



ISA NEWSLETTER

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The Incest Survivors Association (Inc.)

New services on the way

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The year is rocketing by, and the growth in ISA services continues at a similar pace. A number of new services have been instituted, and our new counsellors are providing new opportunities.

Group and information services continue to grow. ISA now providing increased group opportunities for our female clients and with the addition of a male counsellor to our staff, we can now offer groups tailored specifically for male survivors. This is particularly important at a time when the Royal Commission into Institutional Responses to Child Sexual Abuse is encouraging many male victims of abuse by priests, teachers and Boarding House supervisors to come forward and to speak out, many for the first time. This reaching out takes much courage and often leaves survivors feeling vulnerable. It is important that the support services are there for survivors if and when they need them.

One thing that has become apparent

is that many people do not realize that ISA is here to support people in these circumstances. Supporting the survivors of familial child sexual abuse is absolutely central to our role, but we also support those who have been abused by other people in a position of power and trust — the nature of the relationship, the abuse of trust and the consequent devastating effects of the trauma are often very similar. If you know people who you think might be in this situation, please tell them about ISA and that we are here for them.

ISA has also been developing seminars for families and friends to assist them to understand ways they can support people recovering from this trauma. The seminars contain explanations of some of the processes survivors may be going through and some practical tips on do's and don'ts. I encourage all of you who may be in this situation to consider attending one of our seminars, and to tell your friends about them.

Leone Shiels, Executive Officer



Board News

Chairperson:	Angela Loxton
Deputy Chairperson:	Jonathan Smith
Treasurer:	Ron Mathieson
Secretary:	Heliyana Perez
Board Members:	Anne Pekaar
	Peter Curry-Jones
	Cathy Gregory

At the last AGM, the ISA Constitution was amended to allow the number of Ordinary Board members to grow from three to six, making a total of ten members constituting the Board. This was a vital step to build Board

capacity. The previously small number had placed constant pressure on quorums, and had required Board members to do an unreasonable amount of work to cover all the governance aspects of the organisation. The new configuration of the Board will hopefully provide a much more sustainable platform moving forward.

As a consequence of this change the Board has recently been on a recruiting drive to attract new members. We have had a very encouraging level of response and will be interviewing potential candidates over the coming weeks. We hope to appoint several Board members on an interim basis prior to this year's AGM, when they will all come before our membership for election.

From the Chairperson

We have all survived the intense heat of summer and are hopefully enjoying the cooler nights currently with the wonderful blue skies Perth offers during the day.

It is the hope of all Board members that our clients continue to find peace within themselves through the work offered in ISA's relaxed and comfortable environment in Nancy Rehfeldt House. We are delighted that ISA client numbers continue to increase and even create a waitlist for our staff to manage! The professional presentations staff have offered regularly out in the community has no doubt made the difference to ISA's name being readily recognised for its expertise in the area of child sexual abuse counselling. The challenge to maintain high standards by staff and agency alike is constantly at the forefront of everyone's mind. Striving for excellence is what I believe all at ISA aim for including the members of the Board.

I wish to specifically thank each Board member for their dedication and commitment to our unique organisation. We cover a lot of ground in

our monthly meetings with a collegial convivial approach. I certainly leave Board meetings feeling energised despite the amount of work that needs to be done! I specifically want to thank Jonathan Smith for pulling together the strategic planning day information into a readable and functional document. We are still discussing the 'how' to proceed to create a more interesting and diverse strategic plan for ISA for the ensuing three years. In addition, Ron Mathieson's eagle eyes on the financials of the organisation regularly keeps us all accountable. Peter Curry-Jones brings us all to heel with his questioning and legal perspective. Leone then grounds us with the here and now of ISA and throws us with curly questions! It is fascinating, fun and a privilege to be part of this professional ISA Board team. Thank you to you all.

I wonder what the next quarter will bring?

Angela Loxton
Chairperson

What should we call it?

*What's in a name? that which we
call a rose*

*By any other name would smell as
sweet;*

*William Shakespeare, Romeo and Juliet,
Act 2, Scene 2*



Let's face it, the name of our organisation isn't great.

The word 'incest' is the first problem. It's not a word people like to think about or deal with, and for some, they're not ready to recognise that's what happened to them. Having the word 'incest' in our title also creates a very real risk of accidental disclosure. It also means many people who could use our help – people who have been sexually abused by

teachers, priests, scout-masters, sports coaches, etc. - think we can't provide services for them.

The word 'survivor' is not so bad, but still not great. We would probably like to hope the people who come to our organisation for counselling and support can reach beyond merely 'surviving'.

Even the word 'association' is more relevant to ISA's past when it was a more membership based organisation, relying heavily on the work of volunteers.

There's also a deeper underlying issue: our organisation's name refers to the problem, but doesn't say anything about the solution. There's no reference to support, counselling, help, recovery, reclaiming lives, taking back power, relearning and rebuilding hope and trust, reasserting boundaries.

So the ISA Board has been talking about this issue a lot and agrees it's time to give ISA a new name. The Board began some work into finding a new name last year, around the same time as it started the process of reviewing the strategic plan. During this work, the Board realised it made sense to finish the strategic plan first, so the renaming process was parked.

As the strategic planning draws to a close, we expect the issue of finding a new name to come back into focus.

ISA is always interested in hearing from its members. If you have a good idea that might help ISA move forward, please call 9443 1910 or email leone.shiels@isa.asn.au

*Jonathan Smith
Deputy Chairperson*

Time on your hands?

*Want to contribute to ISA but
don't know what you have to
offer?*

*ISA is looking for a volunteer
gardener to tend to our beautiful
roses and camellias. Help to
create and maintain a beautiful
environment for people to find
peace and support recovering.*

*If you are interested, ring Lois
or Leone on 9443 1910*



Group News

For those of you who have been considering groups, but not sure whether groups are for you, have a chat with your counsellor or call us on: 9443 1910 to find out more about our groups for this year.

ISA will be holding groups for survivors in the upcoming months. We hope to be running separate groups for female and male survivors. Make sure you don't miss out - places are limited.

Groups have proven to be highly effective in supporting clients in their recovery journey. And don't worry, you can say as much or as little as you like in group and you will have a chance to connect with others who understand. We will be covering a range of topics including relationships, self-esteem,

boundaries, anger, anxiety and sexuality.

If you think you may be interested in attending our groups in 2014 or know someone who might be, give us a call and we will be able to give you any information you need and will keep you informed of our group programme.



New Counsellor at ISA

Scott Brandreth is the most recent addition to our counselling team. Scott trained as a Psychotherapist and Counsellor, completing a Masters in Integrative Psychotherapy at The Sherwood Psychotherapy Training Institute/University of Birmingham in the United Kingdom. He previously worked as psychotherapist in Hospital, General Practice, Community and Private Practice settings in the UK before returning to Western Australia late last year to take up a post with ISA. Scott is also trained and experienced in using Eye movement

Desensitization and Reprocessing Therapy (EMDR) and Dialectical Behavior Therapy (DBT). He is currently working with individuals at ISA and looking to start both groups for men and those seeking to learn and use Dialectical Behavioural Therapy (DBT) - orientated skills.

Scott will be available for appointments on Thursday and Friday in Coolbinia. Appointment bookings can be made via ISA's Coolbinia office on 9443-1910 or emailing at counsellor@isa.asn.au

ISA Counselling Groups

For Female Survivors of Childhood Sexual Abuse

ISA would like to invite you to attend our new group programme for 2014.

- ♦ Learn skills to help you to manage issues with anxiety, anger, depression
- ♦ Share as much or as little as you want with people who care and understand
- ♦ Learn ways to relax and be able to sleep more easily

When : 6 Week course

Starting 23rd April, 2014

Time: 3:30-6PM

Wednesdays

Place: 404 Walcott St
Coolbinia

If you would like to attend our counselling groups, please confirm with your counsellor or call us on: **9443 1910**.

Please note, If you are **not** a current ISA client, you will need to book a **free** assessment session with us before attending groups.

I.S.A.

Help us to help others



Would you like to support other survivors
through your creativity?

ISA invites all survivors to share any poems or artwork related to their history of childhood sexual abuse to be used on our website and client handbook.

Please submit all poems or artworks to your counsellor or speak with Lois for more details on 9443 1910



(please note, not all submissions will be used, however all submissions will be greatly appreciated)

I.S.A. Information Seminars

It has been exciting to see such a great response to ISA's newly introduced free Information Seminars. In March, we began our first series of seminars to assist members of the community to provide better support to survivors of childhood sexual abuse.

Given the enthusiastic response to our first series, this looks to be an ongoing event, so stay posted for future dates.

Information Seminar for Service Providers

On the 2nd April, we saw a great turn out at our Information Seminar for Service Providers, clearly indicating the commitment of Community and Government agencies to providing better support for survivors. Issues addressed included information about the impacts of Childhood Sexual Abuse, tips on what to do/not to do when a client discloses Childhood Sexual Abuse and how to work effectively with survivors of Childhood Sexual Abuse.

Please email info@isa.asn.au or call 9443 1910. to register your interest in future free Information Seminars.

Family and Friends Information Seminar

On the 26th of March we held an Information Seminar for Family and Friends of Survivors to provide loved ones with the skills and knowledge to help survivors in their recovery. Some topics covered were: learning about the impacts of childhood sexual abuse, what to say/not to say to survivors and how to better support your family, friends and yourself. The seminar was a great success, and the participants expressed a strong desire to develop a support group for family members, so this is something ISA will be developing in the next month or so. If you are interested in participating in a family and friends support group, please contact Rochelle to register your interest.





Family & Friends Support Groups

ISA would like to invite you to attend our support groups for
family & friends of survivors of childhood sexual abuse.

- ♦ Meet & connect with others who understand
- ♦ Learn about the impacts of childhood sexual abuse
- ♦ Learn how you can better support your family, your friends & yourself

**When : 6 Week course
Starting 22nd April**

Time: 4-6PM

Tuesdays

**Place: 404 Walcott St
Coolbinia**

Please secure your place by emailing:
counsellor@isa.asn.au or calling
9443-1910. There will be a small fee for
groups to cover costs.

Please note, If you are **not** a current ISA
client, you will need to book a **free**
assessment session with us before
attending groups.

Incest Survivors Association

404 Walcott St
Coolbinia WA 6050
Phone (08) 9443 1910
Fax (08) 9227-1510

Email:

For General Information:
info@isa.asn.au

To contact a counsellor:
counsellor@isa.asn.au

**Donations of \$2 and over
are tax-deductible**

**WE'RE ON THE
WEB!**

**VISIT US AT
WWW.ISA.ASN.AU**

Have you or someone close to you been affected by child sexual abuse?

Do you struggle to move on no
matter how much you want to
forget?

Do you need someone to talk to?

Reaching out can be difficult.

The counsellors at ISA can help.
We provide trauma focussed,
professional counselling and
support services in a safe and
confidential environment for adults
and children from 8 years of age
who have been affected by incest
and child sexual abuse.

Please contact us on 9443 1910 or
visit www.isa.asn.au

Useful Resources

Information about child sexual abuse

www.aifs.gov.au/nch Australian Institute of Family Studies. National Child Protection Clearinghouse. Information on child abuse and child protection

www.asca.org.au For survivors of childhood abuse. Information and other resources

www.childsafetyaustralia.com.au/community/child_abuse
Information about child sexual abuse, signs of abuse, child protection

www.nswrapecrisis.com.au Information about sexual violence/ Information for survivors of child sexual abuse

www.secasa.com.au Child sexual abuse impacts and other information



Some relevant WA Government Agencies

www.childprotection.wa.gov.au Department for Child Protection, WA

www.communities.wa.gov.au/childrenandfamilies/parentingwa Parenting support and information

www.legalaids.wa.gov.au For those seeking legal advice

Child protection on the internet

www.cybersmart.gov.au Information to manage internet safety