

Firstly, I wish to say that while I am an example of someone that has been on the **completely natural healing journey** from the affects of the many childhood sexual abuses I experienced.

It has not and is not an easy road to travel.

[REDACTED]

The way that I have gone about my healing journey is one of not using the Queensland Health methods and models of the past or still within the current health system. I found the Queensland Health system to be [REDACTED] and not empowering for anyone embarking on healing from childhood sexual abuse experiences like I experienced.

I was sent to one of the most highly respected Psychiatrists' in the country, who said had worked with over 2,000 male victims like myself. He proceeded to hear my story and after 20 minutes of the session he said that [REDACTED] that I would have to go on medication for the rest of my life to deal with this problem.

I asked him if he could help me with the causes of the sexual abuses. He said that I didn't need to do any of that, he said that is what the medication is for. We just had to find which medication would work for me and he said he would have me back at work within 4 weeks.

I had been on sickness benefits for about 3 months at the time for depression and stress's, caused by the childhood sexual abuses were coming to the surface of my mind and life and causing me to shut down and withdraw from life in every way. I was unable to work or do anything remotely like work. I was 35 years old at this time.

I felt totally shocked and [REDACTED] said that I wasn't going to stay any longer [REDACTED], so I stood up and left his office, never to return.

I have put together my healing journey and what has helped me to heal from the childhood sexual abuses, [REDACTED]

[REDACTED]

I mainly I wish to state that I am the Proof of someone that has healed and is continuing to heal from this horrific crime of childhood sexual abuse and I have done it all Naturally.

I also will be focusing mainly on the Therapeutic treatments services and methods that I have found helpful.

Topic A: (1) These are all the different professionals and people and methods they I have used to help me heal from the childhood sexual abuses and the following Health and Legal systems that failed to support me over these past 24 years that I have been on my healing journey.

- Male Abuse & Rape Support Group (M.A.R.S.) with Dr. Wendal Rosevear, Stonewall Medical Centre, Brisbane, Qld. **(1 group session per week for 4 school terms,1 year)**
- Inner child work with Lars Anderson Psychotherapist, Brisbane. **(2 times 90mins.sessions per week, for 2 months)**
- Core Profiling work with Nikki Nemerouf, Family systems Therapist U.S.A. **(4 day initial workshop then 2 years intensive group work and training , and ongoing)**
- Workshops and lectures and private sessions with Dr. Michael Murdad, Spiritual Mentor and Sexual Abuse Healer, U.S.A. **(3 years on a regular basis whenever he was in the country).**
- 3 day workshops learning Core Energetic's method for healing the sexual abuse with Robert Kirby, Core Energetic Facilitator, Sydney, Australia. **(3day workshop)**
- Regular monthly and as needed holistic Bodywork treatments, Marie Muller, Gold Coast, Qld.**(Regular monthly and as needed, and ongoing on a weekly or fortnightly basis).**
- Incest Survivors Anonymous Group (I.S.A.), [REDACTED] **(Initial once a week for the first year for Identification).**
- Treating Alcohol mis-use Alcoholics Anonymous 12 step Support groups, Worldwide. **(daily for the first 2 years down to 3 times per week is ongoing)**
- Men's Rites of Passage work supported by men in the Men's Health and Well-being Association, Brisbane, Qld. **(4 weekend retreats over 1year period).**
- 7 Day retreat to find my Purpose and Calling in Bali. **(a part of my Rites of passage integration)**
- Learning to **How to Play** by Barbara Brewster, USA at the Relaxation Centre, Brisbane, Qld. **(initial 2 day workshop with integration ongoing)**
- Dealing with Sugar addiction, Books on natural healing methods and guidance from Kevin Trudeau, USA.**(ongoing)**
- Bring organic healthy eating style into my diet. **(ongoing)**
- Detoxification of all my body organs to bring them back to optimum levels.**(Dr. McCoombes, USA.)**
- I needed to have 2 years off work and any commitments to do most of this intensive healing work. I choose to be single for 5 years during this healing time so I would not be transferring the effects on the past childhood sexual abuse onto my partner or children. I still only work about 3 days per week since then. **(Very Important).**
- Natural remedies to aid the pain and stress during the more intensive healing periods, like naturopaths, herbalists, aroma therapists, acupuncturists, food therapists, yoga, reflexology.
- A registry of these health professionals and their skills.
- Financial support for healing and the time off from work and other life commitments to do the intensive healing, plus recovery time afterwards to re-energise yourself is important.
- Access to Professionals with lived experience and not just the professional credentials to help you heal.

Topic A: (2)

- Psychiatrists' and other health professionals and assistants who are inexperienced with childhood sexual abuse and also unskilled in trauma informed practises.
- Prescribed medication without any support to work through the causes of the sexual abuse.
- Having to keep telling your story over and over again to different professionals until you get the right one.
- Limitations on time allotted to any and all healing, by professionals ie when I was told I would be sent back to work in 4 weeks when I was just embarking on my healing journey.
- I spent 2 years out from work and relationships during this time. There should be no pressure.
- Uninformed professionals who don't have the skills and trauma informed practise experience to back up there professional credentials.

Topic A: (3)

- The shame of the sexual abuse. The stigma.
- Not being believed.
- The misconception that all people who have been sexually abused as a child will become a perpetrator of sexual abuse.

Topic A: (4)

- Limited because of the lack of funding for workers to adequately provide support groups and one to one support for others.
- Lack of funding for current services providers to help the survivors and victims of childhood sexual abuse.

Topic B: (1)

- All the people and support groups mentioned in Topic A (1).
- Micah Projects & Lotus Place is a good model to use for advocacy and support.
- Bravehearts
- Asca

Topic B: (2)

- More recurrent funding for services like Micah Projects and Lotus Place so we can take these services around the state and all of Australia like the model we have in Brisbane.
- A National Public Awareness drive on the TV and Newspapers and Social Media outlets to educate and inform the public on the services available to anyone who has or is currently being sexually abused and needs help in any way.

Topic B: (3)

- More support and advocacy workers assigned to their case while inside prison and for when they get released.

Topic C: (1)

- Lack of funding and resources and staff to do this work.
- Huge distances between clients/ time constraints.

Topic C: (2)

- Peer support workers making phone calls on a weekly basis for chat and check in.
- Financial assistance to go to drop in days
- Mini Bus pick up drop off service to get to and from there homes to access services and activities.

Topic D: (1)

- Yes.

Topic D: (2)

- All survivors/victims to be able to be added onto your medicare card for all services and therapies for help if you choose.
- An ambassadors program that creates peer support workers that work within the current service providers like Micah Projects, Lotus Place and Bravehearts and other sexual abuse service providers.
- Lotus Place is an excellent service provider that works well for survivors.

Topic D: (3)

- Have them all do a pre registration assessment on their skill level and credentials and life experience before they can go on a National Registry of Sexual Abuse Professionals.

Topic E: (1)

- See Topic A (1)

Topic E: (2)

- Non as yet only the experiences of people that have used the alternative methods and models for healing. My own life experience of 24 years of healing is an example.

Topic E: (3)

- There are many alternative natural healing methods and therapies available that need to be brought in line with the current health models that are supported by Medicare.

My final points for your consideration are:

- 1) I would like the freedom to be able to go to the therapist of my choice whenever I need too paid for by the Medicare system.

- 2) How real and accurate are the current models for assessing whether the therapy is working or beneficial to the survivor/victim and their families?
- 3) The Lack of opportunities for people with lived experience with the education credentials to work in the field.
- 4) Professionals with lived experience will need time out for healing or reduced working hours on a weekly basis so that they don't overload themselves with too much stress. The working week needs to be flexible to suit both the worker and the service. ie they may need random months of when doing deep intensive workshops or retreats and the recovery time to support the work before heading back to work or flexible days to work and hour to do on any given day.

Most importantly is that healing from childhood sexual abuse needs to be taken at the pace of the survivor/victim.

Please attach my private session to this submission. My reference number is R011731

Yours sincerely