> FACTS ABOUT CHILD ABUSE

"Over the past decade, the world health community has witnessed an explosion in the knowledge of trauma and its multifaceted impact on the human brain and its psyche"

[Bearup 2010].

Recent data on sexual abuse indicates that **1 in 3 girls** and **1 in 5 boys** are assaulted during their childhood. The cost child abuse to our community is overwhelming our service systems, and impacts socially, physically, financially, psychologically and spiritually.

For the survivor, their experience permeates their entire being and the affects are lifelong. Those children grow into adulthood via the legacy of "sacred wounding", often exhibiting chronic symptoms which dislocates their ability to function, engage in and embrace life. These chronic symptoms include:

- Depression and Anxiety
- Mental illness
- Drug, alcohol and a diverse range of other addictive behaviours
- Suicidal ideation and suicide
- Violence and criminal behaviours
- Distorted sexuality
- Relationship difficulties
- Parenting issues
- Homelessness
- Self-abuse

Significant Impact
Training, Consultancy & Therapeutic Interventions

Significant Impact – aims to **raise awareness**, **reduce the impact** and **strengthen individuals** and **communities** in identifying and treating trauma.

Suzanne and Judith have 45 + years experience between them working in the community service sector.

SUZANNE ARNALL: BA., BSW., Cert IV TAA

Suzanne has worked in the fields of counselling and education over the past 28 years. Her experience has taken her into hospitals, local government, community health and tertiary education.

Her compassion, honesty and commitment to well being is what gives her an ability to engage people from a variety of backgrounds.

Suzanne's knowledge and understanding of the capacity for change is a solid foundation from which she offers an integrated approach to training.

JUDITH SHAPLAND: Assoc. Dip. Com. Devel., Assoc. Dip. of Professional Counselling, Cert IV TAA

For over the past 18 years, Judith has worked as a practitioner, team leader and manager in the fields of mental health, alcohol and other drugs, youth and family support, residential care and homelessness.

As a survivor of childhood trauma, and the author of her first book, *'Always the Bridesmaid – Childhood abuse – more than just surviving'.* Judith offers a unique perspective on working with the impact for adult survivors and their families.

Her insight and good humour communicate that recovery is not only a possibility, but a reality.

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presents

Childhood Abuse
a Toxic Heirloom

> SEMINAR
An Introduction

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> ONE DAY WORKSHOP
Child Abuse a Toxic Heirloom
– an Integrated Pathway to Recovery

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> ONE DAY TRAINING
Child Abuse a Toxic Heirloom
– a Practitioners Guide

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'A Toxic Heirloom'

This 2 hour introductory seminar will explore the generational impact of childhood abuse. It will provide insight, strategies and hope for recovery.

The seminar is presented in 3 parts:

UNDERSTANDING IMPACT
Most of us will have experienced trauma in our childhood that has affected us in some way.

SELF ALIGNMENT
As a result of this childhood trauma we develop survivor behaviours that create barriers to engaging and embracing life to our full potential.

REWRITING THE LEGACY
Survivor behaviours, if not identified and managed, will ultimately be passed on to all whom we come in contact ,with in one way or another. They become an intergenerational toxic heirloom.

Who should attend?
Anyone who has a lived experience of childhood trauma or loves someone who is dealing with the impact. This may include partners, parents, family, friends, carers and significant others of any kind.

Anyone who has an interest in childhood trauma. This may include: support workers, counsellors, social and community service workers, team leaders and managers in the community sector, residential care workers, case managers and mental health practitioners.

Child Abuse a Toxic Heirloom
An Integrated Pathway to Recovery

This one day interactive workshop will provide participants / survivors opportunities to identify survivor behaviours that are holding them fixed in negative patterns of behaviour.

The workshop will also educate and guide participants in the use of strategies and tools for positive change.

- Identify and Understand Trauma Impact
- Challenging Belief Systems
- Triggers and Circuit Breaking Strategies
- Cycle of Change and Managing Interference
- Honest Dialogue with Self and Others
- Integrated Wellness and Recovery Planning
- Goals and Recognising Achievements

"Children who are raised with love and praise, will build a life according to the messages they are given. These children who are taught to honour themselves are able to operate in a socially appropriate fashion and manage situation's with confidence, their minds are open to receive learning and their hearts open to receiving love. I believe that every child deserves the opportunity to build themselves with love and pride."

[Judith Shapland – 2010]

Child Abuse a Toxic Heirloom
A Practitioners Guide

This one day interactive training workshop will provide practitioners with insights and tools to identify trauma impact in their clients and colleagues.

The workshop will include techniques and strategies for reflective practice, professional boundary setting and integrated recovery planning.

- Identify and Understand Trauma Impact
- Cycle of Change and Managing Interference
- Integrated Recovery Planning
- Measures of Success
- Vicarious Trauma
- Self Care and Wellness Planning

"Just as no survivor can recover alone, no professional can work alone."

[Judith Herman]