



The NZPsS Institute of Clinical Psychology
(ICP) is proud to host:

Introduction to working with survivors of childhood sexual abuse

presented by:

Dr Kim McGregor

**Auckland
15 September 2020,
9.30am to 4.00pm**

Due to the interpersonal betrayal and complex effects associated with child sexual abuse (CSA), working with survivors can be challenging. Making things more difficult, many counselling and other courses do not provide specific training for this issue. These factors often leave counsellors and other professionals lacking confidence when working with survivors of child sexual abuse.

This one day workshop will outline the prevalence, dynamics and effects of CSA, useful therapeutic approaches and messages from almost 200 Aotearoa/New Zealand survivors of CSA about what they found helpful and unhelpful in therapy.

Most frequent comments from participants of this workshop are about counsellors and other professionals feeling "more confident" in their work and "validated" in their approaches.

Workshop Outline

Introduction to Working with Survivors of Child Sexual Abuse and Clients' Experiences

9.30 – 10.45 Context – Development of Abuse-focused Therapy

10.45-11.15 Morning tea

11.15-12.30 Prevalence, Dynamics & Effects of Child Sexual Abuse/Impact on

Attachment and Neurobiology / How Children and Young People are Silenced / A Brief Overview of Theoretical Basis for Abuse-Focused Therapy Approaches & Stages

12.30-1.30pm Lunch

1.30-2.30pm Disclosure Experiences/ Help Seeking / What survivors look for in a therapist / Beginning therapy

2.30 to 3.00pm Afternoon tea

3.00 to 4.00pm Clients' Experiences of Therapy / What helped in therapy / What was unhelpful



Dr Kim McGregor, QSO, has worked as a therapist with survivors of sexual abuse for 30 years. She is the author of:

Warriors of Truth

a self-help book for adult survivors of child sexual abuse (1994); the up-dated version *Surviving and Moving On* (2008); the first set of ACC national therapy guidelines *Therapy Guidelines: Adult Survivors of Child Sexual Abuse* (2001). She has published several papers including in the *Journal of Child Sexual Abuse*, and *Journal of Trauma*



and Dissociation. She is the co-author of the book *Powergames* (published in NZ & UK 2001). Her doctoral thesis *Therapy It's a Two-Way Thing* (2003) explored what a sample of women survivors of child sexual abuse found helpful and unhelpful in therapy. Her post-doctoral thesis explored the health impacts of child sexual abuse and the types of responses survivors wanted from health care professionals. Kim currently runs her own research and therapy company Tiaki Consultants alongside her partner Russell Smith. She also has a part time role as the Chief Victims Advisor to Government. From 2005-2015 Kim was the Executive Director of Rape Prevention Education Whakatu Mauri, 2005-2013 was a founding and executive member of the Te Ohaakii a Hine - National Network Ending Sexual Violence Together, and the Taiwi Caucus Chair, 2007-2009 was a member of the New Zealand government's Taskforce for Action on Sexual Violence and was a founding and executive member of Project Restore 2004-2013. Kim has worked alongside Louise Nicholas since 2006 and wrote the foreword for her book *Louise Nicholas My Story*.

Online registration available here: <https://www.psychology.org.nz/events/nzpss-events#cid=884&wid=301>

Venue

Auckland: Sorrento in the Park, One Tree Hill Domain (Cornwall Park), Royal Oak

REGISTRATION & TAX INVOICE

Name

City.....

E-Mail

Phone

Booking Conditions: Places confirmed only upon receipt of registration and full payment. If your employer is paying for your registration please ensure your payment is referenced with your surname.

Cancellation: Up to 14 working days before event – refund less 20% administration fee. Less than 14 working days before event – no refund but named substitutes will be accepted if the Society is notified.

The NZPsS reserves the right to cancel the workshop, with not less than 10 days notice, should there be insufficient registrations.

☐ I accept the booking conditions

Signed

Date

Once payment for your registration has been processed you will receive a confirmation letter. If you do not receive a letter within two weeks of registering please contact the organiser

liaison@psychology.org.nz

scan and email completed form to: liaison@psychology.org.nz

PAYMENT

All prices are GST Inclusive - GST Number 42-486-864

ICP Member	\$90.00
NZPsS Member	\$190.00
Non Member	\$220.00
NZPsS Student	\$50.00

Cost (incl. GST) covers:

- m/tea, lunch, a/tea
- workshop materials

☐ I have special dietary requirements (please specify).....

Payment method: Please tick one box

☐ Cheque payable to: NZ Psychological Society Inc

☐ Direct Credit Payment to: New Zealand Psychological Society BNZ, 02-0560-0262471-000

Payment reference

☐ Credit Card Payments: MasterCard or Visa only.

Card Number:

Cardholder Name

Expiry Date:/.....