

# ISA NEWSLETTER

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DECEMBER 2014

The Incest Survivors Association (Inc.)

Merry Christmas and Happy New Year!

## From the Executive Officer

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*It is with a tinge of sadness that I inform you that I will be leaving ISA early in the New Year. I have loved my time here working with such a dedicated and skilled band of people, but the time has come for me to move on. The Board is currently interviewing for my replacement and it is anticipated that the new Executive Officer will commence in January/February.*

*It has been a privilege to lead the ISA team of dedicated professionals who provide such an amazing service. It is not easy work, and the sad stories they bear every day would dishearten many. It is a tribute to their skill and professionalism that the service continues to flourish, and I would like to thank them for the camaraderie we have shared.*

*I would also like to thank the ISA Board. I have seldom worked with a Board with such a range of experience and skills—managerial experience, advanced counselling skills, legal and financial expertise, marketing and human resource expertise, IT knowledge and understanding, as well as a strong understanding of corporate governance. Their contribution has made my work so very much easier, and I have always felt supported and encouraged.*

*I have no doubts that ISA will continue to grow and develop with such amazing people at the helm.*

*Leone Shiels  
Executive Officer*

## Season's Greetings

**ISA will be closed from 1pm Wednesday 24th December 2014 and will re-open on Monday 5th of January 2014**

**The I.S.A. Board of Management and Staff would like to wish you a festive, peaceful and safe Christmas and a very Happy New Year.**

**Existing clients who need to speak to an ISA counsellor during this period can leave a message on the ISA phone 9443-1910 and a counsellor will return your call.**



## Board News

<b>Chairperson:</b>	<b>Angela Loxton</b>	<b>Board Members:</b>	<b>Rob Cameron</b>
<b>Deputy Chairperson:</b>	<b>Jonathan Smith</b>		<b>Peter Curry</b>
<b>Treasurer:</b>	<b>Ron Mathieson</b>		<b>Andre De Barr</b>
<b>Secretary:</b>	<b>Heliyana Pereza</b>		<b>Dr Jacqui Joseph-Brown</b>
			<b>Anne Pekaar</b>
			<b>Julie Woodhouse</b>

## Profile – New Board Member

### Rob Wilton

Rob Wilton is Executive Manager for Hope Community Services. Prior to his appointment at Hope, he spent five years in the resources industry managing iron ore and coal mines to increase their performance and profitability. These positions demanded a high level of financial control, oversight of human resources, information technology, safety, legal, contracts and administration, all areas where Rob had gained significant exposure to in a long career in the British and



Australian Armies. Rob has a Master of Sciences degree from London, a Management Diploma in Occupational Safety and Health, a Diploma in Governance from Chartered Secretaries Australia, and is a Fellow of CPA Australia. In his spare time, Rob is a qualified pilot, a keen motorcyclist and is currently struggling to learn the guitar.



## From the Chairperson

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Unbelievably, 2014 is coming to an end!

And Leone is leaving ISA! It is with much sadness that the Board accepted and appreciate Leone's need to move on. She has graciously afforded ISA time to find a replacement, this is now underway.

So much has been achieved, yet the Board is ever cognisant of the many 'projects' it continues to work tirelessly to fulfil. I therefore wish to thank all Board members for their cohesive and inclusive professional approach toward managing ISA's best interests. I wish to specifically thank those members who stepped up to be involved in ISA's continued development within a smaller committee. In addition, I wish to acknowledge all members of the Board for their diligence and for attending what is an extra-curricula activity. I look forward to further robust and interesting discussions in 2015.

The staff at ISA continue to offer respectful, professional counselling and diverse support to clients who are motivated to manage their lives productively. I thank the staff too for supporting clients now in different locations which no doubt has its own challenges. To Fiona's green fingers,

a special thanks for your willingness to contribute to everyone's well-being at ISA for the garden provides us all with joy. As always I wish to personally and on behalf of the Board thank Leone Shiels for her tireless, professional and balanced approach to both the staff and the Board. It is a pleasure to know that we leave ISA's day to day practicalities in such capable hands. Thank you Leone.

As Christmas draws near I reflect on the many lives for whom this season is not merry. I feel honoured to chair an organisation that offers people the opportunity to express their inner-most thoughts and explore options to create difference in their lives. May this festive season be filled with good times.

Merry Christmas to staff, clients, Board members and all associated with ISA. May you and those dear to you have a safe and happy time. Best wishes for a healthy, fulfilling 2015.

*Angela Loxton*  
Chairperson

## New Counsellor at ISA

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Andrea Halse is the latest addition to our counselling team.

Andrea trained as a counsellor completing an Honours Degree in Psychology and Post Graduate Diploma in Counselling at Edith Cowan University. Andrea worked for six years for SafeCare, an organisation helping children and families impacted by child sexual abuse. In 2010 Andrea moved to the United Kingdom where she worked as a counsellor/assistant psychologist in several not for profit and Private Practice settings. During her time in the UK Andrea gained experience in preparing psychological

assessments for courts in relation to child custody cases and capacity hearings. Andrea also completed a degree in Therapeutic Play Skills at Canterbury Christ Church University and most recently worked with bereaved children between the ages of 5 and 11 years. Andrea returned to Perth in September 2014.

Andrea is currently working with individuals at ISA and looking forward to expanding the services offered to children and young people. Andrea will be available for appointments on Monday, Wednesday and Thursday in Coolbinia.

## Tips for Surviving Christmas

Christmas can be a difficult time of year for many people. This can be for various reasons, such as having more contact with your family, reminders of difficult times from the past, not feeling in the festive mood, changes from the normal routine and financial pressures. Here are some suggestions to help you cope

- Consider what you would like Christmas to mean to you. Try not to feel pressurised into celebrating it in the same way as others if you do not want to.
- Where possible, spend time with people who are supportive and accepting.
- If being with members of your family is stressful, limit the time spent with them. This will help you to feel more in control.
- Remember, you have the right to choose who you see.
- If you think that a social gathering may be stressful, travel independently so you can leave when you want.
- Think about what you would like to talk about when you meet others and plan a standard response for anything you don't want to talk about. For example:  
**'Sorry, I don't wish to talk about that now. I would like to talk about something else instead'**
- You can choose to phone individuals instead of meeting them face to face or in a group.
- Limit your alcohol consumption so you can maintain good control over your emotions.
- Remember it is the thought that counts when it comes to gifts. They do not need to be expensive, the gesture is worth far more! Homemade gifts are often highly valued due to the time and effort that someone has made. It can also be helpful to have a gift on standby in case of an unexpected guest.
- Don't try to do everything and to have a 'perfect Christmas'. If you are hosting Christmas day, ask for help with different parts of the meal.
- The changes in routine over the Christmas period can be unsettling. Try and organise some enjoyable and relaxing activities as an 'emotional anchor' for this time. This could include going for a walk, collecting shells, bird watching, meeting a friend, reading a book or baking.

## What is Play Therapy?

Play is the central activity of childhood. Children don't need to be taught how to play and will play any place, any time. Play is vital to every child's social, emotional, cognitive, creative, physical and language development. It helps make learning concrete for all children and young people.

Adults are usually able to verbalise their problems, feelings and frustrations to therapist. Children are less likely to have the language and the skills to do so. Since the 1920s play has been used in psychotherapy to help children express themselves. Thus, in therapy with children, the dynamic of expression is different (play not language) but the expressions (fear, anxiety, rejection, happiness) are similar.

Play therapy sessions are child-led. The role of the therapist is to support the child in the process of healing emotional wounds. Children use a variety of play materials (toys, games, books, puppets, art materials, musical instruments) to help them understand difficult situations they have experienced. They can explore confused feelings at their own pace, at their own level without feeling pressured or coerced.

Play therapy helps children in a variety of ways.



They can receive emotional support and can learn to understand more about their own feelings and thoughts. Sometimes they may re-enact or play out traumatic or difficult life experiences in order to make better sense of their past and cope better with their future. Children may also learn to manage relationships and conflicts in more appropriate ways. The outcomes in play therapy may be general e.g. a reduction in anxiety and raised self-esteem, or more specific such as a change in behaviour and improved relations with family and friends.

Andrea Halse is a qualified Therapeutic Play Practitioner using play and creative therapies (art, sand and music) to help children and young people learn to manage their difficult feelings. Andrea is available for counselling on Mondays, Wednesdays and Thursdays.

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)

## 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](http://www.isa.asn.au)

## Useful Resources

### Information about child sexual abuse

[www.aifs.gov.au/nch](http://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](http://www.asca.org.au) For survivors of childhood abuse. Information and other resources

[www.childsafetyaustralia.com.au/community/child\\_abuse](http://www.childsafetyaustralia.com.au/community/child_abuse)  
Information about child sexual abuse, signs of abuse, child protection

[www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au) Information about sexual violence/ Information for survivors of child sexual abuse

[www.secasa.com.au](http://www.secasa.com.au) Child sexual abuse impacts and other information



### Some relevant WA Government Agencies

[www.childprotection.wa.gov.au](http://www.childprotection.wa.gov.au) Department for Child Protection, WA

[www.communities.wa.gov.au/childrenandfamilies/parentingwa](http://www.communities.wa.gov.au/childrenandfamilies/parentingwa) Parenting support and information

[www.legalaid.wa.gov.au](http://www.legalaid.wa.gov.au) For those seeking legal advice

### Child protection on the internet

[www.cybersmart.gov.au](http://www.cybersmart.gov.au) Information to manage internet safety