

SUBMISSION TO ROYAL COMMISSION IN RESPONSE TO ISSUES PAPER 10

November 2015

Topic A. Victim/Survivor needs and unmet needs

1. More people trained in trauma informed care, I now realise my daughter [REDACTED] didn't get the right therapy though she saw many psychiatrists.
2. Psychotherapy does not help I conclude after my daughter was engaged in this for a year and a half before her suicide, with [REDACTED]. I thought he, as doctor, knew that what he was doing would help my daughter, but she talked yet more about the actual sexual abuse and this did not help her after doing same with other psychiatrists for over a decade. She became more distressed, more isolated, more and more dependent on me, continued binge drinking and taking excessive amounts of the medication this doctor was prescribing. I think she could only see herself as a victim. Talking about the future rather than the past would have been more helpful.
3. Need more trauma informed psychiatrists and other therapists. Women for women and men for men.
4. As parents we were ignorant of child sexual abuse. Did not know it existed and we handled it badly. Daughters told us of violation 30 years later. We handled it wrongly, thinking we were protecting women from shame. A big mistake. For years their lives have been damaged, depression, anxiety, broken relationships, difficulty in jobs, jobs lost, no income, both living with me, family life chaotic, only grandson also sexually assaulted and a troubled, angry young adult who does not communicate with me or his mother, except to ask for money. Suicidal daughters and then [REDACTED] suicided using blades in August 2015. Life wasted.