“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?
• How does it generally come to light?
• What are people looking for when they come forward?
• What are current responses?
Sexual Abuse by Clergy

• “Towards Healing”
  • What do you think that means?

  • I thought I would feel healed.

  • “Matt in the end it’s about the money”
“Harm and Relationships”

Retributive (Blame) approach:

“what happened, who is to blame, what punishment or sanction is needed?”

Restorative approach:

“what happened, what harm has resulted and what needs to happen to make things right?”
Sexual Abuse by Clergy

• What will make a difference for victims?
• what would a difference look like?
  - I want to make sure he can never do this again.
  - I want to feel better
  - I want to feel innocent
  - I want to feel carefree
  - I want to feel whole as a person
• How much would that cost?
• You could never pay me enough
Sexual Abuse by Clergy

- What would help achieve the things that will make a difference?
- Who is involved in our current responses?
- What’s missing?
  - 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)
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

Tomkins in Nathanson
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
Fight
Be cross
Hurt others
Be cross with others
Be mad at people
(Attack Others)

I felt like this too
Pretend it’s not happening
Don’t want to talk about it
(Avoidance)

Run away and hide
Go to your room
Don’t want to play
(Avoidance)

The Shame Bear

The Crumpled One
(Shame)

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

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

Feel sad
Hurt yourself
Say I’m Stupid
Do naughty things
to get into trouble
Be Frightened
(Attack Self)
• We are at our best when we are in good and wholesome relationships

• What relationships are the most important?
• 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
Psychology of Affects

RELATIONSHIPS (BONDS) ARE BUILT/MAINTAINED BY:

1. Sharing and minimising NEGATIVE affect
2. Sharing and maximising POSITIVE affect
3. Allowing AFFECT (emotions) to be ventilated
4. Doing anything that enables the first the above points to happen?
• 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

Pressure
Limits
Expectations

FIRM

TO
WITH

NOT
FOR

FAIR

Support - Encouragement - Nurturing

Where is our current response?
Fair Process

Engagement:
Explanation
Expectation Clarity

• 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?