
From:
Sent: Sunday, 25 October 2015 12:04 PM
To: Advocacy and Support
Subject: Support for children and adult survivors of sexual abuse

To whom it may concern.

I wish to place my full support to The Heal For Life Foundation, which provides 5 day "healing weeks" for children as well as adult survivors of child abuse.

Being a survivor of abuse as a child, I have sought out treatment and support from therapists and the like for over 20 years to help me with dealing with the abuse as well as trying to overcome self-harm and addiction to drugs and alcohol, which are coping mechanisms as a direct result of the abuse.

In over 20 years of standard Cognitive Behavioral Therapy, I received some help and received the needed empathy etc for my situation as a child. Nothing however compared to the 5 days of help I got from the staff at Heal For Life in the Hunter Valley in NSW.

The reason for this? Because I received real and practical (as well as simple) techniques that I could leave there with to help me in the future. I truly believe I got more out of those 5 days than I did from 20 years of therapy.

The model at Heal For Life is based on cutting edge Trauma research from around the world, and physically addresses the changes in the brain that occurs when one suffers trauma and abuse from a young age. It makes it possible for the first time to actually begin to change the part of the brain damaged by abuse.

I highly recommend your organisation researches Heal For Life, and that you refer to them for assistance for victims of abuse you see through the royal commission. These victims need to know about this place. They truly do.

Please do not hesitate to contact me if needed.

Thank you for reading this.