

BREAKING FREE

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Trauma in Australia

Intergenerational and collective trauma within Aboriginal and Torres Strait Islander communities

In this article, we take a look at intergenerational and collective trauma from the Aboriginal and Torres Strait Islander context. Excerpts have been taken from an interview conducted with Sigrid Herring, an Indigenous trainer with Blue Knot Foundation.

Introduction

Trauma can be the result of a direct experience of an overwhelmingly threatening event; it can also manifest for those witnessing or hearing about it, and it may also be elicited for those closely involved with the survivor. For Aboriginal and Torres Strait Islander (ATSI) children and young people, direct experience of trauma includes abuse, neglect and exposure to violence (AIHW, 2011). Secondary exposure is bearing witness to past traumatic events of family and community members, as a result of colonisation, forced removals and other government policies.

(The Intergenerational Trauma Initiative)

If the trauma remains unresolved for the survivors, it can directly impact the next

generation, this is defined as 'intergenerational trauma'. (Glossary of Healing Terms)

We find out more about how this happened and the continued impacts for Aboriginal and Torres Strait Islander individuals, families and communities.

Since the arrival of the British in 1788, how have government policies impacted the Aboriginal and Torres Strait Islander people?

"The invasion of Aboriginal societies saw the violation of a cohesive stable society that had survived thousands of generations. Invasion saw the destruction of social systems that ensured family, cultural, spiritual, physical, economic, educated, meaningful and purposeful lives. Since 1788, at least 12 generations of Aboriginal children have been socialised in families whose lives have been shaped by government policies that have de-humanised Aboriginal people and communities so successfully, that the common beliefs that abounded about Aboriginal people back in that day, continue to be believed and articulated every day, today."

What government policies are we talking about?

1. "Terra Nullius 'Empty Land' – sent a resounding and clear message to Aboriginal people that they were invisible and did not matter. From 1770 to the Mabo decision in 1992, 11 generations of Aboriginal children have been socialised in 'our' society as refugees in their own country.
2. Extermination Policies – from 1795 to 1936, 7 generations of Aboriginal children were socialised in terror that they could be dispersed, massacred and legally murdered, under martial law.
3. Exclusion policies – from 1788 to 1936, 5 generations of Aboriginal children have been socialised under the exclusion policies of segregation – locked up on missions and reserves and excluded from the developing fabric of Australian social, political and economic life.
4. Assimilation policies – from 1883 to 1970, 4 generations of Aboriginal children

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Have your contact details changed?

If you are a member of Blue Knot Foundation, you can update your details at www.blueknot.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 Blue Knot Foundation on (02) 8920 3611 or admin@blueknot.org.au to update your details.

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Disclaimer

The views expressed in this newsletter have been included to allow our members to consider a variety of therapeutic options and spiritual views. Blue Knot Foundation 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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In this special cultural issue of Breaking Free, we examine critical issues of trauma within the Aboriginal and Torres Strait Islander context. Our cover story this month features the voice of Indigenous Australia, as we interview Sigrid Herring, an Indigenous trainer with Blue Knot Foundation. She shares her knowledge and wisdom of how trauma has impacted Aboriginal and Torres Strait Islander people and illuminates how a trauma-informed approach can heal pain from the past.

On page 3, we hear from and feature a painting from Rowan, who was initially a student and then a volunteer at the Blue Knot Foundation. On page 4/5 we take a look at Sorry Day commemorations and announce Blue Knot Foundation's specialised training packages for anyone working with Aboriginal and Torres Strait Islander peoples.

On page 7, we keep you up-to-date with fundraising news about the latest 'City2Surf' campaign of which you can be involved in. On page 8, upcoming workshops are featured as always.

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

Warm Regards, Sarah

Sarah Creely | Editor



The Big Picture



With the end of the 2015-16 financial year Blue Knot Foundation enters a full new year bearing its new name. Thank you for everyone who has donated to our end of financial year campaign in support of our educational workshops for survivors. While some of our programs are funded, the delivery of our survivor workshops is an area, which remains unfunded. We will continue to lobby government for more support, many thanks in the meantime to all those who enable us to deliver this vital service.

With the election over we now look to the federal government to respond actively and comprehensively to the recommendations around Redress and Civil Litigation from the Royal Commission's September 2015 report. While the Commission continues its work, many survivors are waiting for the right support. The Commission is focused on survivors of child sexual abuse in institutions, however, we know that childhood trauma is far more pervasive. With one in four Australian adults affected and the cost of not providing the right support conservatively estimated at \$9.1 billion/ annum, it is time to see health and human services oriented to supporting those affected by past and present traumas.

We know that with the right support recovery is possible. This Blue Knot Day we are building on overarching theme that 'Recovery is possible' and embracing our leadership and that of the Commission in driving change. Our theme for 2016 is 'Together we lead the way to survivor recovery'. Please put October 24th in your diaries as Blue Knot Day 2016. We will be announcing the ways in which you can get involved, unite with the community and provide support to one another towards recovery.

Dr Cathy Kezelman AM | President

Volunteering at the Blue Knot Foundation

To the Blue Knot Team,

I want to preface this monologue by saying that it is not a goodbye letter. Only a reflection of all thus far.

The time I have spent with you guys has been truly unforgettable, and I have so much to thank you all for. Firstly, the opportunity that was given me in my struggle for education. Without Blue Knot, I would have been unable to step forward in my studies. I would have been stranded and adrift, and to me, it felt as though you took me in and gave me a chance when I was drowning under academic pressures. Secondly, the experience that I have gained, and for all that I have learned. Especially the tiny little things that are forgotten in a minute, like little tricks on Microsoft Excel.

Finally, and of the utmost importance, for the welcome I was shown, for the laughter I have shared, for the smiles I was given, for the many tea-bags that I used, and for the self esteem that was gently nurtured. Thank you each for all the simple gifts, the morning teas, the

cups of chai, the gluten-free chocolate. For all the time that was given to me, the lessons that were imparted, and for all the good mornings that were offered. You are a wonderful collective of wonderful people, all of whom I would be glad to list as friends.

What is so much more is the fantastic world that you all work to create. You are Blue Knot Heroes and I am really proud to have made the smallest contribution to such an organisation. Indeed, the only criticism I can make towards the sparsity of colour to be found on the office walls. Purple is nice, but...

And so please accept this token of gratitude. The Braided Tree, a demonstration that beauty and life can grow from even the most knotted of beginnings. May this evergreen picture ever lighten the days to come, just as by your efforts the world is lightened, one unravelled knot at a time.

Sincerely, and without a hint of exaggeration,

Rowan



Continued from page 1

were stolen from their parents ('Stolen Generations'), raised initially in institutions and socialised as slaves in the homes and on the farms of Australian people."

It seems as if the current issues facing Indigenous Australians are related to layers of trauma resulting from government policies flagged above. Can you tell us more about the relationship between unresolved trauma and current issues which face Aboriginal and Torres Strait Islander people today?

"It is traumatising to even try to measure the complexity and magnitude of trauma experienced by Aboriginal communities through more than two centuries of both violent and hegemonic oppression, including the current and unabating constancy of racism and discrimination. The rift between people and their Country is amplified by the erosion of our connections, and reciprocal responsibilities to spirituality, belief systems, land and family. The exponential increase of people, young and old, boy and girl, trying to live out their lives with the burden of colonised generations, the complex multi-layered impacts of this trauma and the terrors perpetrated on and to the land and

community, rests squarely on their shoulders, generation to generation...

Grief and loss have unique meanings for Aboriginal people in relation to the historical and contemporary context of invasion, dispersal and child removal and the overlaying of these on current experiences of grief and loss. Today, Aboriginal children and young people grow up in chronic states of grief and loss. The loss of one person is an experience of grief to many people. In viable kinship systems, this loss of one person and the grief of many, is mitigated largely by the kinship system alongside ceremony and knowledge-rich traditions and protocol that involve everyone in some way."

It sounds as if the kinship was a protective factor, and that trauma has eroded the quality of connections between people.

"The historical breakdown and fragmentation of these kinship systems, has meant the loss of strong relationships, compounded by profound trauma and the experience of powerlessness that resonates in families and communities today. The human rights inherent in kinship systems in historical contexts, have not been restored by contemporary

mainstream systems. In traumatised collective and connected communities, you might see drug and alcohol use, family violence, child abuse and neglect, over-representation in mental illness, incarceration, crime, and poverty. Adults are in pain and suffering from trauma and can't act protectively or provide the support needed for recovery."

How can trauma-informed care support the healing process for Aboriginal and Torres Strait Islander people?

"Trauma-informed care increases the likelihood that victims will be acknowledged and responded to, and decreases the likelihood that victims will be blamed. In an Aboriginal space, this might also increase the likelihood that all Australians will respond in a just, rights-based way to the past and continued oppression of Aboriginal people. Trauma-informed care is about creating a space where change can take place – this might result in a real opportunity for self-determination for Aboriginal people in Australia, and not just setting up a very traumatised group of people to fail with empty declarations."

Thank you for taking the time to speak with me today and sharing your knowledge and wisdom with the Blue Knot Foundation community.

Sorry Day and the Stolen Generations

National Sorry Day was held this year on Thursday 27 May, and was commemorated in Canberra by a walk across the Commonwealth Bridge.

(National Sorry Day)

The day recognises the harm experienced by Indigenous Australians and their culture and families, because of prior government policies. It is a very significant day for Australia's Aboriginal and Torres Strait Islander peoples, and particularly for survivors of the Stolen Generations.

The Stolen Generations are the generations of Indigenous Australian children who were forcibly removed from their families and placed into institutions and/or foster care with non-Indigenous families. This removal and separation was carried out under Federal, State and Territory laws and policies from the 1800s to the 1970s. ([Glossary of Healing Terms](#))

The first National Sorry Day was held in 1998, following the release of the *Bringing them Home Report*. The report made 54 recommendations and was a result of a Human Rights and Equal Opportunity Commission inquiry into the removal of Aboriginal and Torres Strait Islander children from their families, communities and cultural identity.

According to Healing Foundation CEO, Richard Weston,

“Chronic health conditions, alcohol and drug use, violence and a range of mental health conditions can all be linked back to trauma caused by the Stolen Generations policies which has been passed down from one generation to the next.

We know through our work that educating communities about trauma – including the various ways it impacts on people's behaviour and spirit – is the first step towards healing.

Evidence from Healing Foundation projects shows that addressing trauma through cultural healing, in partnership with local communities, improves social and emotional wellbeing.”

Blue Knot Foundation has worked in partnership with a number of Aboriginal and Torres Strait Islander organisations, including the Healing Foundation to develop culturally sensitive trauma-informed training to support those working with Aboriginal and Torres Strait Islander peoples impacted by intergenerational trauma. Blue Knot Foundation delivers two such programs:

1. Foundation for Trauma-Informed Practice: Working with Aboriginal and Torres Strait Islander Peoples and;
2. Safeguarding Yourself – Recognising and Responding to Vicarious Trauma: Professional Development for Service Providers Working with Aboriginal and Torres Strait Islander Peoples

Both trainings are suitable for workers across diverse service settings including health, community, legal, justice, mental health, AOD, disability, housing and/or employment services who are working with Aboriginal and Torres Strait Islander peoples and communities.



Workshop 1: Foundation for Trauma-Informed Practice: Working with Aboriginal and Torres Strait Islander Peoples.

By attending this one day professional development training participants will have better knowledge and understanding of the types and effects of trauma within Aboriginal and Torres Strait Islander communities and its intergenerational and collective impacts. This culturally sensitive training has been successfully delivered in diverse contexts and communities.

By participating in this professional development training participants will be able to:

- Define trauma and recognise the long-term effects of individual and collective trauma within Aboriginal and Torres Strait Islander communities including its intergenerational impacts;
- Recognise the stress response and its relationship to emotional regulation and arousal;
- Apply strategies, working with the brain, body and emotions to support self-regulation and safety for both the client and the worker;
- Name and apply the five principles of Trauma-Informed Practice;
- Work from a strengths-based relational approach which is sensitive to culture and diversity and is supportive of the pathway towards healing.

We thank with appreciation the cultural mentors who have informed the development of this training and who continue to provide guidance.

“Excellent day of learning. Most significant aspect of that has been to have a whole day of training with my Aboriginal colleagues who hold such an array of strengths, knowledge, wisdom as well as carrying trauma most likely. Very inspirational! Thank you.” Anonymous, Narooma

If you think you or staff within your organisation could benefit from this training, please contact our Training Manager at inhousetraining@blueknot.org.au or call **(02) 8920 3611**. For more information go to www.blueknot.org.au/training

Blue Knot Day 2016



BLUEKNOTDAY 24 OCTOBER 2016

Blue Knot Day is the Blue Knot Foundation's national day and will be held on October 24 this year. It is a day on which Blue Knot Foundation asks all Australians to unite in support of the 1 in 4 (5 million) Australian adults who have experienced childhood trauma in all its forms. The theme for Blue Knot Day 2016 is 'Together we support the way to survivor recovery'.

Our organisation rebranded to Blue Knot Foundation (formerly Adults Surviving Child Abuse) in April this year. Blue Knot Foundation's logo is now harmoniously aligned with that of Blue Knot Day and features a tangled knot – symbolising the complexity of childhood trauma. Blue is the colour of the sky and a clear blue sky provides the space for new possibilities. Blue Knot Foundation empowers survivors to untangle the knot of childhood trauma and the complex issues with which they grapple. In so doing it provides hope and optimism for recovery.

For more information about how you can get involved go to www.blueknot.org.au/BlueKnotDay. Watch out for more information in the next edition of the newsletter.

Seeking survivors to speak to media

Over the years, Blue Knot Foundation's voice has grown stronger, in part, due to our presence in the media as we raise awareness around the needs of adult survivors of childhood trauma and abuse. Blue Knot Foundation anticipates more opportunities to speak to media over the next few months in the lead up to Blue Knot Day on October 24.

As part of its engagement with the media, from time to time, Blue Knot Foundation is asked by media outlets to suggest survivors who wish to speak out about the effects of their abuse and their process of recovery. Accordingly, we are asking survivors to register their interest with us.

Speaking to the media can be empowering, but it can also be daunting and requires careful consideration. It is important that anyone taking such a step has the right support around them and has thought about what they are willing to speak about and what they are not willing to share.

We cannot confirm if an opportunity will arise, but if you have a story you want to share – whether it is about your engagement with the Royal Commission, your recovery journey or any other aspect of your journey – please contact Dr Cathy Kezelman AM on 0425 812 197 or by email ckezelman@blueknot.org.au to discuss the possibility further.

Workshop 2: Safeguarding Yourself – Recognising and Responding to Vicarious Trauma: Professional Development for Service Providers Working with Aboriginal and Torres Strait Islander Peoples

This one day interactive professional development training explores the nature of vicarious trauma, burn out and compassion fatigue, and supports you to keep healthy and safe in your work with Aboriginal and Torres Strait Islander people impacted by trauma.

Vicarious trauma can be seen as a normal reaction to repeated exposure to traumatic stories and material and is an occupational hazard for those working across diverse sectors with traumatised clients. This training supports trauma informed and culturally attuned practice while recognising the significant risk of vicarious trauma in this work.

At the session's completion participants will be better able to:

- Define and differentiate between the various forms of trauma
- Define vicarious trauma and demonstrate knowledge of its protective factors and risks
- Recognise the importance of one's own subjective experience including transference and countertransference
- Demonstrate skills to reflect on post traumatic growth and vicarious resilience
- Identify the physical, emotional, cognitive, behavioural & attitudinal impacts of vicarious trauma
- Recognise the importance of quality supervision and self-care
- Take home tools to create a personal wellness plan

Blue Knot Foundation would like to thank the cultural mentors who have informed the development of this training and who continue to provide guidance.

"I appreciated the criticality of the training and the acknowledgement of systemic/social underpinnings/causes of trauma as well as the acknowledgement of cultural diversity/collective trauma and considerations for working with diverse settings." Anonymous

If you think you or people within your institution could benefit from this training, please contact our Training Manager at inhousetraining@blueknot.org.au or call (02) 8920 3611.

Royal commission: Jury behaviour study raises possibilities of major reform

SMH | May 25

The world's largest study into jury behaviour has raised the possibility of major reform in the way sexual abuse cases are presented before the courts.

The Australian research challenges the long-held assumption that juries hold unfair prejudice towards defendants in sexual abuse cases that may influence their decision-making.

Released by the Royal Commission into Institutional Responses to Child Sexual Abuse on Wednesday, the study found juries were not unfairly swayed by hearing evidence from multiple complainants against the same defendant.

It also revealed that evidence of the accused's "bad character" did not unduly influence a jury's verdict.

Conducted by Charles Sturt University and the University of NSW, the study involved more than 1000 people who took part in 90 mock trials involving child sexual abuse.

The research revealed that when presented with a joint trial involving multiple victims and one defendant, juries were not overwhelmed by the number of witnesses or complainants, were able to distinguish charges against an accused and could base their verdicts on evidence related to each count.

Royal Commission Chairman Peter McClellan said the question of holding joint trials – as opposed to separate hearings, where juries are not made aware of similar allegations against the same defendant – is one of the issues that has "troubled our courts for many years".

"The research that we are releasing today provides evidence about how people who are likely to comprise juries reason on these issues," he said at the launch of the report at NSW Parliament House.

"I anticipate that it will make a significant contribution to our understanding of the accuracy of judges' assumptions."

He said the commissioners had not formed a conclusion on if or how rules governing the legal process should change but will make recommendations in a report into criminal justice issues to be published next year.

The Royal Commission has previously heard evidence about convicted paedophile John Dennis Maguire, who was accused of repeatedly molesting boys while working as a dorm master at St Joseph's College in Hunters Hill from 1978 to 1986.

The Marist brother faced eight separate trials on child sex abuse charges and was acquitted on each occasion, with none of the jurors being told of the other allegations against him.

"I found the separate-trial process disappointing, because it protected the offender over the complainants," victim CDR told the commission. "Maguire's word against one victim is very different to Maguire's word against eight victims."

Maguire was jailed last year after fresh sex abuse charges were brought against him.

Read more [HERE](#).

Child protection: Calls for bi-partisan support for system overhaul, as former foster kids speak out

ABC | June 14

Former foster children have spoken out about what they see as a dysfunctional system that does not prepare children for adulthood, and to raise families of their own.

The Northern Territory experiences the highest rate of child welfare notifications in Australia, at four times the national average.

One in 11 children in the Northern Territory will come into contact with child protection services, compared to one in 35 nationally.

Two young women who experienced the system first hand spoke to the ABC about their childhoods spent in care.

Jewel Wheeler, 19, was first removed from her parents at 11 months, and counted 67 different foster placements until she was 17.

"I have a six-month-old son now – I don't even know how to be a family because I've never really had one. I'm lost," Ms Wheeler said.

"I still have trust issues because I was placed somewhere, and if I was too hard to look after ... I'd get home from a walk or something and all of my stuff would be packed up for me and then I'd have to leave."

Ms Wheeler said despite being one of 11 children in her family, she does not have a bond with any of her siblings.

Read more [HERE](#).

Abuse survivor advocates push for national redress scheme in lead-up to election day

ABC | June 27

Advocates for survivors of child sexual abuse are ramping up their campaign for a national redress scheme ahead of this weekend's federal election.

The establishment of a national redress scheme was a key recommendation handed down by the Royal Commission into Institutional Responses to Child Sexual Abuse.

The Commission stated that a national redress scheme could help compensate 60,000 child abuse victims.

But one of the peak organisations representing abuse victims has said only the Greens and Labor parties have put forward any funding commitments for such a scheme.

The Coalition has said it supports a national,

consistent approach as recommended by the Royal Commission, but has not yet made any formal funding commitment.

Leonie Sheedy from advocacy group CLAN told PM "they have a national consistent approach, which means that they said they would get all the states and territories together for a talk fest, to sing kumbaya."

"Since then, they announced that in January three states have pulled out: Tasmania, Western Australia, and South Australia.

"So there is no national consistent approach, we actually call it the 'national inconsistent approach.'"

Labor has said that, if elected, it will establish a National Redress Agency in the first half of 2017.

The Greens have also announced a plan which they say is fully costed by the Parliamentary Budget Office.

Ms Sheedy is frustrated the Coalition has not yet taken action.

"The Greens have committed over \$200 million to a child abuse redress scheme, the Labor Party has committed \$33 million to a redress plan," she said.

"The Catholic Church has \$1 billion to contribute to that national redress scheme; however, there is no agency to accept that contribution."

A spokesperson for the Federal Attorney-General said the Coalition was committed to establishing a national framework of consistent principles underpinning redress schemes run by states and territories.

And last month the Department of Prime Minister and Cabinet established a Taskforce on Redress.

Read more [HERE](#).



Jon's story

"I first became involved with Blue Knot Foundation (formerly Adults Surviving Child Abuse) when I joined the board in February 2013, and I remain on the Board of Directors. Being part of this organisation has great importance to me not only on a personal level, but it gives me great satisfaction contributing to and being part of something that provides support and gives a voice to victims of trauma.

As well as being passionate about the work that the Foundation does, I am also an avid runner, rider and triathlete. I've always been passionate about running as well as cycling, to extreme lengths. I enjoy the challenges that training for and taking part in an event provides as well as the satisfaction and sense of achievement I feel after crossing the finishing line. In 2011 I ran the London Marathon, raising money for the National Society for the Prevention of Cruelty to Children (NSPCA), which was a huge personal goal of mine and such an incredible experience. It was especially dear to me being set in my home town. Similarly I also raised money for Team for Kids for the New York marathon. I am also running the Melbourne Marathon later this year, just for fun. I have a few other ultra- riding sessions to compete in and complete this year. Where do I find the time?

This year I'm very happy to be able to combine my passion for running and the work that Blue Knot do by running in the City to Surf in August. I felt it would be great to be able to highlight such an important and worthy cause by running in an iconic event such as the City2Surf and hopefully at the same time, raise some funds that can help towards building on and extending the work of Blue Knot foundation." This year, Blue Knot Foundation is putting a team together to run and fundraise for the City2Surf, providing a great opportunity for those living in and around Sydney to join in. The team is being 'led' by board member, Jon Kaplan. To join Blue Knot Foundation's City2Surf team, follow [THIS LINK](#) and then click "Join Team". Once you have created your very own page, linked to our team page, please share it with your family, friends and co-workers and ask them to support you and Blue Knot Foundation. Your individual fundraising achievements will be pooled into those of the team. Together we will raise not only much needed funds, but also greater awareness of the work of Blue Knot Foundation in tackling the impacts of childhood trauma and abuse in the community. If you do not wish to fundraise, you can donate directly to any of the team members. Just visit the same link and click "Give Now".

To see where other community events are around Australia, [CLICK HERE](#).

Royal Commission News

Indigenous survivors reminded registrations to close for private sessions

Aboriginal and Torres Strait Islander survivors of institutional child sexual abuse are reminded that they must register with the Royal Commission into Institutional Responses to Child Sexual Abuse by 30 September 2016 if they wish to have a private session, a timeframe we announced last month.

Private sessions allow survivors of child sexual abuse in an institution to share their story directly with a Commissioner in a private setting. So far, 561 Aboriginal and Torres Strait Islander people have had a private session, and 293 are waiting for one.

Justice McClellan said when it comes to institutionalisation, Aboriginal and Torres Strait Islander people have a unique history.

"From the late 19th century to the early 1970s, around 50,000 children of the Stolen Generations were sent to institutions or adopted by non-Aboriginal or Torres Strait Islander families where the primary aim was to remove them from contact with their families, communities and ways of life, and assimilate them into white society," he said.

"The 1997 Bringing Them Home report documented evidence of children's experiences in institutions where many were sexually assaulted in an institution or foster family placement.

Their forced removal led to psychological and emotional damage which has been inherited by today's Aboriginal and Torres Strait Islander children. As a result, many remain highly vulnerable to child sexual abuse."

Justice McClellan said the information which the Commission has obtained from survivors, including Aboriginal and Torres Strait Islander survivors, has proved to be critical in informing its investigations.

People who have already been accepted for a private session or who apply before 30 September will have an opportunity to meet with a Commissioner. The Royal Commission will still accept written accounts after 30 September.

Schedule of Activity

July

Mon 11- Fri 22

Public Hearing- Case Study 41
Disability service providers, Sydney

To register your interest with the Royal Commission you can:

Call: 1800 099 340

Email: registerinterest@childabuseroyalcommission.gov.au

Write: GPO Box 5283, Sydney NSW 2001

Website: www.childabuseroyalcommission.gov.au

Education and Training

Blue Knot Foundation Training Calendar 2016 (July – November)

This calendar has been scheduled as of 1/4/16. Please use this calendar in conjunction with the Blue Knot Foundation website www.blueknot.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 \$196 Standard \$241
Two day Student \$405 Standard \$518

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

We can also come to you

Blue Knot Foundation's full suite of training packages is available in-house on request.

All programs are grounded in research from Blue Knot Foundation'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.blueknot.org.au/training to find out more.

For more information on professional development training with the Blue Knot Foundation please [CLICK HERE](#).

For more information on training delivered in-house to organisations please [CLICK HERE](#).

See the full calendar of events for the Blue Knot Foundation in 2016 [HERE](#).

Adelaide

Mercure Grosvenor Adelaide
125 North Terrace, Adelaide

Trauma-Informed Care and Practice
For anyone working in trauma – **Aug 15**

Albury

Atura Albury
648 Dean Street, Albury

Principles in Practice – Supporting Adult Survivors of Complex Trauma
For health professionals – **Jul 22**

Bendigo

Hotel Shamrock
Cnr Pall Mall & Williamson, Bendigo

Principles in Practice – Supporting Adult Survivors of Complex Trauma
For health professionals – **Aug 26**

Brisbane

Rendezvous on George
103 George Street, Brisbane

Trauma-Informed Care and Practice
For anyone working in trauma – **Jul 15**

Principles in Practice – Supporting Adult Survivors of Complex Trauma
For health professionals – **Sep 23**

Cairns

Rydges Plaza Cairns
Cnr Spence & Grafton Streets, Cairns

Principles in Practice – Supporting Adult Survivors of Complex Trauma
For health professionals – **Aug 26**

Canberra

Mercure Canberra
Cnr Ainslie & Limestone Aves, Braddon

Trauma-Informed Care and Practice
For anyone working in trauma – **Sep 9**

Darwin

Vibe Hotel Darwin Waterfront
7 Kitchener Drive, Darwin

Trauma-Informed Care and Practice
For anyone working in trauma – **Sep 23**

Geelong

Mercure Geelong
Cnr Gheringhap & Myers Street, Geelong

Working Therapeutically with People who have Complex Trauma Histories
For health professionals – **Oct 13 & 14**

Hobart

Rydges Hobart
Cnr Argyle & Lewis Streets, Hobart

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Oct 28**

Melbourne

Adina Apartment Hotel
189 Queen Street, Melbourne

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

Trauma-Informed Care and Practice – Domestic and Family Violence
For anyone working in DFV – **Aug 15**

Principles in Practice – Supporting Adult Survivors of Complex Trauma
For health professionals – **Sep 12**

Trauma-Informed Care and Practice
For anyone working in trauma – **Oct 24**

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Nov 14**

Newcastle

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

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Nov 28**

Perth

Adina Apartment Hotel
33 Mounts Bay Road, Perth

Trauma-Informed Care and Practice
For anyone working in trauma – **Jul 29**

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

Working Therapeutically with People who have Complex Trauma Histories
For health professionals – **Nov 3 & 4**

Rockhampton

Travelodge
86 Victoria Parade, Rockhampton

Principles in Practice – Supporting Adult Survivors of Complex Trauma
For health professionals – **Oct 7**

Sydney

2 locations: Adina Apartment Hotel
Sydney and Rydges Parramatta

Trauma-Informed Care and Practice – Domestic and Family Violence
For anyone working in DFV – **Jul 25**

Principles in Practice – Supporting Adult Survivors of Complex Trauma
For health professionals – **Aug 26**

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Sep 12**

Trauma-Informed Care and Practice
For anyone working in trauma – **Oct 24**

Working Therapeutically with People who have Complex Trauma Histories
For health professionals – **Nov 3 & 4**