

Inside Trauma



A Word from the Editor

Community trauma has become more prevalent over the past few years. With the rise of terrorism around the world and the trauma seen within Victoria and Australia: Sydney siege, Bourke Street, and Essendon Airfields, trauma is seen on a regular basis.

Thus, people are exposed to trauma more often. Traumatic events are exposed to people through news programs, newspapers, radio, social media etc. Therefore, one is able to witness the traumatic event without actually being in the situation themselves, all through the media. This, in turn, may have a damaging effect on their psyche.

Continue reading the autumn edition of *Inside Trauma* to find out more about the effects of community trauma and how to address secondary trauma.

The Trauma and Psychology Interest Group will be further discussing this topic at their seminar later this month. See page 2 for details.

Alana Sumic
Editor

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Edition**

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Trauma Centre
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In this edition:

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Editor

Secondary Traumatisation
by Madelyn Dabb

*Indigenous Approach to
Healing Trauma*
by Ingrid Camilleri

*Survival and Recovery
from Community Trauma*
by Peter Horton

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Inside Trauma



Secondary Traumatisation

The recent spate of public and community traumas, both locally and internationally, is contributing to an increased sense of anxiety amongst the general population. Constant media saturation exposes us to these traumatic events every day, and our everyday conversations are dominated by talk of the latest events. There is no escape.

This exposure can leave us feeling hopeless, helpless, and vulnerable, as we struggle to make sense of these unpredictable events which we cannot control. This lack of control can lead to chronic feelings of fear and/or anxiety, as our regular coping skills and reserves of resilience are depleted.

Secondary traumatisation can occur when we hear and see the graphic details of these events. This can lead to similar symptoms to what a first-hand victim may experience, including the symptoms of PTSD, such as hypervigilance, avoidance, social withdrawal, sleeplessness – living in fear.

These symptoms can be debilitating and frightening in themselves. In such cases, it is important to speak to a healthcare professional to discuss treatment options. On an everyday basis, we can mitigate the distress by limiting our exposure to the media, debriefing with those around us, and practicing self-care strategies to help us to be calm and relaxed.

Madelyn Dabb
Postgraduate counselling student

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**Trauma and
Psychology Interest
Group presents...**

**“Dealing with the
Aftermath of Community
Trauma”**

When: Monday,
22 May 2017

6pm - 8:30pm

Where: Melbourne
Multicultural Hub,
506 Elizabeth St,
Melbourne 3000

Presenter: Dr Peter Cotton

To register, contact
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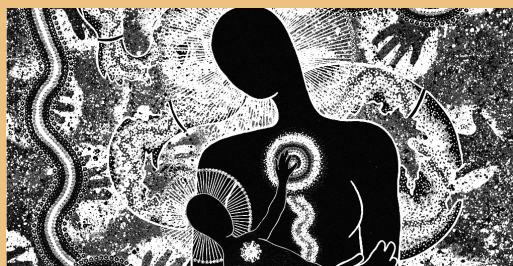


“Deep Silence”: An Indigenous Approach to Healing Trauma

Traumatic events can deeply affect individuals, families and communities at large. Some of the following are types of trauma that can be intensely impactful: violence, physical abuse or assault, sexual assault, serious accidents, illness, medical procedures, war, intense separation and grief, neglect, institutionalised trauma, historical trauma. This list, however, is by no means exhaustive. One of the prime examples of large scale community trauma is the lived experience of colonisation by the Indigenous population of Australia, the effects of which continue to ripple out amongst today's generations.

Although the intellectual and healing wisdom of Indigenous culture has largely been ignored, pockets of Western society are now turning to those who once lived in abundance and unbounded sustainability. Aboriginal culture is rich with resourcefulness. A method used for healing trauma called “Dadirri”, involves a deep, contemplative state and heart-based listening. Dadirri is practiced amongst communities whereby people have the opportunity to share their stories of pain and trauma, and be witnessed with loving acceptance. Dadirri is a practice that allows trapped emotional residue from traumatic experiences to be opened up in order to be released. Due to the loving and non-judgemental nature of Dadirri, an individual is offered untiring positive reflection which often results in them developing the ability to see themselves with love and acceptance.

Ingrid Camilleri
Postgraduate
counselling student



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“The only thing we have
to fear is fear itself”

Franklin D. Roosevelt

“It is important that the
body survives, but it is
more meaningful that the
human spirit prevails”

Dave Pelzer

“You can't get to courage
without walking through
vulnerability “

Brene Brown



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Add Education AAA Access Awareness

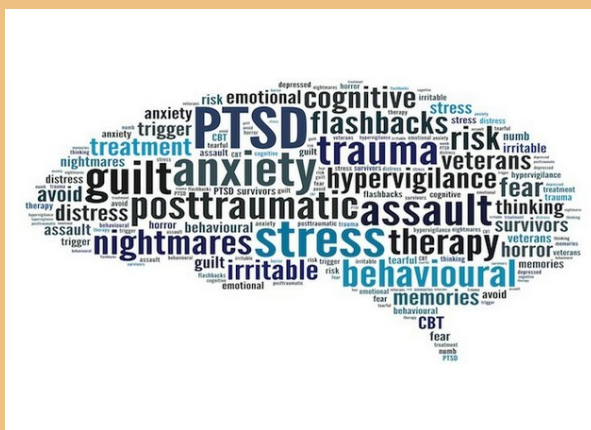
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Remember that people react differently and take different amounts of time to come to terms with a situation. Common reactions can include: helplessness, fear, anger, guilt, sadness, relief and hopefulness. Psychological symptoms include: poor sleep, tiredness, nightmares, poor memory, headaches, poor appetite and sex drive, as well as palpitations.

Recovery will differ from person to person; it may involve asking for support, talking, and self care. If signs persist, then professional interventions may be required. Support options include: contacting the Trauma Centre, Lifeline or Beyond Blue; each agency can be a positive steps toward recovery.

Peter Horton
Psychologist



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