From: 
Sent: Tuesday, 27 October 2015 10:43 AM
To: Advocacy and Support
Subject: Therapeutic Program that actually works.

To whom it concerns,
I had suffered years of sexual abuse.

I also was born in 1950 therefore parenting was a lot different to what it is now, so I also suffered neglect, domestic abuse, physical abuse (beltings & threats – not just smacks) and psychological abuse from revolting comments of parents, siblings, teachers, doctors & other peers.
I was a very angry, dysfunctional in some ways, hurting, ashamed (I bore THEIR guilt), extremely sad child and adult.

My cognitive ability was affected too; as is now proven by the recent advances and discoveries in neuroscience.
I trained as a nurse & BUT, I was the angriest, reactionable person on the team, taking it out on my colleagues (not patients) and siblings.
I tried psychiatrists (psychotherapy & anti-depressants) for nearly 15 years. I did not heal one little bit.
I tried psychologists (CBT & anti-depressants/anti psychotics) and discovered that CBT did NOT work because they kept insisting that I could change my thoughts when, in reality, the emotions are the first action of the brain when triggered by thoughts, actions (self & others), and events in the world.
I heard about Heal For Life (formerly Mayumari Healing Centre) in 1998. I finally went for a healing program in 2001 and have subsequently done several more Healing Weeks; the last in 2012.
I learnt that there were many others who had suffered abuse (female AND male);
I learnt that it was NOT MY FAULT;
I learnt that childhood trauma affects development – brain, psychological, physical, intellectual, emotional.
I learnt that the releasing of those overwhelming childhood emotions which had been stored in my Amygdala, in a safe environment where I was believed & validated, changed my brain from storing them to then becoming a completed process so that I am now able to remember them WITHOUT THE PAINFUL EFFECTS.
I was NOT living in the past, as so many people tell us we are, MY PAST WAS LIVING IN ME!!!!!!
I learnt how to TAKE BACK MY POWER to live my own life, make my own decisions, and be a valuable asset to society.
I learnt how to look after myself and understand that the past no longer controls me or my behaviour and actions.
I really want EVERY victim of childhood trauma and/or abuse to have the opportunity to HEAL as I am doing.

THERE IS NO FUNDING SUPPLIED to this amazing program WHICH REALLY WORKS.
Shame on the powers that be for continually sweeping the effects of trauma “under the carpet”, when there is a perfectly effective, proven, wonderful program available to empower survivors willing to heal, to be able to do just that. A program created by survivors, for survivors incorporating accepted psychology practices as applicable to us, and backed up by all the latest neuro-scientific research!
SHAME on the ABC for sensationaly producing 2 TV programs ridiculing the Heal For Life Foundation and our Founder, by making false accusations which we cannot AFFORD to address (SUE THE BARST*#DS) so the programs are still on google doing untold damage to any survivor who is put off by the false accusations and chooses to be too afraid to heal.

I wrote to the AFL & NRL players associations telling them about the program so that the members affected by “mental illness”, drug problems, alcohol abuse and other coping mechanisms would have the information available to make their own choice. I have had NO acknowledgement that they ever recieved it.
Every Armed Services person or Emergency services person suffering “PTSD” most probably has an underlying childhood trauma which is triggered by the unspeakable events with which they are now dealing. This is backed up by neuroscience research too. None of these victims are aware that THEY CAN HEAL because Heal for Life does not have the resources (money & personnel) to get the word out there. Every Indigenous person has GENERATIONAL trauma and abuse issues as well as any current lifetime abuses. They need to be told that they can heal their lives, – once again, NO RESOURCES!!!
By telling you all this, I am hoping that the Royal Commission offers EVERY participant, and victims everywhere, the knowledge that this service exist. It needs to be funded, to grow immensely, to be adopted by the mental health service as the PRIMARY treatment for survivors of childhood trauma. I also believe that if we heal, there will be LESS costs to mental health budgets, more productivity by individuals by getting victims healed and OFF Social Security benefits; a better model for the next generation for parenting and child care.
How many less crimes will be committed if people heal??; How many less people in gaol? How much government money would be saved? The possibilities are endless.
Is the Royal Commission prepared to make recommendations that all victims and survivors are made aware that Healing is available?
Is the Royal Commission prepared to make recommendation that this program be made available to the mental health industry – funded, adopted, implemented, promoted?
Will the Royal Commission highly recommend that this program be Government funded, Private sector funded and made available to the people who need it most –the lower socio-economic strata who are only there because of the wickedness of their past child experiences?
Thankyou for reading and considering this account of my experience and learning, with opinions and requests.