



ISA Newsletter

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MAY 2012

The Incest Survivors Association (Inc.)

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We have a new home!

The Board is very excited to announce that ISA now has its very own premises for the first time . Thanks to a very generous grant from Lotterywest, ISA has been able to purchase a suitable property at 404 Walcott St, Coolbinia. Coolbinia is a leafy little suburb nestled between North Perth and Mt Hawthorn, near Mt Lawley. The property has been a much loved family home for many years.

Over the next few months, we will be renovating the property to make it suitable for counselling and we plan to move in (hopefully) late August. Renovation works are now fully underway, with a complete refit envisaged, including painting, carpets, curtains and floorboards, as well as paving for client parking. *(continued page 3)..*

Board News

Chairperson:	Anne Pekaar
Deputy Chairperson:	Angela Loxton
Treasurer:	Ron Mathieson
Secretary:	Ali White
Board Members:	Cathy Gregory
	Estelle Gom

We were saddened that pressure of work has forced Clare Robbins to resign from our board. Clare brought valuable clinical expertise to the Board and will be sadly missed.

The Board is looking for new members and will be shortly advertising vacancies. If you have an interest in serving, and feel you could contribute to ISA's valuable work, please contact our chairperson, Anne Pekaar, at the ISA office.

Counsellor News

Many workers in community agencies have indicated that they find it challenging and at times overwhelming when clients they are working with disclose child sexual abuse. In recognition of our particular niche expertise, ISA has recently been contacted by some agencies to conduct training for their workers in this area. This training is intended to assist agency workers to support those clients who disclose childhood sexual abuse. While training preparation is in its early phase we anticipate training modules may include information on:

- The common impacts of childhood sexual abuse
- Response and support for clients who disclose
- Self-care and support for the worker
- What ISA can offer

We welcome new counsellor Phillip Hendry. Phillip will be working Mondays, Tuesdays and Wednesdays. As our first male counsellor, Phillip is a valuable addition to our counselling team.

To stay up-to-date and healthy in their practice, counsellors have regular professional development through training and other learning experiences. In addition to professional development at work, counsellors commit a considerable amount of their own time.

An example of a recent learning experience one of our counsellors experienced was when Senior Counsellor Alison Day attended a weekend workshop in Gidgegannup entitled **Reflect, Renew, Restore**. This workshop was aimed at better understanding and reconnecting with the self (the self as person and self as therapist).

Intense therapeutic work with traumatised clients impacts on the counsellor as well as on the client so developing a strong sense of self is important for the wellbeing of the therapist. It also enhances the quality of the therapeutic relationship the counsellor can provide to clients.

ISA has a new home! (continued from Page 1)

We thank our generous sponsors who have contributed so much to the project (see list below). It is wonderful that so many businesses and individuals in our community are willing to contribute to supporting worthwhile causes. If you can find a opportunity to support the businesses and organisations that support ISA, please consider it.

This important step means that ISA now has a permanent home. Additional counselling rooms (including one specifically designed

for working with children and families) will be available, and separation of administration and counselling areas will create a much quieter and more tranquil environment for counselling. This is particularly important as our increasingly busy front desk, with the inevitable constant hum of business activity, can be quite disruptive to the quiet necessary for counselling.

We look forward to inviting you all to the official opening scheduled for later in the year.

A Special Thank You to our generous donors

ISA would like to thank our generous donors, who assist us in our work. Our major sponsor, Lotterywest, and many supporting sponsors have helped make our dream of new premises a reality.



Lotterywest

Murdoch University Women's Collective

Matera Waste Pty Ltd

Galvin's Plumbing Supplies

Please support the people and businesses who support ISA.



Incest Survivors Association

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East Perth WA 6004
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Fax (08) 92271510

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 9227-8745 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. In-
formation on child abuse and child
protection

www.asca.org.au For survivors of
childhood abuse. Information and
other resources
[www.childsafetyaustralia.com.au/
communitiy/child_abuse](http://www.childsafetyaustralia.com.au/communitiy/child_abuse) Infor-
mation about child sexual abuse,
signs of abuse, child protection

www.nswrapecrisis.com.au Infor-
mation about sexual violence/ Infor-
mation 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 De-
partment 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 For those
seeking legal advice

Child protection on the internet

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



**.....because
healing isn't easy.**