

"I want to wake up and have this  
not be the first thing I think  
about - every day."

Presenter Matt Casey

# Sexual Abuse by Clergy

- What makes dealing with clergy abuse, historical or otherwise, so difficult?
  - "Matt in the end it's about the money"
  - "What if it's not?"
- What are the conversations that go on around this?
- What needs to change?



- What are current responses?
- Australian Catholic Church "Towards Healing"
- What do you think that means
- I thought I would feel healed.
- What does that mean.

# Sexual Abuse by Clergy

- What do victims want?
  - I want to feel better
  - I want to feel innocent
  - I want to feel carefree
  - I was worried people might not think it was serious
  - I want to feel whole as a person
- How much would that cost?
- You could never pay me enough



- Who needs to be involved?
- How much attention is paid to relationships?
- **How important are relationships?**
  - Relationships are fundamental to our human existence. As social beings we define ourselves by our relationships with others. Our most innate emotional and social needs in life, it seems, are met by those who are significant to us. The need to be loved and nurtured is probably the most important. The polar opposite of these good feelings is the shame family of emotions.

Nathanson

- **What else is important?**

# Victims of Abuse

- How important are relationships?
  - Relationships are fundamental to our human existence. As social beings we define ourselves by our relationships with others. Our most innate emotional and social needs in life, it seems, are met by those who are significant to us. The need to be loved and nurtured is probably the most important. The polar opposite of these good feelings is the shame family of emotions.

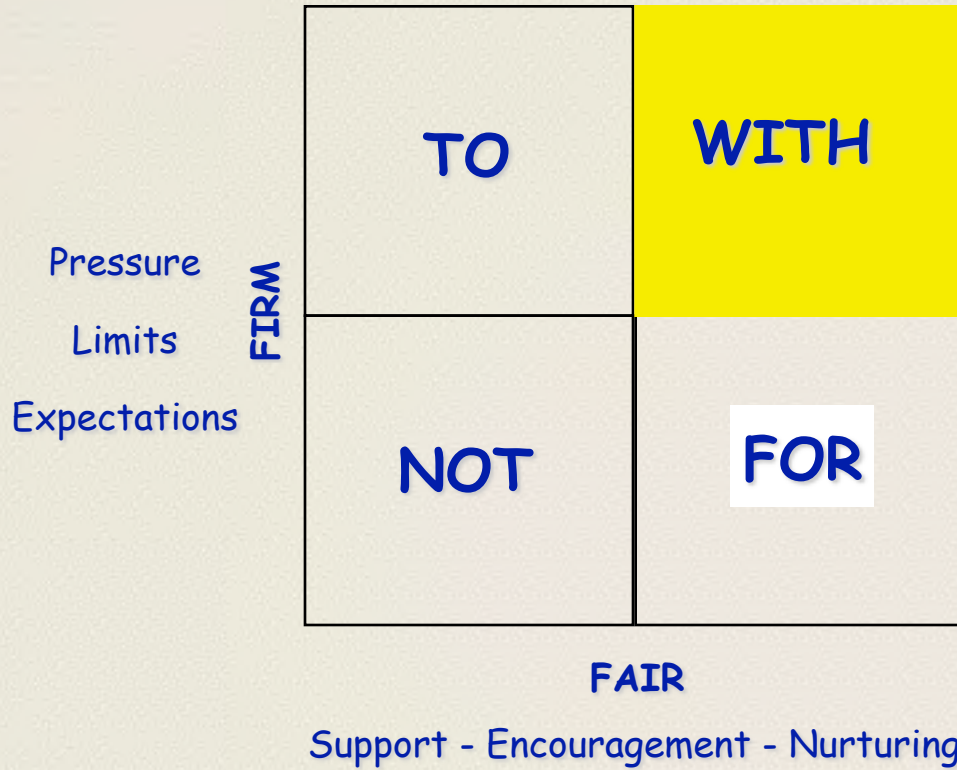
Nathanson

- What else is important?
- How do we change the current conversation?



- What did you think when this happened
- What have you thought about since
- How has this impacted on yourself and others?
- What's been the hardest thing for you?
- What would you like to see happen now?

## PRACTICE DOMAINS



Where is our  
current  
response?



I know I will always be treated

“ .....

by those I respect.

most people say “fairly”



# Fair Process

- What is 'Fair Process'?
- What is more important, process or outcomes?



# Fair Process

Engagement:

Explanation

Expectation Clarity

# Shame

"the central social regulator  
that governs our personal  
interactions with one another."

Nathanson



# Theory of Affects

## POSITIVE AFFECTS

- Interest - Excitement
- Enjoyment - Joy

## NEUTRAL AFFECTS

- Surprise - Startle

## NEGATIVE AFFECTS

- Distress - Anguish
- Anger - Rage
- Fear - Terror
- Dissmell
- Disgust
- Shame - Humiliation

# Shame Experiences

- Someone's Words
- Why didn't you think of buying milk on the way home you knew we used it all this morning?

Adapted from Nathanson



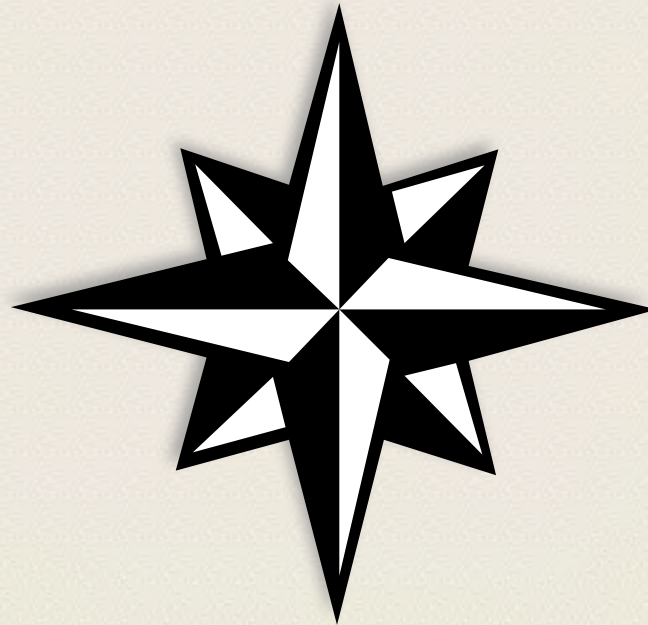
# Shame Experiences

- A child doesn't ask a question in class because she has felt stupid before when the question was viewed as too ignorant or inappropriate by fellow students or the teacher.

Adapted from Nathanson

# Nathanson's Compass Of Shame

ATTACK OTHERS



WITHDRAWAL

AVOIDANCE

ATTACK SELF

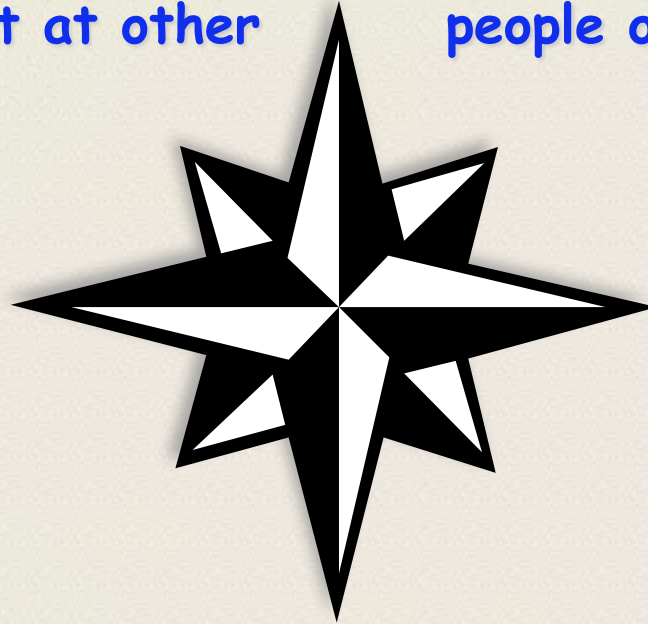
NATHANSON 1992

NATHANSON 1994



## ATTACK OTHERS

Blaming, physically or verbally lashing out at other people or things



## AVOIDANCE

Alcohol, drugs, thrill seeking, sex, workaholism

## WITHDRAWAL

Isolating oneself, Running and hiding, not speaking, driving Other away

## ATTACK

Self put down, doubt, loathing, blaming oneself. Behaving so as to fulfil others preconception.

## SELF



**Mad**  
**Fight**  
 Be cross  
 Hurt others  
 Be cross with others  
 Be mad at people  
 (Attack Others)



**I Felt Like That**

**I Felt Like That To**  
 Run away and hide  
 Go to your room  
 Don't want to play  
 (Avoidance)

**The Shame Bear**

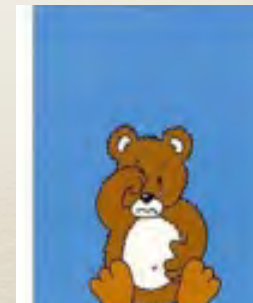


**I felt like this too**  
 Pretend it's not happening  
 Don't want to talk about it  
 (Withdrawal)



**The Crumpled One**  
 (Shame)

**Sad**  
 Feel sad  
 Hurt yourself  
 Say I'm Stupid  
 Do naughty things  
 to get into trouble  
 Be Frightened  
 (Attack Self)





- The healthy management of shame involves owning it and taking responsibility for making things better
- Acting on it instead of reacting to it
- Revising and overcoming shame script is an individual task
- but it is not accomplished in isolation.

Don Catherall

- Whether it be a professional therapist, a mens group or an AA sponsor, the individual who chooses to confront himself must do so before the eyes of another human being

Don Catherall



- What happened?
- What were you thinking at the time?
- What have you thought about since?
- Who has been affected by what you did?
- In what way?
- What do you think needs to happen to put things right?