

# ISA NEWSLETTER

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The Incest Survivors Association (Inc.)

## From the Executive Officer

I would like to thank the Board and Staff for their warm welcome as the newly appointed Executive Officer of ISA. I was fortunate to have a handover during my first week from Leone Shiels the exiting Executive Officer which I greatly appreciated. There was a lot of information to take in during that week and no doubt I will be on a learning curve over the next few months as I familiarise myself with ISA's systems and operational processes. Leone's skills and experience are evident in the systems in place for ISA, and ISA has been fortunate to have had Leone's capable and strong leadership over the last 5 years. I have the privilege of being appointed to a professional and well regarded community service supported by highly skilled and dedicated staff and Board members.

This first month has been busy with orientation tasks, familiarisation with the day to day operations of ISA along with advising our various stakeholders of my appointment. Because both the staff and I work part-time there are limited opportunities for us to come together however, our once a month staff meetings provide a valuable opportunity for ideas to be shared face to face. Lois Lloyd our Office Manager, who has been with ISA for 29 years, is an invaluable source of information. Lois has assisted me with understanding this long history ISA has had in providing the much needed counselling and support services for our clients over many years.

My own employment history includes a background of working in a variety of organisations providing human services both in Government and the Not-For-Profit sectors. Earlier in my career, and before entering the field of management, I worked as a clinician which included counselling and supporting individuals, couples and families and specifically clients who had experienced domestic violence and/or child sexual abuse.

In my role as Executive Officer I am currently a member of a number of committees namely:

- Mirrabooka Family Support Network (Chaired by Mercycare)
- Royal Commission Working Group (Chaired by Anglicare)
- Self-Regulation Practice Leaders Network
- Children's Policy Advisory Committee (Chaired by the West Australian Council of Social Services)

I look forward to continuing membership of those committees and contributing to the specific aims and objectives of each group on behalf of ISA.

Some members may be aware the Royal Commission in to Institutional Child Sexual Abuse recently circulated a very comprehensive Consultation Paper related to 'Redress and Civil Litigation'. ISA submitted a response to this paper, and I would like to thank the Board and in particular Jonathan Smith for his contribution and assistance with ISA's submission. The Board and I also recently met with Professor Alfred Allen to discuss a range of potential ethical and professional issues that ISA may need to consider in the course of our business from time to time. The session was very informative and will be of assistance to ISA as we continue to develop, review and further refine our policies, procedures and decision making processes on an ongoing basis.

I have no doubt my role at ISA will at times be a challenging one, but I am also confident it will be a very rewarding role. I feel privileged to have been selected for this position, and to be given the opportunity to take ISA forward in to its next phase of development supported by ISA's very professional staff, our highly skilled Board and our loyal members.

*Louise Lamont*

*Executive Officer*

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## I.S.A. Board

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

## New Peer Support Group for Families and Friends

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*Connect2Heal* is a peer support group for secondary survivors of victims of child sex abuse. We are the non-offending parents, families and friends.

Our group's sole purpose is to support one another through a very difficult time. We are here to help each other as we journey through the feelings of devastation that are commonly experienced when child sexual abuse is discovered or disclosed.

*Connect2Heal* began in November 2014 via our Facebook page. We hope to get people interested in coming along to a support group this year. Our meetings will be held bi-monthly at the ISA office.

We have a public Facebook page and a private one. The private page is by phone registration and then email invite. We hope to offer an online space, in between group meetings, that is completely private and where we can share information, resource articles and 'chat' to other members.

For more information please call 0405 490 208

or email:

[connect2heal@outlook.com](mailto:connect2heal@outlook.com)

Thank you

Denise (Founding member of *Connect2Heal*)

## From the Chairperson

It has been a busy and interesting three months start to 2015 at ISA.

The staff and Board of ISA farewelled Leone Shiels in early February after she put in a sterling effort to prepare for a smooth transition for the incoming Executive Officer, Louise Lamont. It was sad to see Leone go after her professional and efficient period at the helm. We again wish Leone every best wish for her future endeavours and with thanks and appreciation from us all at ISA. Enjoy your time off!

On behalf of the Board and staff at ISA, we formally welcome Louise Lamont into the Executive Officer role and wish her a productive and fulfilling experience with us. Louise brings much richness from her extensive professional experiences and we look forward to working with her. I also wish to thank all Board members for their additional involvement and commitment at working through the succession planning and ultimate appointment of Louise.

In record time, several Board members with support from Louise, collated a response to the Royal Commission into Institutional Responses to Child Sexual Abuse for its Redress and Civil Litigation inquiry. The comprehensive response will no doubt be of value to ISA's clients into the future.

For the ensuing months, the Board wishes to re-focus on it's commitment to the complexities of putting the Strategic Plan into action. There is much to do.

The Board wishes Louise, all the staff and ISA clients a Happy Easter (for it is just around the corner!)

*Angela Loxton*  
Chairperson

## Suggested reading for survivors

Some reading ideas

Here are some suggestions of books that may be of interest.

**Breaking Free** by Carolyn Ainscough and Kay Toon (2000) is a book written for adult survivors of Childhood Sexual Abuse. It is written in plain English and talks about the consequences of childhood sexual abuse and offers practical suggestions for overcoming the effects of abuse.

It is a book that I like because it is well organised and talks clearly about many common issues relating to abuse such as feelings of guilt and shame. There are also some suggested exercises to try at the end of each chapter to help to address such difficulties.

Price around \$22 (available from Book Depository online with free delivery)

**Overcoming Depression** by Paul Gilbert (2009). Please don't be put off by the title, this is an excellent book that describes how negative early experiences shape the beliefs we develop about ourselves and the world in general.

Although it is written as a guide to cognitive behavioural techniques for depression, Gilbert has a warm engaging writing style and offers a lot of good advice for changing unhelpful thought patterns which are common after childhood sexual abuse. He is also a leading voice on the topics of compassion and mindfulness and this book dedicates several chapters to these topics.

Price around \$22 (available from Book Depository online with free delivery)

I hope that you enjoy these suggestions

Aileen Reid

Senior counsellor



## Self-Care Strategies

### Self-Care Strategies

The term "*self-care*" means: looking after yourself: treating yourself as person who deserves care.

Self-care can be very challenging for adult survivors of childhood trauma and abuse. In the act of neglecting, hitting, insulting or abusing a child, an adult sends a message to that child that they are without value or worth. Many traumatised and abused children grow to adulthood believing that they do not deserve to experience love, care or warmth. Self-care requires survivors to develop a new way of perceiving themselves as a human beings who have the right to feel comfortable, safe and worthwhile.

Self-care involves very simple, day-to-day acts. A good goal is to try to do one or two caring things for yourself every day. Acts of self-care are particularly effective at short-circuiting spirals of distress, anger or shame. If you feel yourself moving into an overwhelming emotional state, undertaking a self-care strategy can help ground you, bring you out of that state, and help you regain control over difficult emotions.

Have a think about the things that you enjoy. The list of self-care suggestions might help you choose.

- What activities ground you in your body and encourage you to enjoy the present moment? Take a long, hot bubble bath; listen to classical music, or light candles; go for a jog or watch old movies.
- Make sure that your bed and bedroom are comfortable so that, when you feel like retreating, you have a place that affirms your worth, makes you feel safe, and gives you pleasure.
- Undertake activities that have no other function other than the joy that they give. Read a special book -- not one for school, work, parenting or therapy -- one just for you. Play with pets and animals. Listen to your favourite music.
- Do something physical or acquire a new physical skill. Learn to dance, or join a club of bushwalkers or joggers. Exercise is a great way to burn off excess emotion, and it teaches us to be more comfortable in our bodies.
- Undertake "mindfulness" meditation classes that teach you to live in, and find ways to enjoy, the present.

Many survivors live in a state in which they are coping with the burden of the past, but anxious of the future as well. The present often seems overwhelming. By finding ways to care for yourself, you can find ways to live in the present, and enjoy the moment. This in turn promotes emotional and psychological health.

**Source: Adults Surviving Child Abuse (ASCA)**

[www.asca.org.au](http://www.asca.org.au)

## EFTPOS facilities now available at I.S.A.

**Good News at I.S.A.!** In addition to paying counselling and membership fees by EFT, cash or cheque, we now have an EFTPOS machine and accept payments from cheque and savings accounts as well as credit cards. This can be done over the telephone as well as in person.



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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