AM says, "Showing the ASCA ad before the pivotal movie, Spotlight provides an excellent opportunity to raise awareness about the broader societal issues of childhood trauma, including in the home, family and neighbourhood."

The ad drives people to the website 1in4.com.au – an interactive page that uses Facebook to highlight the difficult truth that we all have friends who are survivors of childhood trauma and abuse.

ASCA would like to sincerely thank the generous founders of Matterhorn, Matt and Garry, and the others involved in this project for helping us raise awareness of the needs of adult survivors everywhere.

Jamboree Scout leader charged with indecent assault *SMH | January 9*

A Jamboree Scout leader has been granted conditional bail after he was charged with aggravated indecent assault at Cataract National Park, south-west of Sydney.

Mark Gaynor appeared at Parramatta Local Court via audio visual link on Saturday.

A Scouts Australia spokeswoman confirmed Mr Gaynor was a registered leader and his membership and registration in scouts was immediately terminated after the arrest.

The Western Australian man on January 4 allegedly aggressively groped the victim's buttocks with both hands, court documents stated.

The alleged victim's identity has been suppressed.

Cataract National Park, in the Macarthur region, is the location for the Australian Jamboree 2016, held at Cataract Scout Park.

The 10-day camp brings together more than 10,000 Scouts from across Australia and the world for on and off site activities.

Mr Gaynor was granted bail on the condition he returned to his home in Ascot, Western Australia.

Magistrate McPherson said Mr Gaynor could not have any contact with the alleged victim.

"[And Mr Gaynor] is not to be in the presence of a person under 18 unless accompanied by another adult," he said.

The case will reappear at Campbelltown Local Court on January 13.

Read more [HERE](#).

'Spotlight' to get anti-abuse message at Australian Screenings

The Citizen | 3 February

Australia's leading helpline for adult survivors of child abuse will pre-empt screenings of *Spotlight* with a short video aimed at moviegoers affected by the Oscar-nominated film's recounting of sexual abuse by Catholic priests.

Cinemas across the country will air a one-minute video highlighting the prevalence of child abuse in Australia.

The video was developed as part of the 2014 '1 in 4' Campaign by Adults Surviving Child Abuse (ASCA). It shows four men around a barbecue and notes that one may have experienced abuse or trauma as a child.

Cathy Kezelman, ASCA president, says it is important for people watching the film to be aware of local support services that are available.

"I certainly feel that survivors in the audience — and I include myself in that — could be really affected by the film. I do think it would be preferable to pre-empt those feelings and certainly offer some pathways if you're feeling upset."

The ad doesn't offer any contact details beyond a website address as it was developed for an earlier campaign.

Dr Kezelman however, says she hopes it alerts people to the organisation and to the idea that child abuse extends beyond the Catholic Church.

"We've just got an opportunity here and we're going to use what we can," she says. "Hopefully it does raise further awareness. Hopefully people will search the website and find out how to get help."

Spotlight, which opened last week in Australia, details the *Boston Globe's* 2002 investigation into the Catholic Church's cover-up of systemic sexual abuse by its priests.

Though *Spotlight* deals with a particular kind of institutional abuse, Ms Kezelman says she still sees an opportunity to raise awareness for broader issues of childhood trauma and abuse.

Childhood abuse is a much bigger problem, she says.

"When you're looking at the *Spotlight*, how chilling it is in a relatively isolated scenario — it's way more pervasive [than that]."

Read more [HERE](#).

Parents and carers who emotionally abuse children face jail under new laws

Emotionally abusing children or failing to educate them will be treated as seriously as physical violence, with jail sentences for parents and carers who are found guilty.

Sick of seeing vulnerable children suffering serious psychological injuries that are often more damaging but less obvious than physical trauma, the Child Abuse squad has proposed new laws to widen the ways they can charge those responsible for mistreatment and lack of care.

The changes would give police the power to prosecute for psychological and emotional abuse, lack of education and a lack of adequate supervision causing harm.

Family and Community Services are helping to prepare a submission for state parliament and the move has already been welcomed by Deputy Premier and Police Minister Troy Grant, who said he would support "any opportunity to reduce neglect".

NSW Child Abuse Squad acting superintendent Andrew Waterman said his detectives and other officers were often powerless to charge

parents and carers who neglect their children's emotional and developmental needs under existing laws.

He said new laws would acknowledge that children needed more than just basic food and water to become functioning adults.

"What we are looking at is psychological injuries, emotional injuries", Supt Waterman said.

"It's more than just malnutrition, it's all the other social and welfare needs of a child growing up. Making sure they're getting access to education and making sure they're socially balanced.

Supt Waterman said new laws could be based on similar laws in other states including Western Australia, where proven psychological and emotional abuse or failing to provide adequate care carries a penalty of up to 10 years in jail.

Deputy Premier Grant said he would be "all ears" to any new laws proposed by the Child Abuse Squad.

"They're on the front line and they're contemporary with the problem and I know

The Sunday Telegraph | January 24

that the Attorney-General and I would welcome any opportunity to reduce neglect and put the appropriate deterrent and punishment in place."

Victims of Crime Assistance Chairman Howard Brown welcomed the proposed laws, saying they could help prosecute parents of children living in drug labs across the state.

"One of the areas where we're seeing a lot of neglect going on is the ice (methamphetamine) factories," he said.

"But we're almost impotent to do anything about it. It needs to be done."

Sydney University Psychology Clinic Director Judy Hyde said emotional and psychological abuse had severe long-term effects on children into adulthood.

"(New laws) are important in saying this way of treating human beings is not acceptable in our society by having consequences for the behaviour."

Read more [HERE](#).

Redress Scheme

Mixed response to government announcement from survivor groups

The Federal government has announced that it will lead the development of a national approach to redress for survivors of child abuse. Negotiations will start with states and territories to establish a "nationally consistent approach to" redress.

The Federal government has taken the view that "government and non-government organisations should take essential responsibility for the wrongs committed under their care" placing the cost of redress squarely on those institutions involved.

The Royal Commission released a report in September recommending a national redress scheme for 60,000 abuse survivors, estimated to cost \$4.3 billion over 10 years and to be underwritten by the Federal government. It recommended that the redress scheme be implemented no later than 1 July 2017.

There was neither a commitment to a time frame nor any mention of shortfall funding from the Federal government should an institution be unable to pay for compensation.

The announcement has left people and survivor organisations like ASCA wondering about the level of commitment and the viability of a scheme without full commitment from the Federal government.

The following opinion piece, by ASCA President, Dr. Cathy Kezelman AM, published in the Women's Agenda on Feb 8th examines the issues further.

Clarity and commitment urgently needed from Turnbull government around a national redress scheme

In a joint statement issued on Friday by the Federal Attorney General and Minister for Social Services, we saw a welcome commitment by both parties to 'lead the development of a national approach to redress for victims of institutional child sexual abuse'. The statement said the Australian government wants 'redress to assist with the healing process,' and outlined 'the importance of developing a national approach to redress as quickly as possible.'

However, in the days following, the statement has only brought confusion and uncertainty with some media reports questioning the government's commitment to implementing a national redress scheme for victims. Unsurprisingly there is now a fear of inaction not only from survivors of Institutional child sexual abuse but also their families and the wider community.

The Royal Commission into Institutional Responses to Child Sexual Abuse's Redress and Civil Litigation report recommended that 'the Australian Government should determine and announce by the end of 2015 that it is willing to establish a single national redress scheme.'

Five months later we are still waiting for the details. The Royal Commission believes 'that this approach is necessary to deliver an effective redress scheme that provides justice for survivors.' However it's time the government confirms that it is fully committed to help secure justice for the survivors of these heinous crimes. ASCA agrees that 'a nationally consistent approach will ensure that survivors from offending institutions all receive proper redress, irrespective of the location of the institution at the time of the offending or the present status of the offending institution.'

This cannot be achieved without the Australian government's genuine and comprehensive funded engagement. Accountability for these crimes is a shared one, between the perpetrators and the institutions within which they occurred, but so too involving the government of the

country whose social fabric enabled tens of thousands of children to be brutally violated.

The time is now for governments to commit to core principles and processes for the assessment and payment of redress. The Turnbull government must not only commit but it must also act. In this election year we need strong and honest leadership that builds confidence and trust through clear and open communication.

Survivors need a redress scheme that is fair and equitable and affords equal access and equal treatment to all. This cannot be achieved through separate disparate schemes, in which some survivors would be entitled to redress from several institutions and jurisdictions, others from one, and still others from none due to their closure or lack of assets. Clearly inequitable, a single national redress scheme established and administered, by the Australian government, with collaboration with states, territories and institutions is the only way to avoid further transgressions and re-traumatisation.

I'll say it again. We seek clarity that the 'nationally consistent approach to redress through an agreed set of national principles' means a single national scheme, which the Royal Commission has stated 'would achieve better outcomes than those that could be achieved with separate state and territory schemes.'

We need commitment that the Australian government will not only financially support the scheme's formation and administration but also, along with the States and Territories be 'funder of last resort' to meet any shortfall. While a significant investment, ASCA's Economic Paper on *The cost of unresolved childhood trauma and abuse in adults in Australia* spells out the economic cost of not investing.

Read more [HERE](#).

Private Sessions

Update

The Royal Commission into Institutional Responses to Child Sexual Abuse has, at the time of going to press, held 4,700 private sessions. People registering currently for a private session can expect up to a 12 month delay for that session due to demand. There are currently 1,500 people registered and waiting for a private session with approximately 40 people applying for one every week.

Schedule of Activity

February	
Wed 17 – Fri 19	Private Sessions – Newcastle, New South Wales
Mon 22 – Fri 26	Public Hearing: Case Study 28 into Catholic Church authorities, Ballarat
Tues 23 – Fri 26	Private Sessions – Brisbane, Queensland

To register your interest with the Royal Commission you can visit the website: www.childabuseroyalcommission.gov.au

Education and Training

ASCA Training Calendar 2016 (January – June)

This calendar has been scheduled as of 1/12/15. Please use this calendar in conjunction with the ASCA website www.asca.org.au/training for updates, additional content information, trainer profiles and registration.

The calendar is displayed by alphabetical order of locations around Australia, then by order of training dates in each location.

Lunch, morning tea and afternoon tea are provided at every workshop.

Early bird prices (10% discount) start from*:

One day Student \$176 Standard \$221
Two day Student \$405 Standard \$518

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

We can also come to you

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

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

Adelaide

Mercure Grosvenor Adelaide
125 North Terrace, Adelaide

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Apr 8**

Educational Workshop for Adult Survivors of Childhood Trauma and Abuse (free)
Adult survivors of child trauma – **Apr 9**

Brisbane

2 locations: Adina Apartment Hotel
Brisbane and Rendezvous on George

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Jun 9**

Bunbury

Quality Hotel Lord Forrest
20 Symmons Street, Bunbury

Principles in Practice – Supporting Adult Survivors of Complex Trauma
For health professionals – **May 5**

Canberra

Mercure Canberra
Cnr Ainslie & Limestone Aves, Braddon

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Feb 24**

Working Therapeutically with People who have Complex Trauma Histories
For health professionals – **Jun 16 & 17**

Geelong

Mercure Gellong
Cnr Gheringhap & Myers Street, Geelong

Principles in Practice – Supporting Adult Survivors of Complex Trauma
For health professionals – **Jun 14**

Hobart

Rydges Hobart
Cnr Argyle & Lewis Streets, Hobart

Working Therapeutically with People who have Complex Trauma Histories
For health professionals – **Apr 28 & 29**

Melbourne

Adina Apartment Hotel
189 Queen Street, Melbourne

Principles in Practice – Supporting Adult Survivors of Complex Trauma
For health professionals – **Feb 19**

Trauma-Informed Care and Practice
For anyone working in trauma – **Apr 12**

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **May 2**

Newcastle

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

Principles in Practice – Supporting Adult Survivors of Complex Trauma
For health professionals – **Mar 15**

Working Therapeutically with People who have Complex Trauma Histories
For health professionals – **May 26 & 27**

Perth

Adina Apartment Hotel
33 Mounts Bay Road, Perth

Working Therapeutically with People who have Complex Trauma Histories
For health professionals – **Mar 17 & 18**

Educational Workshop for Adult Survivors of Childhood Trauma and Abuse (free)

Adult survivors of child trauma – **Mar 19**

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Jun 1**

Sunshine Coast

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

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Apr 20**

Sydney

2 locations: Adina Apartment Hotel
Sydney and Rydges Parramatta

Principles in Practice – Supporting Adult Survivors of Complex Trauma
For health professionals – **Apr 1**

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **May 30**

Working Therapeutically with People who have Complex Trauma Histories
For health professionals – **Jun 29 & 30**

Townsville

Rydges Southbank
23 Palmer Street, Townsville

Working Therapeutically with People who have Complex Trauma Histories
For health professionals – **Mar 17 & 18**

Wollongong

Adina Apartment Hotel
19 Market Street, Wollongong

Principles in Practice – Supporting Adult Survivors of Complex Trauma
For health professionals – **May 5**

"I would highly recommend ASCA training. The information and research is impressive and relevant; the facilitator knew her stuff, was engaging and provided relevant examples."

– Participant from Trauma-Informed Care and Practice Training, November 2015

"This training has been recommended to me by others and was well worth attending. This training not only provides a theoretical understanding but also practical skills and knowledge that can be used in practice."

– Participant from Principles in Practice Training, May 2015