

# BREAKING FREE

Newsletter of the Blue Knot Foundation | ISSN 1836-6899 | November/December 2016



## Holiday Season

# Self-care strategies over the holidays

The holiday period can be a time when people come together to celebrate the festive season. Many people, however, find the holiday season a challenge and this includes survivors. For some survivors, family times or holiday periods can bring up difficult feelings, such as grief, anger or loss. Some survivors can feel as though they are the only ones who feel like this, but that is not the case.

Family gatherings can be a 'trigger' for some survivors, especially when relationships are strained or distant, or there are unwelcome interactions. Others are alone, either by circumstance or by choice, withdrawing from social interactions for a range of reasons. Each person's experience is unique, it is important to put the mechanisms in place to ensure safety and support is provided.

We appreciate how difficult this time of year can be. We have compiled some strategies to help you look after yourself during the holiday season:

### Let go of expectations

Regardless if you look forward to family gatherings or if you experience painful and overwhelming feelings at the thought of family gatherings, please know that both are 'okay'. Either way, such feelings can be difficult to manage, but it is important to let go of expectations that you 'ought to be happy' like other people, and respect and validate the way you are feeling. Be kind and gentle to yourself and accept how you are feeling, good or bad.

### Choose how to participate

A key skill which is useful for survivors is learning how to manage and regulate their interactions with others and the world around them. The holiday season presents an opportunity to practice your skills in paying focused attention to your body and mind, alongside getting in touch with your own needs, and setting boundaries that work for you. Plan ahead by deciding which functions you will attend, decide how long you will stay, and give yourself permission to say 'no' to a gathering that you do not wish to attend or one which may leave you feeling unsafe. Think about bringing a friend along for support if you do decide to go. Also have a strategy to leave for when you decide you have had enough.

### This too will pass

Keeping yourself busy can be helpful. For example, you may decide to volunteer for a day or assist others who could do with your help – focusing on others makes us feel 'good' and reduces negative feelings. You may not be in the position to help others, but the important thing to remember is to do what feels manageable for you. Remind yourself that you will have good days and bad days and that the holiday season will not last forever. Try to take each day as it comes, stay in the present, and time will pass.

### Reach out for support

Seek connections with people you trust and

feel safe around. Building a support network can be a gradual process, so start slowly with one person at a time to minimise pressure on yourself. Finding support is worth the effort as it encourages healing. Animals can also be a great source of comfort if you are feeling stressed. Alternatively, take some time out and go for a mindful walk in nature, paying particular attention to your senses – notice what you see, hear, smell, taste and feel as you walk. Remember, **Blue Knot Helpline will operate every day for those seeking assistance and support during the Christmas and New Year holiday period.**

### Blue Knot Helpline

The Helpline is staffed with experienced trauma-informed counsellors who provide:

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

If you are in need of information or counselling support during this time, call the Blue Knot Helpline on **1300 657 380** or email [helpline@blueknot.org.au](mailto:helpline@blueknot.org.au)

If the counsellors are unable to take your call, please leave a message including a telephone number with an area code, and a counsellor will call you back within 48hrs.

## Blue Knot Foundation Administration

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

## National Office Hours

9am – 5pm ADST, Monday to Friday

## Blue Knot Helpline: 1300 657 380

9am – 5pm ADST, Monday to Sunday  
[helpline@blueknot.org.au](mailto:helpline@blueknot.org.au)

**Donations** can be made online at [blueknot.org.au/donate](http://blueknot.org.au/donate). Donations to Blue Knot Foundation of \$2 and over are tax deductible.

## Newsletter

Editor: Sarah Creely  
Email: [newsletter@blueknot.org.au](mailto:newsletter@blueknot.org.au)  
Post: PO Box 597 Milsons Point NSW 1565

## Blue Knot Foundation President/Media Spokesperson

Dr Cathy Kezelman AM  
Email: [ckezelman@blueknot.org.au](mailto:ckezelman@blueknot.org.au)  
Ph: 0425 812 197

## Patron

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 Blue Knot Foundation, you can update your details at [www.blueknot.org.au/Join-Us/Login](http://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](mailto:admin@blueknot.org.au) to update your details.

## Follow Us

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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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Welcome to the November/December 2016 edition of *Breaking Free*.

The holiday period can be stressful, so bearing this in mind, our cover story offers practical advice on how to feel safe during this time of year. We examine a few possible experiences and suggest ways for reducing stress and looking after yourself. We hope you find this information helpful.

On Page 3, we hear from Simon, who shared his story of recovery at the interfaith service held at Pitt Street Uniting Church in Sydney for Blue Knot Day this year. Simon beautifully described the process of rebuilding and reorganizing one's life after childhood abuse, this is a hopeful reminder that recovery is possible with the right kind of help. A special thank you to Simon for generously sharing his story with us.

On Page 4 & 5, we feature some stories from Blue Knot Day events that were held in October such as the Manly market stall, trauma-sensitive yoga and morning teas held by Shine lawyers (one of our sponsors of Blue Knot Day 2016) in their offices around Australia. Thank you to everyone who contributed submissions.

On Page 7, we review the latest news from the Royal Commission, including the final dates for public hearings and a significant breakthrough led by the Federal government in delivering justice for survivors of institutional child sexual abuse.

I have really enjoyed the work as editor of *Breaking Free* for the last 12 months. In 2017, I will be handing over the role of editor to Jane Macnaught, a highly qualified and dedicated counsellor with the Blue Knot Helpline. Jane is committed to delivering relevant and inspiring stories to you throughout next year. We both welcome your feedback at [newsletter@blueknot.org.au](mailto:newsletter@blueknot.org.au).

Warm Regards, Sarah

**Sarah Creely | Editor**

## The Big Picture

What an amazing year 2016 has been, although hard to believe that we are almost at the end of it! This year has been pivotal for Blue Knot Foundation and survivors. At the beginning of the year we were called Adults Surviving Child Abuse, we rebranded in April to Blue Knot Foundation, and illuminated the Opera House blue for Blue Knot Day in October. In 2016, we celebrated 21 years of our organisation empowering survivor recovery.



We have achieved greater awareness about childhood trauma, in all its forms, and the ways in which it can affect survivors. We have honoured survivors, their resilience and courage while advocating for the right supports at the right time. We also provided some of those supports through our Helpline, workshops, resources and building the capacity of others whom survivors access for help.

That said, we know that there is still a long way to go. Many people still struggle to be heard, validated, and have the support they need to help them on the path to recovery.

As we approach the holiday season we are very aware of how challenging this time can be for many. We hope that you can find the support you need over this time, whether from friends, family or neighbours, as the importance of connection through positive relationships is invaluable. Our Helpline will operate every day of the holidays so please call **1300 657 380** if you need to speak with a counsellor. If they are unable to respond straight away, you can leave a message and a counsellor will call you back when they can.

To all our supporters, thank you for helping survivors on their road to recovery and for helping us help them. A big thank you to Sarah, our newsletter editor who is handing the baton to Jane's most capable hands. We know from your feedback how important our newsletter is for so many of you, to stay in touch and to find out what's happening. Our first edition will also be a combined edition for January and February, as we welcome in the New Year.

**Dr Cathy Kezelman AM | President**

## By Simon

***The following recovery story was told by Simon Cole at the interfaith service at the Pitt St. Uniting Church for Blue Knot Day on 23 October 2016.***

I am going to talk about recovery – not as a professional but as a survivor of child sexual abuse. I was an 11 and 12 years old boy abused over time by a once highly respected Scout leader in the NSW Scouts.

I am also one of thousands who have spoken as a witness in the Royal Commission.

This has been one of the world's great and historical public truth-telling events that has made possible a more meaningful recovery for many thousands of people.

It has resulted in a great many criminal investigations now underway for crimes against children that occurred decades ago.

We have seen the naming of perpetrators.

The naming of the illnesses that abuse causes in adult life.

Changes to the law now better able to respond to civil claims.

All that lift the burden hitherto carried by survivors into adult lives and sometimes to their graves.

For me, a connection with the voices of survivors compiled in the book "Victims No More" by Mike Lew in the early 1990s began my recovery story.

Since this time, we have seen science provide a greater recognition of the reality of complex post-traumatic stress.

I want to cast my recovery story in terms of coming home. Unfortunately, a home is not recognised in wealthy Australia as a fundamental human right. It's a fact that the number of homeless is growing and child abuse is a contributing factor to the dysfunction in adult life that can lead to homelessness.

One TV show I don't mind watching is called "Grand Designs". In most cases the show is about people – usually with loads of cash – who are nonetheless serious about the project of creating their perfect home.

It has made me think that recovery is like building a home within ourselves. It is about using the best of what we have - as in a home renovation - so as to make our home safer, more durable and resilient or, it can be the knock down and rebuild.

In this sense, the recovery home is like another city or



new country, a fresh start and we, by necessity, become like immigrants facing the future in new surroundings.

We are only able to talk about rebuilding and renovation because we can rejoice that in our life time we have seen the walls come tumbling down. And so I turn to Joshua. As in Joshua's trumpet at the Battle of Jericho.

That has shaken the walls of authoritarian and paternal silence which have isolated and re-victimised victims.

Walls that froze the abuse in time.

Walls of failure, fear and frustration.

Walls destroying happiness and subverting normal healthy relationships. Walls that disconnect and echo the thought-noise of shame and self-loathing, fear, vulnerability, self-annihilation and exhaustion from a constant struggle, entanglement and poverty.

Too often these walls have been Church walls – hardest to shake – they have been unable to see themselves as either capable or responsible for endemic evil or deserving of any secular sanction.

So we thank our modern day 'Joshua's'. We celebrate the courage and efforts of survivors and survivor advocacy groups for their success in campaigning against the walls of silence that have long been a barrier to justice, restitution and recovery.

Let us never forget too, the importance of gender equality and the deeper appreciation of the importance of childhood and the rights of the child since the 1980s.

And the importance of advocacy groups like Blue Knot Foundation (here to blow our own trumpet!) in being ahead of the curve and ensuring that as survivors come forward, they have access to effective interventions that assist their recovery and so professional people are adequately trained to be sensitive to the needs of those

## My Story Continued

who have suffered child trauma.

Recovery has been made possible by science to help us understand the way the mind responds to trauma.

And so let us rebuild and reimagine.

The thick walls of this church - and all churches - that symbolically down through the ages have delineated the sacred from the profane and enabled safety from harm, compassion from pain and charity from suffering.

These are spaces to contemplate and experience faith and the language of hope and recovery, and to be a moral reference in our lives.

Faith and recovery require these physical and metaphysical spaces which stand against abuse and violence.

Within these walls we have a safe environment in which to speak of pain and suffering - in order to find enlightenment and give meaning to the human condition.

We learn the aspirational language of compassion and peace and become immersed in a world which declares violence as unacceptable in all its forms.

Strong walls resist the outside world to protect the sacred inner world.

Just as the labourer's hands become tougher over time, we learn to develop thick skins against the slings and arrows of others. In the same way the mind integrates the self in the world - for a healthy ego.

These walls represent our outer selves, able to adapt to be strong and protect our inner world as a sacred source of faith, love, hope, courage and strength.

In many survivors the reverse happens. There are no outer defences. Integration is partial or not at all. The external is penetrable and vulnerable. The ego is shattered. The inner sacred world is lost in profanity.



## Stretching to soothe the body and mind

On October 23, Yoga & Health Collective Mona Vale held a trauma-sensitive yoga workshop for those interested in learning more about how yoga can help alleviate symptoms of trauma. Jane Macnaught, a participant on the day describes how the workshop unfolded:

"Connie, the yoga teacher, created and placed a blue sand mandala in the centre of the room and everyone placed their yoga mats around the mandala. People were treated to a



yoga class designed to take care of survivors of trauma and abuse. Research from Bessel van der Kolk M.D., has shown that yoga practices allow trauma survivors to cultivate a more positive relationship with their bodies - we were introduced to mindfulness, breathing and gentle yoga exercises. Participants reported that they are learning to self-regulate their emotional states and reduce some of the long term symptoms that have arisen from a history of abuse and trauma."

Participants said during the day, "I felt very calm in my body - relaxed and safe", "I felt more connected to myself", "I loved the mantra that Connie shared with us - when I breathe in I feel peace and calm, when I breathe out I feel peace and calm."

The Blue Knot Day mandala created for the yoga room stayed there for 2 weeks. It inspired many discussions and interest in the work of Blue Knot Foundation and its services and trainings available to the community.

To find out more about trauma-sensitive yoga, please click here: [www.traumasensitivelyogaaustralia.com](http://www.traumasensitivelyogaaustralia.com)

## Making connections with the community

My mum Mary and I wanted to hold the stall in the lead up to Blue Knot Day to raise awareness about Blue Knot Foundation and its great work and sharing this resource with the Manly community. Having the information out there and letting people know about the many resources Blue Knot Foundation has is very important.

We wanted to hold a stall to bring Blue Knot Foundation to our local community in a small but still significant way. You never know who will walk past your stall, perhaps a small pamphlet or glance at a pull up banner will be the catalyst for their healing journey. We found that there was a mix of responses including people approaching the stand and wanting to talk about how serious the issue is, others seemed a little startled or uncomfortable – which is understandable since the topic IS quite confronting and perhaps resonated with them in a deep way. We enjoyed chatting to people and sharing in the importance of addressing the issue of childhood trauma and the need to provide resources for adults in recovery.

At the end of the day when packing up, one particular older lady approached the stall and shared her life story with me, including the wide reaching impact her childhood trauma had on her life and the choices she made. She had never heard of Blue Knot Foundation and took some pamphlets with her, stating that she intended to check out the website. I felt grateful to have heard her story and hopefully passed on some information that helped her on her journey.

Not only does the Blue Knot Foundation provide great diverse resources for those recovering from trauma, it is also a fantastic conversation starter around difficult or 'taboo' issues. By opening up a space for conversation and acknowledgement around the impact of childhood trauma on an adult life, people are invited to openly reflect and share their experiences knowing they WILL find support and are not alone.

Thank you for the work you do!

By Anna



## Blue morning teas to raise awareness

Shine Lawyers supported Blue Knot Day 2016 on Monday 24 October by holding morning teas in their offices around Australia – Brisbane, Ipswich, Newcastle, Toowoomba, Perth, Maroochydore, Strathpine and Bundall all participated.

Team members enjoyed blue morning teas, with delicious baked treats to celebrate Blue Knot Foundation's 21st birthday and to raise awareness and funds for the organisation's work.

The event was a great success in bringing the Shine community together and increasing awareness of Blue Knot Foundation and the work it does supporting adult survivors of childhood abuse and trauma.



"It was a great opportunity to break out the (blue) cake and coffee and to spread the word about the fantastic work that Blue Knot does. Knowing that Blue Knot is available to support our clients, many of whom are highly traumatised, is invaluable," Karen, Senior Solicitor.

"The Blue Knot Day morning tea held in the Kitchener St, Toowoomba office was colourful and created a real buzz amongst staff! We had blue balloons and lots of yummy food. The morning tea created a lot of conversation amongst all the staff from Shine Toowoomba on what Blue Knot Foundation are about and what they can do for our clients," Ann-Maree, Senior Paralegal.

National Abuse Law Partner from Shine Lawyers Lisa Flynn said,

"It was an honour to join Blue Knot Foundation last month as they shone a light on the paths being forged for survivors on their journey to recovery."

"We see the tremendous impact that sexual abuse has on the survivor, their families and their broader community. We see the courage and bravery that it takes for a survivor to come forward, speak out and stand up against what has happened to them."

"So often, survivors are unable to speak out and stand up without the assistance of organisations like Blue Knot Foundation."

**Blue Knot Foundation would like to say a big thank you to Shine Lawyers, who sponsored Blue Knot Day 2016.**

## Victoria's court system under fire after jailing a man for shooting a kangaroo while releasing a man for having sex with a child

*Herald Sun* | Nov 23

A man has been jailed for shooting a kangaroo a day after the state's highest court upheld a good behaviour bond for a security guard who routinely had sex with a child.

The disparity between the two sentences has angered child abuse victim advocates, while wildlife activists have applauded the crackdown on illegal hunting.

James Calleja was jailed for three months today for shooting a kangaroo, known as Spot, in the head with a crossbow.

Calleja pleaded guilty in the Melbourne Magistrates Court to animal cruelty, possession of a prohibited weapon and trespassing.

He was dressed in camouflage when he shot Spot on private property in the Macedon Ranges in August last year.

The kangaroo survived for several weeks with the arrow lodged in its head before dying despite being captured by wildlife workers who had tried to save it.

Magistrate Lance Martin said jail was the only option open to him as Calleja had been assessed as unsuitable for a community corrections order.

He had a string of priors for violence and drug related offences.

Yesterday the Court of Appeal upheld a good behaviour bond handed to a children's court

security guard convicted of having sex with a troubled 14-year-old.

Franco Abad, 32, of Delahey, avoided jail and was cut loose on a two-year good behaviour bond by County Court Judge Christopher Ryan.

Abad was found guilty by a jury of having sex with a troubled 14-year-old even after detectives told him of her real age.

But Judge Ryan believed Abad, who picked up the teen at a children's court where he worked.

At sentence, Judge Ryan described Abad's victim as "worldly" and "nubile" and said she would have been "hard to resist".

He said Abad was "not made of steel" when it came to shunning his victim's alleged advances.

The Court of Appeal refused to give Abad a harsher sentence despite ruling Judge Ryan's sentence was manifestly inadequate.

It blamed the Office of Public Prosecutions, criticising its prosecutor during Abad's plea for undercooking the seriousness of the offending.

Dr Cathy Kezelman AM, president of child trauma and abuse survivor group Blue Knot Foundation, said the judiciary was out of touch.

Read more at <http://bit.ly/2hGM5MF>

## Turnbull government announces massive compensation scheme for sex abuse victims

*Sydney Morning Herald* | Nov 4

States, churches and charities are under pressure to support the Federal Government's national scheme to compensate victims of child sexual abuse with payments of up to \$150,000.

Social Services Minister Christian Porter announced the national opt-in scheme on Friday, a key recommendation from the child sex abuse royal commission and a long-held demand of victims and advocates.

Advocacy groups have welcomed the announcement but slammed the "opt-in" element.

Care Leavers Australia Network chief executive Leonie Sheedy said states must be compelled to contribute and churches and charities should be penalised if they try to dodge their obligations.

"The redress scheme sounds wonderful until you read the fine print," she said.

"Allowing the states to opt-in is a cop out. It should be mandatory for all the states to contribute. The states cannot wash their hands of this."

"As for the institutions, many of them have a poor track record of supporting people who were abused. What if they say no, they're not going to contribute? If any charity or religious organisation refuses to contribute to the scheme they should lose their tax exempt status."

South Australia has indicated it will opt out of the scheme, while NSW and Victoria have previously indicated support.

Dr Cathy Kezelman AM, president of abuse survivor's organisation Blue Knot Foundation, welcomed the announcement, but called for all states and territories to sign up.

"We are excited to see the Commonwealth showing leadership on this," she said.

"Now it is up to the states and the institutions to show similar leadership so we can see a fair and equitable scheme for survivors rolled out as soon as possible."

The Federal Government can't legally compel the states, churches or institutions to sign up, but will apply public pressure to force them to join voluntarily.

Francis Sullivan, chief executive of the Catholic Church's Truth, Justice and Healing Council, said the church supported the scheme.

Read more at <http://bit.ly/2gAs26l>

## Newcastle Anglican bishop says child abuse cover-up like 'religious protection racket'

*ABC Online* | Nov 24

Bishop Greg Thompson says members of the Newcastle Anglican diocese acted like a Sopranos-style protection racket when it dealt with sex abuse complaints.

"What's particularly distinctive about the story of abuse in this diocese is the habituated protection of perpetrators and the undermining of survivors as they came forward. It was like a religious protection racket," Bishop Thompson told 7.30.

"You could call it like a religious Sopranos, people who pretended to be religious behaved appallingly. An organised crime against survivors."

The bishop also told how he was abused by two senior priests — including former bishop Ian Shevill — at an R-rated movie in the 1970s.

In an exclusive interview with 7.30, Bishop Thompson spoke out about the intimidation and bullying he was subjected to when he started giving survivors a voice.

"People didn't like what they were hearing, 'the bishop is digging up the past, the bishop was not doing as we wanted him to do,'" Bishop Thompson said.

"I'm not one to turn a blind eye to intimidation. I think my refusal to be intimidated even made them more angry and hostile."

"There are consequences if you stand up to bullies."

Read more at <http://ab.co/2fUyxiX>

## Redress Scheme

### A single national redress scheme for survivors of institutional child sexual abuse

Blue Knot Foundation welcomes the recent announcement by the Minister for Social Services, Hon. Christian Porter MP on behalf of the Commonwealth Government regarding a Commonwealth Redress Scheme. The proposed scheme focuses only on people sexually abused in Commonwealth-run institutions but in announcing it, the Minister urged all states/territories and responsible institutions to "opt in" to the scheme. Only a single national redress scheme to which all relevant parties commit will provide a fair and equitable response to sexual abuse survivors in institutions.

The Commonwealth has indicated their desire for this scheme to commence in 2018 and run for 10 years, with the option of extension on review at that time. It will include all 3 elements recommended by the Royal Commission into Institutional Responses to Child Sexual Abuse, in its report and recommendations presented to government in September 2015. These include monetary compensation up to an amount of \$150,000 per survivor; trauma-informed culturally sensitive counselling and psychological care over the specified period; and a direct personal response such as an apology from the relevant institutions should a survivor seek it.

The onus is on the states/territories and institutions to opt in without further delay and for all governments to work together, through COAG and other mechanisms, including with other institutions to see survivors of institutional child sexual abuse acknowledged and well supported. To read more go to [www.redress.today](http://www.redress.today)

Blue Knot Foundation is keen to work with governments and institutions to facilitate this process in whatever way we can.

Blue Knot Foundation will continue to advocate for survivors of all forms of childhood trauma, and people who have experienced their trauma in the home, family and neighbourhood. The Royal Commission into Institutional Responses to Child Sexual Abuse was restricted by its terms of reference, and hence the redress scheme is focussed on the needs of survivors who fall within those terms of reference i.e. survivors of child sexual abuse in institutions.

All survivors deserve and need access to a range of different supports, and sometimes over a long period of time, not only survivors of sexual abuse in institutions. Blue Knot Foundation will continue to advocate for greater awareness, more accessible and affordable services and supports, as well as pathways to justice for all survivors.



## Public Hearings

### Final hearings for Institutions

The Royal Commission will be holding its final public hearings investigating current policies and procedures of child protection and child-safe standards including how allegations of child abuse were responded to within certain institutions. The Commission will seek to understand factors that contributed to child sexual abuse and other influences that contributed to the response from each institution.

The public hearings will be held at the end of 2016 and into 2017 and will include the following institutions:

- Case Study 47 YMCA New South Wales
- Case Study 48 Scouts New South Wales
- Case Study 49 The Salvation Army
- Case Study 50 Catholic Church authorities in Australia
- Case Study 51 Commonwealth and the State and Territory governments
- Case Study 52 Anglican Church authorities in Australia
- Case Study 53 Yeshivah Melbourne and Yeshiva Bondi
- Case Study 54 Jehovah's Witnesses and Watchtower Bible and Tract Society of Australia Ltd
- Case Study 55 Australian Christian Churches and affiliated Pentecostal churches
- Case Study 56 Uniting Church in Australia

For more information please visit <http://bit.ly/2fQojhJ>

## Schedule of Activity

### February

<b>Mon 6 - Fri 24</b>	Public Hearing Case Study 50 Catholic Church authorities in Australia
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### March

<b>Mon 6 - Fri 10</b>	Public Hearing Case Study 51 Commonwealth and the State and Territory governments
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<b>Mon 20 - Fri 24</b>	Public Hearing Case Study 52 Anglican Church authorities in Australia Public Hearing Case Study 53 Yeshivah Melbourne and Yeshiva Bondi Public Hearing Case Study 54 Jehovah's Witnesses and Watchtower Bible and Tract Society of Australia Ltd Public Hearing Case Study 55 Australian Christian Churches and affiliated Pentecostal churches Public Hearing Case Study 56 Uniting Church in Australia
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To register your interest with the Royal Commission:

**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)

# Education and Training

## Blue Knot Foundation Training Calendar 2017 (Feb – May 17)

This calendar has been scheduled as of 1/11/16. Please use this calendar in conjunction with the Blue Knot Foundation website [www.blueknot.org.au/training](http://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 (15% discount) start from\*:  
One day Student \$211 Standard \$264  
Two day Student \$418 Standard \$523

\*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 [blueknot.org.au/training](http://blueknot.org.au/training) to find out more.

To view the current public training booklet, visit <http://bit.ly/2f6MO9G>

To view the training calendar for the period of Feb-Jun 2017, visit <http://bit.ly/2egtPKU>

For more information on training delivered in-house to organisations, please view our in-house training booklet <http://bit.ly/2fyptB0>

*"The workshops provided throughout our region by Blue Knot Foundation were administered with great professionalism and were extremely well received by the targeted participants. The quality of the speaker was outstanding and the administrative support was of the highest standard. We would highly recommend the training provided by Blue Knot to anyone seeking quality content and execution."*

– Anonymous NSW, June 2016

### Adelaide

St Mark's College  
46 Pennington Tce, North Adelaide

#### Supporting Practice with Complex Trauma Clients

For health professionals – **Feb 3**

### Albury

Atura Albury  
648 Dean Street, Albury

#### A Three-Phased Approach – Working Therapeutically with Complex Trauma Clients

For health professionals – **Apr 6 & 7**

### Brisbane

Velg Training  
1/52 Jeffcott Street, Wavell Heights

#### Safeguarding yourself – Recognising and Responding to Vicarious Trauma

For anyone working in trauma – **Feb 17**

#### Supporting Practice with Complex Trauma Clients

For health professionals – **May 19**

### Canberra

Mercure Canberra  
Cnr Ainslie & Limestone Aves, Braddon

#### Safeguarding yourself – Recognising and Responding to Vicarious Trauma

For anyone working in trauma – **Feb 22**

#### A Three-Phased Approach – Working Therapeutically with Complex Trauma Clients

For health professionals – **Apr 27 & 28**

### Darwin

Travelodge Mirambeena Resort  
64 Cavenagh Street, Darwin

#### Safeguarding yourself – Recognising and Responding to Vicarious Trauma

For anyone working in trauma – **Mar 24**

#### FREE: Educational Workshop for Adult Survivors of Childhood Trauma and Abuse

For adult survivors – **Mar 25**

### Geelong

Mercure Geelong  
Cnr Gheringhap & Myers Street, Geelong

#### Safeguarding yourself – Recognising and Responding to Vicarious Trauma

For anyone working in trauma – **Apr 21**

### Gold Coast

Vibe Hotel Gold Coast  
42 Ferny Ave, Surfers Paradise

#### Foundation for Trauma-Informed Care and Practice

For anyone working in trauma – **Mar 17**

### Melbourne

Ibis Melbourne Hotel and Apartments  
15-21 Therry Street, Melbourne

#### A Three-Phased Approach – Working Therapeutically with Complex Trauma Clients

For health professionals – **Feb 27 & 28**

#### Trauma-Informed Care and Practice in Domestic and Family Violence Services

For anyone working in DFV – **Mar 10**

#### Supporting Practice with Complex Trauma Clients

For health professionals – **May 8**

### Hobart

Rydges Hobart  
393 Argyle St, North Hobart

#### Foundation for Trauma-Informed Care and Practice

For anyone working in trauma – **May 12**

### Newcastle

Apollo International Hotel  
290 Pacific Hwy, Charlestown

#### Foundation for Trauma-Informed Care and Practice

For anyone working in trauma – **May 12**

### Perth

Adina Apartment Hotel  
33 Mounts Bay Road, Perth

#### Safeguarding yourself – Recognising and Responding to Vicarious Trauma

For anyone working in trauma – **Mar 17**

### Sydney

The Portside Conference Centre  
Level 5, 207 Kent Street, Sydney

#### Trauma-Informed Care and Practice in Domestic and Family Violence Services

For anyone working in DFV – **Feb 9**

#### Supporting Practice with Complex Trauma Clients

For health professionals – **Mar 23**

#### Safeguarding yourself – Recognising and Responding to Vicarious Trauma

For anyone working in trauma – **Apr 27**

#### A Three-Phased Approach – Working Therapeutically with Complex Trauma Clients

For health professionals – **May 18 & 19**

### Wollongong

Adina Apartment Hotel  
19 Market Street, Wollongong

#### A Three-Phased Approach – Working Therapeutically with Complex Trauma Clients

For health professionals – **Feb 23 & 24**