“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.

• 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

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Where is our current response?

FIRM

Pressure

Limits

Expectations

FAIR

Support - Encouragement - Nurturing
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

<table>
<thead>
<tr>
<th>POSITIVE AFFECTS</th>
<th>NEUTRAL AFFECTS</th>
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<tbody>
<tr>
<td>• Interest - Excitement</td>
<td>• Surprise - Startle</td>
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<td>• Enjoyment - Joy</td>
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<td>• Dissmell</td>
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<td>• Disgust</td>
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<td>• Shame - Humiliation</td>
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<table>
<thead>
<tr>
<th>NEUTRAL AFFECTS</th>
<th>NEGATIVE AFFECTS</th>
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<tbody>
<tr>
<td>• Surprise - Startle</td>
<td>• Distress - Anguish</td>
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<td></td>
<td>• Anger - Rage</td>
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<td>• Fear - Terror</td>
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Tomkins in Nathanson
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

ATTACK SELF

AVOIDANCE

NATHANSON 1992

NATHANSON 1994
ATTACK OTHERS
Blaming, physically or verbally lashing out at other people or things

AVOIDANCE
Alcohol, drugs, thrill seeking, sex, workaholism

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

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

NATHANSON 1992
I Felt Like That

The Shame Bear

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

The Crumpled One
(Shame)

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

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

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