



Centre for Treatment of Sexual Abuse & Childhood Trauma

203 MacLaren Street, Ottawa, Ontario K2P 0L4 ☎ 613-233-4929 fax 613-233-4947

Please visit our new website at: www.centrefortreatment.com

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We've Moved!

After eight years on Gilmour Street we were surprised when our cozy accomodation sold and we were forced to relocate. But what an opportunity! We are thrilled to announce our new and larger location at 203 MacLaren St, another older house just off Elgin St. which has all the warmth and atmosphere that our clients have connected with the Centre-- plus more space! Please come help us celebrate and see it on Monday, December 4 from 5:30 to 8:00 p.m. at our open house.

H.O.P.E. Grant Received

The Centre for Treatment was one of six charities chosen this year to receive a \$28,000 grant from the proceeds of the H.O.P.E. Beach Volleyball Tournament held on July 15, 2000. The money awarded will allow the Centre to proceed with its proposal to conduct support groups for foster parents caring for children and adolescents who have been sexually abused. Two groups have already been run, one in French and one in English. Feedback from group members has been positive. Two more groups will be run again beginning in the Fall, with each group running approximately 8 weeks. The Centre is pleased to be working in partnership with the Ottawa-Carleton C.A.S. to respond to this need within the community.

Sandtray Therapy

Several therapist at the Centre for Treatment have been trained in sandtray therapy. This is an expressive dynamic form of psychotherapy that is excellent for use with adults, adolescents or children who have been traumatized. This experiential technique is used with individuals or couples. The client learns to access and express their own personal experiences.

Benefit Performance

On May 4, 2000, approximately 90 people turned out to enjoy a benefit performance of the Tara Players' "A Broken Jug". It was an opportunity for friends of the Centre to get together socially, as well as to make a profit. We were able to raise enough money to update assessment tools for adult

clients to provide more comprehensive service. Thanks to everyone who made this evening a great success!

Are you looking for a meaningful volunteer experience?

Our Board of Director offers support and sets policy for the Centre. As a dedicated group of volunteers, the Board has an important role at the Centre. Partnered with our capable Associates, the Board meets four times annually. Committees enhance the work of the Centre and include: the Subsidy Committee, Growth & Communications Committee and Policy Development. We welcome inquiries from individuals who would like to join our Board or committees during the next year.

Board Members:

Andrea Gardner, *Chairperson*
Barry Lett, *Treasurer*
Judith Grant
Bob Pelletier
Brenda Saxe
Margo Lemelin
Jan de Crespigny
Lalita Salins

New Website

We are very pleased to announce the Centre's website. Our objective is to make our services even more available in the expanding age of the world. Our site includes questions & answers that are frequently asked by lay people and professionals alike, general information on sexual abuse and its treatment as well as links to the many informative and relevant sites available on the Web already. We will provide updates of our conferences and community events as well as links to cutting edge research in the field of abuse-focused therapy. We invite you to visit our website at: www.centrefortreatment.com We welcome your comments and suggestions.

Centre Offers EMDR

Many therapists at the Centre for Treatment of Sexual Abuse & Childhood Trauma are fully trained to in Eye Movement Desensitization and Reprocessing (EMDR). This is a well researched method that has proven effective for posttraumatic stress, anxiety disorders, phobias, as well as many other difficulties. No one knows

exactly how EMDR works but we do know that when a person is very upset, their brain cannot process information as it does ordinarily. Often, traumatic events become "frozen in time" and continue to interfere with daily living. Following EMDR, normal information processing by the brain is resumed so that images, sounds, and feelings associated with trauma no longer are relived when the event is brought to mind. EMDR can be part of the ongoing therapy process for clients with many types of problems and we welcome inquiries about this new practice from both clients and the community which we serve.

Consultation Group

Once again this year, (October/May) the Centre offered a Consultation Group for therapists in the community. Although our group was small, the discussion was always stimulating, enriching and educational. We met once a month for about two and a half hours and had persons from a variety of professional disciplines such as Massage Therapy, EAP Counselling, Residential Treatment, etc. All participants were concerned about working with adult survivors of childhood sexual abuse. Anyone wishing hours for professional development credits with the Ontario College of Certified Social Workers may receive such through participation in this group since I am a registered C.S.W. and an approved supervisor of O/A.A.M.F.T. Please call us to sign up for the Fall of 2000. All are welcome!

- Pauline Barrett. MSW, CSW, MFT