

Post Traumatic Stress Disorder (PTSD)

People with PTSD often experience feelings of panic or extreme fear, similar to those felt during the traumatic event. A person with PTSD has four main types of difficulties.

- 1/ Re-living the traumatic event
- 2/ Being overly alert or wound up
- 3/ Avoiding reminders of the event
- 4/ Feeling emotionally numb

You can find more information in the 11th edition of *Taking Care of Yourself and Your Family*.
(Ashfield, 2010, p. 108)

BUSINESS HOURS

9am—5:30pm
Monday—Friday
Closed between
12noon—12:45pm
Late appointments
Available.

Located at:
Ballarat Health Services
Sebastopol Complex
on the Corner of Vale &
Edwards Streets,
Sebastopol.
Ph: 03 5320 3933

AFTER HOURS:

Crisis Care
1800 806 292



The Ballarat CASA
is supported by the
Victorian Government

Manager's notes...

Welcome to the Winter Edition of the CASA Newsletter for 2014. The second half of the year will continue to be busy with 3 groups—a children and Adults art group and the Men's group for victim/survivors of institutional abuse. We also expect the Royal Commission to return later this year for

more private sessions. We welcome any enquiries regarding any information mentioned in this newsletter. A CASA Clinician is available through the Intake system from Monday to Friday.

Shireen Gunn
BALLARAT CASA MANAGER

Ballarat CASA activities....

The past few months, CASA staff have been very busy with community projects. Staff regularly take part in local committees such as the White Ribbon Day planning committee, The Ballarat Integrated Family Violence committee and CAFY. This year we have "revamped" our training we provide for other professionals in the area of understanding and responding to disclosures of sexual assault and working with young people with problem sexual behaviours and sexually abusive behaviours. We are now holding them on site at CASA on a monthly basis. The first two sessions held have proven to be successful, with positive feedback.

Understanding sibling sexual abuse - JULY 17

This workshop will assist participants to understand the prevalence, impacts and effects of sibling sexual abuse and explore the dynamics of working within families where sibling abuse occurs.

Responding to Sexual Assault - AUGUST 14

This training provides information about the prevalence, impacts and effects of sexual assault and assists participants to understand appropriate ways of responding to those impacted by sexual assault.

Working with Adults who have experienced childhood sexual abuse - SEPTEMBER 11

This workshop will explore the impacts of sexual assault, neurobiology of trauma and trauma treatment models and basic techniques for supporting clients who disclose a history of childhood sexual assault.

Art as a tool for working with clients - NOVEMBER 6

This hands on, experiential workshop will provide participants basic understanding of art therapy techniques

Working with young people with sexually abusive behaviours - NOVEMBER 20

This workshop will provide information about Ballarat CASA's SABTS Program (therapeutic treatment for young people between the ages of ten to fifteen). This training also aims to educate other professionals in the area of sexually abusive behaviours to enhance practice when responding to these young people.

Vicarious trauma - DECEMBER 4

Working with people on a regular basis who have experienced trauma can impact on the worker themselves; this workshop explores self care and awareness of vicarious trauma for workers.

Staff have also provided external training to schools and presented at the "Opening Closed Doors" conference. Staff are currently in the planning stage for the 2014 "Take Back the Night March" We continue to respond to new requests for our training. We are committed at CASA to this aspect of our work as we see that we have an important role in educating the community about sexual assault and work towards its prevention.

Royal Commission— Ballarat Community Information Forum



Ballarat CASA was approached by the Royal Commission's Community Liaison officer to host a community information forum. This was held at Ballarat Lodge on Wednesday March 19th 2014.

Shireen Gunn, Manager of CASA introduced The Chair of the Royal Commission, Justice Peter McClellan AM who gave a presentation to the audience and then responded to questions.. The evening was an opportunity for people in the Ballarat community to find out about the process of the Royal Commission and to hear from Justice McClellan about what had taken place so far and their ongoing plans. Justice McClellan made a commitment to return to Ballarat later this year. There was a great turnout – almost 200 people, many of the men from the CASA support group were there on the night.



WOMENS ART THERAPY GROUP

You are invited to join in a
9 week
Art Therapy Group at CASA.
Where: Ballarat CASA
(Centre Against Sexual Assault)
Corner Vale and Edwards Streets, Sebastopol.
When: Friday 18th June
– 19th September
Time: 9:30am – 11:30pm

This group will introduce participants to Art Therapy in a supportive, safe and fun environment. The group aims to provide a space where participants can come together, and explore their journey towards healing, through creative experiences, reflection, and discovery of their own inner wisdom and “sparkling” moments. Whether you see yourself as creative or just curious, this group is for you.
Contact Rebecca for more information, Ph: 03 5320 3933

The children’s Art Therapy group (The Wild Cats!*) is drawing to a close. It has been wonderful to watch the friendships formed, and the flourish of creativity, fun and joy experienced by each group member.

Together we created a song about friendship, and explored other topics such as emotions and feelings through expressive mediums which included clay, paint and percussion. We are currently making felt creatures which were inspired by a session exploring identity.

I have been most inspired by the children’s displays of compassion and kindness towards each other and their willingness to share in the group experiences.

Go Wild Cats!

by Rebecca, Group Facilitator

**Named by group members to signify strength, courage and a fighting spirit!*



Art therapy:
Feelings,
Emotions and
Friendship

A clients reflection...

There is a lot to consider when you look at the effects of abuse and the problems that abuse can leave its’ victims with. I have based this on my own life experiences, my families experience and from the many abused people that I have met. I have found that the effects of abuse symptoms are like a wave, but they don’t hit you all at once. It can happen with change, sadness and during life’s milestones. Many things can trigger the symptoms of abuse. Some of the effects of abuse are:

- Feelings of:
- Hopelessness
- Low self esteem
- Isolation
- Misjudged
- Misunderstood
- Disconnection from life
- Don’t feel like you fit in
- Fear
- Feel like you will die young
- Nightmares
- Anxiety
- Losing your family



This is just a small sample of the effects of abuse and you can see how challenging life can be for survivors of sexual abuse. I have learnt that I am not mad or bad, but I am dealing with the effects of abuse. I have strengths and continue to find ways to manage the effects of the abuse.

Hello, My name is Jitka and I’m at my first placement here at CASA. Currently I am studying my second and last year of Graduate Diploma of Rural Social Welfare at Federation University. Previously I studied crime prevention, through Open Learning Australia by correspondence. Because of that I did not have any hands on experience nor had any knowledge about case management, group work or family work. Maybe that is why I am enjoying my placement so much, because I can finally see all my study “coming to life”. So far I have learned what an important role CASA plays in the Ballarat area and the surrounding region for victim/survivors of sexual abuse of women, children and men. I gained understanding about the skills, abilities and knowledge every clinician working at CASA has. I am very interested in trauma counselling and crisis support and hope that all what I had and will learn at CASA I will be able to apply not only in my profession but also in my life. I would like to be part of the change for improving the status that women and their children have in our society regardless of their cultural background.



On October 25th 2013, Ballarat CASA led the way in running the internationally known event: the Take Back the Night March. The march is a very symbolic event that aims to unite the community on a zero tolerance of violence and sexual assault towards women. The march is also a demonstration that everyone has the right to be safe from violence wherever they go in their towns and cities. The march also recognises that men are also victims of violence and sexual assault in our society. The marchers met at the Town Hall dressed in orange (the colour selected for the march) and made their way down and back up Sturt St to the end at Alfred Deakin Place. The march was concluded with speeches from members of the community, food and entertainment. We hope that everyone saves the date of **November 14th** so we can continue this wonderful and important event this year!

What is Art Therapy?

by Rebecca (CASA Clinician)

Art therapy can be practiced with individuals and groups. It differs from traditional art-making in that the emphasis is on the process of creating and meaning-making, rather than on the end product.

Art therapy (which has a long tradition within psychotherapy) is based on the belief that the process of engaging creatively in art-making, within a therapeutic relationship, supports changes within the client’s inner world, and helps them to develop a more integrated sense of self, with increased self awareness and acceptance. It assists with improving the client’s personal growth and insight, processing of traumatic experiences, and resolving of inner conflicts.

The artwork or creative response in each session is a confidential record showing patterns of feelings, thoughts and behaviours. The art therapist and client work together to understand the creative product of each session, and this product is seen as a reflection of the meaning created, through their own discovery. The art therapist provides a safe, non-threatening space and invites the individual (or group members) to explore their issues by using whatever variety of media he or she feels is appropriate and comfortable during the session. Art Therapy at CASA recognizes the impact of interpersonal trauma, ensuring a respectful and confidential therapeutic encounter.

Art therapy can help people to resolve conflicts, develop interpersonal skills, manage behaviour, reduce stress, increase self-esteem and achieve insight. Art therapy can encourage clients to:

- express feelings that may be difficult to verbalise, such as the impact of trauma.
- explore their imagination and creativity
- develop healthy coping skills and focus
- improve self-esteem and confidence
- identify and clarify issues and concerns
- increase communication skills
- share in a safe nurturing environment
- identify blocks to emotional expression and personal growth.

The client involved in art therapy is in control of their experience, there is no expectation for a client to discuss or reveal aspects of the trauma until the client feels comfortable to do so.

If you are interested in finding out more about Art Therapy at CASA, please contact us on 5320 3933