

## **VICTORIA INFORMATION REGISTRATION PACK**

Welcome to Mayumarri Victoria and congratulations on taking a brave step toward your healing journey.

Mayumarri Victoria was established in late 2005 through the devotion of committed community people whose lives were changed through their participation in the innovative healing program. We extend this invitation to you, so you too can experience the journey to feel and heal.

The Victorian Healing weeks are currently being held at Sunnystones Country Retreat Bacchus Marsh; a lovely property in the western region of outer Melbourne, just a 45 minute drive from the city.

In the following pages you can view our information pack, which includes a registration form at the back. If, after carefully reading the information, you decide to come for a Healing Week please detach the Registration Form, complete all pages and return it, with payment, as soon as possible.

Please understand our weeks fill quickly and we cannot confirm your place until we receive your registration forms and payment. Once we have received your form we will ring you to confirm your booking and discuss travel arrangements.

In the event you need to cancel your booking, refunds are only available if cancellations are more than one week prior to your visit.

If you have any further questions, please do not hesitate to call.

We look forward to helping you in your journey

Kind Regards,

*Helen*

Coordinator, Mayumarri Victoria



*If you Feel  
You can Heal*

***Mayumarri  
Victoria***

***32 Cape Nelson Rd  
PORTLAND  
VIC 3305  
Ph 0448 344 817***

# MAYUMARRI VICTORIA HEALING WEEK ~ INFORMATION PACK

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## **1. WHAT IS MAYUMARRI AND MAYUMARRI VICTORIA?**

Mayumarri is an innovative, affordable Healing Retreat for adults (over the age of 18) who have survived childhood trauma. Mayumarri Victoria is a newly formed branch of Mayumarri New South Wales that will be running healing weeks in Victoria.

**This will take place on a peaceful property called Sunnystones Country Retreat, located just 45 minutes drive from Melbourne.**

Mayumarri is a not-for-profit organization, run **BY** survivors **FOR** survivors and our aim is to provide a place of **safety, peace and love** for all survivors.

## **2. WHO CAN BENEFIT FROM A HEALING WEEK?**

We have seen many survivors from all walks of life learn how to heal themselves and become empowered. Our guests have suffered from abuse, abandonment, neglect or tragic circumstances and have succeeded in taking back their power! The Healing Week program is designed to be an important step in your healing journey, and we encourage you to use the tools you learn to continue healing when you return home. Importantly, the program works best if you are able to focus on yourself and are in good health.

For your safety, we recommend you postpone attending a Healing Week, and access medical or psychological care, if you are experiencing any of the following:

1. Debilitating side effects of medication.
2. Extreme life crises or stressful events, such as homelessness, or very recent separation from partner.
3. A very recent trauma (i.e. within the last 1-3 months) which has not been yet been addressed.
4. Alcohol or drug dependency / or severe withdrawals.
5. Active symptoms of mental illness that mean you are unable to feel safe within a group or take care of yourself.

### **3. WHAT CAN I EXPECT FROM THE HEALING WEEK PROGRAM?**

The purpose of the Healing Week program is to provide a safe environment to help you get in touch with and heal your inner self, the part of you that suffered from trauma as a child. Our main focus is learning tools that help you heal from specific traumatic events in childhood, events that you may, or may not currently remember.

Our highly successful program has developed from combining the latest scientific research on the effects of trauma to the brain with intuitive knowledge gathered from many survivors over time. We will share with you what we know and support you to 'heal' yourself. Please know you do not need to have prior knowledge about healing from trauma in order to benefit from our program. Our program is designed to be a program of self-discovery. You will be encouraged to trust in your own wisdom and do what is **RIGHT FOR YOU**.

Many survivors experience a sense of freedom and empowerment when they discover they **CAN** heal. They also come to a deeper understanding, appreciation and love of themselves, and feel validated and acknowledged by others, often for the first time in their lives. Living in a loving community also helps survivors build self-esteem, self-respect and a renewed feeling of self-worth.

We've discovered the program works best when you are doing it **FOR YOU**, no one else. How much you achieve from the Healing Week will usually depend on how much you are willing to go for it!

### **4. HOW LONG WILL MY STAY BE?**

Our Healing Week program will run from 4pm Sunday through to 4 pm Friday. Please arrive at 4pm on Sunday to settle in and be ready for a **5pm start**. After the program ends at 3-4 pm on Friday you will need to travel home or find overnight accommodation in the local or metropolitan areas.

### **5. WHO WILL I BE SHARING THE WEEK WITH?**

Each week we will welcome a **maximum of 12 guests**, often consisting of both women and men. You will be supported by a professionally trained facilitator and 3 trained volunteer carers.

### **6. WHAT IS THE ROLE OF THE FACILITATOR AND CARERS?**

The facilitator of the week is a survivor who has professional qualifications, an in-depth understanding of the Mayumarri Model, and a strong commitment to their own healing journey. The facilitator's key role is to provide overall leadership and responsibility for the group. The facilitator works equally alongside the carers to listen to you, encourage you and support you in your healing process.

Our volunteer carers are survivors who have lovingly chosen to help you in your journey. They travel here from around the country and give their time very generously. After doing their own Healing Weeks they complete a rigorous training program and many are currently studying at a tertiary level to enable them to help other survivors more effectively.

Please understand that at Mayumarri we **DO NOT** provide professional counseling, do not diagnose, give advice, instruction or prescriptions! The Healing Week is a self-help program and our role is simply to love you, listen to you and cheer you on!!

## **7. HOW MUCH TIME WILL I SPEND WITH OTHER PEOPLE?**

What's special about Mayumarri is the opportunity to live in a true, loving community, building friendships with people who truly understand. Part of living in community means you will be sharing a room and bathroom facilities with possibly 5-6 other people; preparing, eating and clearing away main meals together; working together around the property each day for an hour and a half; and supporting each other to create a safe place for all members of the group.

Each day the group journeys together -however, you do your workshop activities privately, with the support of a carer, if you wish. How much you choose to share is up to you; however, please know that the focus of the week is not to 'swap stories' but to spend time focusing within, feeling your feelings and healing in your own way. Your private journey will be totally unique.

You will be able to enjoy 'Free Time' each afternoon and evening. During this time you can borrow books from our library, enjoy walks around the property.

## **8. CAN YOU TELL ME A LITTLE ABOUT WHAT HAPPENS EACH DAY?**

On Sunday you will meet the other guests and carers and be shown around so you become familiar with the retreat. The group will share dinner together, get to know each other, discuss what to expect from the Healing Week and review the safety agreements. Group safety is our first concern and we have found that if any guest uses a mobile phone during the week, it breaks the sense of safety for everyone. We have also found that it is hard to concentrate on yourself if you are still in touch you're your loved ones. We will therefore ask you to leave your mobile phone in our care during the week. Of course if there is a special need, we are happy to discuss this with you. If you use your mobile as an alarm, we suggest you bring an alarm clock with you. You will also be invited to participate in a voluntary survey that helps us to research the success of our Healing Weeks.

From Monday to Friday we will follow the daily schedule below, though we are not rigid or authoritarian as we know as survivors that we do not like being told what to do!

<b>8.30 am ~ Reflections</b>	<i>A time for spiritual reflection and sharing of personal anxieties and needs for the day.</i>
<b>9.30 am ~ Labour of Love</b>	<i>Time to give back to the community through work. You will be encouraged to do what fits your feelings, Not what you think you should do. Jobs vary from paper work, gardening, cooking, tidying up and cleaning.</i>
<b>11.00 am ~ Inner Child Workshop</b>	<i>An opportunity to connect with your inner-self and your emotions</i>
<b>1.00 pm ~ Lunch</b>	<i>Prepared by two or three guests and carer..</i>
<b>2.00 pm ~ Free Time</b>	
<b>5.00 pm ~ Sharing</b>	<i>A time to practice acknowledging your feelings, with the group in a safe environment.</i>
<b>6.30 pm ~ Dinner</b>	<i>Prepared by two or three guests and carers.</i>
<b>7.30 pm ~ Free Time</b>	

## **9. THE MAYUMARRI PHILOSOPHY**

Mayumarri is run **by** survivors **for** survivors who have suffered childhood trauma and or abuse. We believe we all have the capacity to heal. We believe that survivors who have not been given that opportunity are often caught up in a cycle of failure, either in the capacity to earn or the capacity to have satisfactory relationships or simply in the capacity to enjoy life. We believe it is *our right* to live our lives unaffected by the pain caused by our abusers.

Mayumarri was established to ensure all survivors are able to attend a healing week regardless of their financial circumstances. We do not want to be reliant on Government funding, fund-raising or donations to run our healing programs. We want to help survivors help themselves so we are independent and show we are capable of helping ourselves.

Mayumarri will survive and grow only if we are so successful in our program, that participants who have enjoyed a week at minimal cost pay the *actual cost* of their healing week once they have recovered their lives - so that another victim can become a survivor. That's true re-empowerment.

Turning our lives around usually means being more financially stable, if only because we do not have to waste so much time, energy and money on our healing. Our sincere hope is that, if you take the opportunity to attend Mayumarri at minimal cost, you will commit to helping another survivor attend by paying the real cost of your week whenever in the future you are able. We will not send reminders, however you will know that you will have truly re-empowered yourself when you can provide the opportunity for someone else to attend Mayumarri. Here are Joy Cowley's inspirational words:

***There are times in life when we are called to be bridges,  
not a great monument spanning a distance and carrying loads of heavy traffic,  
but a simple bridge to help one person from here to there  
over some difficulty such as pain, grief, fear, loneliness  
a bridge which opens the way for ongoing journey.***

***When I become a bridge for another I bring upon myself a blessing,  
for I escape from the small prison of self and exist for a wider world,  
breaking out to be a larger being who can enter another's pain  
and rejoice in another's triumph.***

***I know of only one greater blessing in this life, and that is,  
to allow someone else to be a bridge for me.***

## **10. HOW CAN I HELP KEEP MAYUMARRI SAFE FOR MYSELF AND OTHERS?**

It is vital to understand that Mayumarri needs to be kept safe for all members of the group. A very important part of healing is learning to love and be loved by others. In fact, we now know that healing of the brain is only possible through being with other people. However, sometimes very early in our healing we are in too much pain to be able to give and receive. This can make living in community during the Healing Week feel too unsafe for us.

Please read the following safety guidelines that all members of the group are asked to uphold and consider if you are happy to be part of a group.

## THE KEY SAFETY AGREEMENTS ARE:

1. **CONFIDENTIALITY** is of utmost importance.  
You must agree to keep the identity of other guests or carers, and what happens during the week, confidential.  
This is so people can feel safe to be vulnerable and honest with themselves and others.
2. **If you choose to leave the property** during the week you will not be able to return to complete the Healing Week. This is because we have found that taking breaks from the Healing Week is disruptive and can distract you and others from healing.  
**IT IS YOUR RESPONSIBILITY TO ORGANIZE YOUR OWN TRANSPORT OFF THE PROPERTY THROUGH YOUR EMERGENCY CONTACT PERSON.**
3. Absolutely **NO ILLEGAL DRUGS/ALCOHOL/NON-PRESCRIPTION DRUG USE.**  
If you are a heavy user we ask that you are clean for at least a month before your visit so you can feel your feelings and stay grounded throughout the healing week.  
*If you are taking prescription medication (eg. anti-depressants) **DO NOT STOP** taking them while you are here. Please bring medication you are prescribed with you.*
4. Only 'safe touch' is appropriate here. Always **ASK** before touching others and please understand that sexual relationships are inappropriate during the Healing Week, in order to help you focus on your own feelings and healing in a safe way.
5. You need to be willing to accept **RESPONSIBILITY** for your experience here.  
That means reporting anything that makes you feel uncomfortable, asking for what you need, and helping yourself (with the loving support of others) to heal.
6. It's important to be **COMMITTED** and here for you. Mayumarri will support you to focus within by keeping the outside world away as much as possible.  
That means there are no TVs, radios, magazines, games or discussion about the daily news. We ask that you do not use mobile phones, laptops or bring any of your usual 'work' with you as it distracts you and others from healing.
7. Abuse of any kind will **NOT** be tolerated! Mayumarri is committed to providing a safe place for survivors who did not experience a sense of safety in childhood.  
It is vital that all members of the group work together peacefully and lovingly and take full responsibility for their part in any conflict.
8. Group safety is our first concern and we have found that if any guest uses a mobile phone during the week, it breaks the sense of safety for everyone. We have also found that it is hard to concentrate on yourself if you are still in touch you're your loved ones. We will therefore ask you to leave your mobile phone in our care during the week. Of course if there is a special need, we are happy to discuss this with you. If you use your mobile as an alarm, we suggest you bring an alarm clock with you.  
  
Sadly, for the care of yourself and others, if you are unable to behave in a safe way you will need to leave the programme and return at a later date when you are able to enjoy being with a group.

## 11. WHAT CAN I DO TO BEST PREPARE FOR MY HEALING WEEK?

Please know it is very normal to feel frightened, excited, unsure, or indecisive before your visit. Many survivors are very hard on themselves and set unrealistic expectations! We suggest you be loving and gentle with yourself in the days leading up to your visit. Acknowledge you are immensely brave and courageous in deciding to come and it is natural to feel anxious, but that the decision to come means you are ready to undertake this part of your healing journey.

The program works best when you really desire, and are ready, for healing. On the registration form we suggest you note down what your intentions for the week are and set some simple goals for yourself. Also, please think ahead about supports for yourself **AFTER** the Healing Week. It is very helpful to plan some time-off for a few days following your healing. It is nurturing if you can spend some quiet time absorbing the events of the week. Getting a babysitter for an extra day or two, or making sure you don't have to go to work can be very therapeutic!

Sadly, at this time we cannot offer follow-up care and strongly recommend you make an advance booking to see a counselor/support group/supportive friend in the week after your Healing Week. If you already have a counselor we recommend you let them know you are coming here.

To get the most out of your week we recommend you plan ahead to be as fit and healthy as possible. We are **NOT** a medical or mental health facility and cannot be responsible for administering medication or other medical care.

In the case of an emergency, first aid and ambulance services are available. If you have an injury, have just been in hospital, or have medical/dental surgery due, please postpone your Healing Week until you have fully recovered.

Please bring enough of any medications you need to last the week (eg. asthma puffers, cough/cold tablets, allergy tablets, antibiotics or prescription medications). Unfortunately, we have found that people who are **heavily medicated** often find it difficult to participate in the healing process because they have difficulty feeling their emotions.

However, **PLEASE DO NOT** come off your medication before coming here. If you are suffering severe side effects from medication and/or you are finding it difficult to 'feel' anything, it may be in your best interest to postpone your visit until your dosage is at a level where you can feel your emotions.

It's also helpful to let family and friends know they will not be able to phone you during the week. However, if there is an emergency they can call **0448 344 817** and leave a message.

## **12. WHAT CAN I EXPECT WHEN I RETURN HOME?**

Many people feel euphoric and excited when they leave. It's normal to feel a little light-headed and 'on a high' for a while! You may also find that you feel tired and emotional. That's because emotional healing is exhausting work and it is very important to be gentle with yourself. With the right support and understanding from others you can expect to feel 'back to normal' within a few days. If this is the start of your Healing Journey it is best to continue on with the help of a loving professional, if possible.

Also, it may feel a little strange to go back to family and friends. You will have changed and it's important to appreciate they may need time to get used to the new you. You might need time too! Please don't be hard on yourself and others. We strongly recommend you take a minimum of a 2 day break from work and social commitments following your Healing Week, so that you can achieve the maximum benefit. We encourage you to wait some time after your Healing Week before making any important life-changing decisions.

If you wish, you may join our membership group and access our website's confidential chat-room, meeting others who have been to Mayumarri. As a Mayumarri Community member you will also receive our newsletter and have the opportunity to meet other members. You may even decide to volunteer your own special skills too!

If you find you got real benefit from your Healing Week you may return to repeat the program in Victoria, or at Mayumarri New South Wales as many times as you need to. However, we ask that you give yourself at least 3 months between visits to allow yourself time to adjust to the changes healing brings to you and your life.

## **13. HOW MUCH WILL THE HEALING WEEK COST?**

We welcome all survivors to our Healing weeks. We recognize everyone has different financial circumstances and do our best to minimize costs. Though Mayumarri Victoria is run by so many unpaid, kind volunteers, it is currently unfunded so the maximum cost per person is \$800.00. However, if you are receiving Centrelink benefits, or have a low income, then a reduced payment scheme is available. This will need to be discussed with the office administrator, and proof your hardship or Centrelink benefit will be required. Negotiating a lower cost is dependent upon individual circumstances; however, the availability of Healing Weeks in Victoria is currently dependent on privately raised funds, so please consider how much you can afford so that we can keep our programs running for all survivors.

In addition, we ask each guest to contribute a week's supply of food/groceries items. We suggest you spend at least what you would normally spend on yourself for a week, if possible. We will provide a few basic necessities but as we must hire a venue for our healing weeks Mayumarri Victoria does rely on your contribution to supply us with food items. Please bring your supplies with you and if you need to be picked up from a bus or train station, a volunteer will take you shopping before coming to Mayumarri if necessary. (We ask that you pay the volunteer \$5.00 petrol cost.) The nearest supermarket to Sunnystones Country Retreat is located in Bacchus Marsh. And please remember not to bring any alcohol to the property.

If you cancel or defer your visit a \$ 75 admin fee will be held by Mayumarri if you let us know more than a week prior to your proposed visit. Sadly, **NO REFUND** is available if change is sought within one week prior to your confirmed healing week, as your change of heart may prevent another survivor attending. Our aim is to help as many as we can.

## 14. HOW DO I BOOK IN?

1. Decide what week you want to come.
2. Remove 'MAYUMARRI REGISTRATION FORM' from back of this pack, complete all 3 pages and return to **Mayumarri Victoria office** with payment.
3. Wait for a confirming phone call from our office **BEFORE** arranging leave / time off or traveling to Sunnystones.
4. A confirmation letter will be sent to you with details of what you need to bring for your Healing week, re: food and clothing.
5. Confirm with office your travel arrangements at least one week in advance of your Healing Week. If your arrangements have to change, please let us know ASAP.
6. **A map will accompany your confirmation letter.**
7. Keep this information pack with you and refer back to it when packing and getting ready to travel here.

## 15. WHAT YOU NEED TO BRING FOR YOUR HEALING WEEK?

**This is a guide, an updated list will be sent to you after receiving confirmation of your healing week.**

Please make sure you take all your belongings with you when you leave, as we do not have the time or finances to return lost property. **We ask you to look after your valuables during the week as unfortunately we will not be able to lock them in a safe.**

1. Single bed sheets (or sleeping bag), doona, pillowslip, a towel, a hot water bottle and a torch. Any other personal belongings you need to feel comfortable.
2. Enough medications, cigarettes or personal products/toiletries to last the week as there are **NO** shopping facilities.
3. Casual clothes (warm for winter) including clothes you can get dirty and gum boots (or equivalent) if it has been raining a lot prior to your arrival. Because of water shortage, there are **no clothes-washing facilities** so please bring enough for the week. CD 'walkman' for playing relaxing tapes for sleep is permitted, but please only if you have earphones.
4. **Money if you wish to buy merchandise at the end of the week. (CDs, books, etc).**
5. Food for sharing with the community (**SEE FOOD LIST BELOW**).  
You might consider bringing all the supplies for one meal you enjoy cooking.

**We lovingly suggest you keep the meals simple as there are usually about sixteen people for each meal. If you have special food requirements please bring any specific food items you need.** These can be labeled and put aside for you. You might also want to bring some special treats.

## FOOD LIST

### WE DO NEED

Meat – mince, chicken, lamb, beef, fish etc	Weetbix, cornflakes & cooking oats
Eggs ( 6 per person )	Favourite breakfast food / cereal
Sandwich meats – ham, chicken etc	1 loaf of bread per person
4 litres of milk per person	Basic tea and instant coffee
Butter and margarine	Herbal teas / coffee / Juice / soft
Yoghurt	Cocoa powder for cooking
Fresh fruits and vegetables	Vanilla essence
Potatoes, onions, carrots	Sugar
Salad items	Cooking oil or cooking spray
Pizzas or quiches, useful instant meals	Flour / icing sugar
Cheese – all types including parmesan	Tomato sauce / vinegar
Favourite sandwich spread	Jam /vegemite /honey
Mayonnaise,/ dressings / sour cream	Fresh & Dried herbs, garlic
Packet soup mixes / Tomato paste	Stock cubes
Rice / rice noodles / Pasta	Cling wrap / alfoil
Meal bases-pasta / casserole sauces etc	Cloths for cleaning
Snack foods – chips / dips / crackers	Insect spray
Gravy mix	Baking powder
Tinned tuna	Tinned fruit
Cake / muffin mix	Biscuits ( sweet and savoury )
Ice-cream / dessert options	Paper towels

## 16. HOW DO I GET TO MAYUMARRI VICTORIA AT SUNNYSTONES COUNTRY RETREAT ?

Please do not make any arrangements for traveling to Sunnystones until your booking at Mayumarri Victoria has been confirmed by a phone call from our office. Then please inform Mayumarri Victoria of your arrival and departure details, so volunteers can be arranged to pick you up from public transport if necessary. We also ask guests to give each other lifts if it is possible. Please plan ahead to leave between 4 -5 pm Friday.

**PLEASE DO NOT CONTACT THE SUNNYSTONES OFFICE TO BOOK YOUR HEALING WEEK AS WE ARE ONLY HIRING THE VENUE.**

**ALL BOOKINGS AND ENQUIRIES HAVE TO BE ADDRESSED TO MAYUMARRI VICTORIA:**

**Mayumarri Victoria, 32 Cape Nelson Rd PORTLAND VIC 3305**

**Contact: Office Mobile - 0448 344 817**

### DIRECTIONS

**Please look over the directions for how to get to Sunnystones.  
See Melways Map 218 H9 pre 2000 edition; otherwise Melways Map 334 K1.**

## 17. MAYUMARRI CALLING

From a vision, a dream, a beautiful thought form  
A special place of healing called Mayumarri was born  
With volunteer help, and many did toil,  
Mayumarri was built on Quorrobolong soil

Mayumarri reaches out to people near and far  
If you've suffered abuse, an emotional scar.  
On 200 acres with country appeal  
Mayumarri is designed for survivors to heal.

You arrive on a Sunday, time to settle in  
And prepare for your journey of healing to begin.  
With a structured program that lasts for a week  
To facilitate the healing you've come here to seek.

With reflections of a morning to help start the day  
As you pray for healing in your own special way  
There's freedom to be you, to go with what you feel  
Realizing emotions so your inner child can heal.

There's an inner child workshop to free the child within  
And know that "feeling your feelings" is not such a sin.  
With painting, drawing and fun to be had  
The freedom to be angry, happy or sad.

There's sharing around midday as you talk through your pain  
Restoring yourself to wholeness again.  
Everyone shares their feelings with many common themes  
You realise you're not as alone as you thought, or it seems.

Through the love, understanding, and support of each other  
Everyone draws closer like sister and brother.  
There's an "anger pit" for yelling and breaking chinaware,  
Getting angry at abuse that just wasn't fair.

The beautiful country land brings peace to your soul  
There's a dam for swimming, walking trails to stroll.  
You can shout to the heavens up high on a hill  
Or just gaze at the water so perfectly still.

Will so much thanks to Liz and Rod  
They've created a place – a gift from God.  
There's work in the arvo everyone does their share  
Giving back to Mayumarri what you believe is fair.

To keep Mayumarri running is what it is for  
A productive contribution helps your spirit to soar.  
Meal times are special with prayer round the table  
Everyone shares cooking, whoever is willing and able.

There's real community spirit you'll so come to see  
The focus on "I" also becomes "We",  
It's all about healing, all about love,  
Letting go of abuse and rising above.

Each day is different, something new is revealed  
An issue comes up that wants to be healed.  
What that will be you may not quite know  
But facing uncertainty helps you to grow.

The responsibility to heal is yours; you go at your pace  
You choose the issues you're willing to face.  
It's about taking risks, there's no need to hide  
You'll make real progress if you surrender your pride.

It's about breaking free and breaking the silence  
Releasing old wounds of trauma and violence.  
With carers to talk to each day  
You're well supported every step of the way.

As the week progresses it's such a relief  
To finally let go of negative belief.  
You begin to break free as you break the silence  
Releasing old wounds of trauma and violence

Through working on your issues and going through pain  
Your inner child is revived to love life again  
Your child starts to play and child grows stronger  
Your child learns to trust and fear no longer

You're filled with happiness; it's so hard to hide  
From restoring the magic of the child that's inside.  
This is the gift that Mayumarri brings  
A child that can fly on a new set of wings.

At the end of the week there's a special time for sharing  
To appreciate others and thank them for caring  
There's a special bond everyone now comes to share  
From helping each other through grief and despair.

It's been a real challenge, taken all of your might  
But you've come through the darkness and into the light  
You've finished the program and you feel more alive  
You've begun to heal and not just survive.

You leave Mayumarri feeling quite a bit stronger  
Taking responsibility for your life, a victim no longer.  
So if you've suffered abuse, feel down-and-out or blue  
Hear the voice of Mayumarri calling out to you.

Trevor  
*Forever grateful for  
Mayumarri healing*

**18. MAYUMARRI VICTORIA ~ HEALING WEEK REGISTRATION FORM**

**(THIS INFORMATION IS CONFIDENTIAL UNLESS OUR DUTY OF CARE REQUIRES DISCLOSURE)**

**1. PERSONAL DETAILS: (please print)**

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Post Code: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: (Hm): \_\_\_\_\_

Phone: (Wk): \_\_\_\_\_ Phone: (Mb): \_\_\_\_\_

Occupation: \_\_\_\_\_ Your Age: \_\_\_\_\_ Male / Female

Do you have children? YES / NO If Yes, how many? \_\_\_\_\_ Is this your first Healing Week? YES/NO

If no, when was your last one? \_\_\_\_\_ (Please allow 12 weeks between Healing Weeks)

Who recommended you to Mayumarri?

Family  Friends  Doctor  Counsellor  Therapist  Phone Book  Other

Date of Healing Week: Sunday \_\_\_\_ / \_\_\_\_ / \_\_\_\_ to Friday \_\_\_\_ / \_\_\_\_ / \_\_\_\_

How will you be arriving? Train  Car  Bus

**Who do you wish to nominate as your EMERGENCY CONTACT PERSON?**

Name: \_\_\_\_\_ Relationship to you: \_\_\_\_\_

Home Ph: \_\_\_\_\_ Mobile: \_\_\_\_\_ Work: \_\_\_\_\_

**PAYMENT DETAILS: COST:**

A minimal fee for the week is only applicable if you are receiving Centrelink Benefits or can show other proof of hardship (please supply photocopy of your concession card). The actual running cost of Mayumarri each week is \$800 per guest so we invite you to contribute what you can, as it helps us maintain our services for others. Thank you.

**CONFIRMATION OF ATTENDANCE:**

Your healing week is not confirmed until payment and forms are received at the office. You will then receive a call to confirm, so it is essential not to make any travel or work arrangements until you have confirmation of your dates.

**CANCELLATIONS/DEFERRALS:**

Please be sure, before you apply for a healing week, that you are ready for the healing process, as a \$75 administration fee will be held by Mayumarri if you decide to cancel or defer. Sadly, **NO REFUND** is available if change is sought within **one week prior** to your confirmed healing week, as your change of heart may prevent another survivor attending. Our aim is to help as many as we can.

I enclose my cheque/money order (payable to Mayumarri) \$ \_\_\_\_\_

Please charge my credit card (please circle appropriate card below) \$ \_\_\_\_\_

**BANKCARD / MASTERCARD / VISA** Card No: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Expiry: \_\_\_\_ / \_\_\_\_

Name as on card: \_\_\_\_\_ Signature: \_\_\_\_\_

**2 MEDICAL DETAILS**

**Some of our guests may have medical conditions we need to be aware of for safety and, in the case of an emergency, this information may be helpful to ambulance/hospital staff.**

- a. Please list **any physical impairments / medical conditions / mental illness / drug or alcohol addictions** you have been diagnosed with (eg. Asthma, diabetes, hep c, high blood pressure, epilepsy, bipolar disorder, DID, depression, anxiety, alcohol abuse)

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- b. Please list any medications you are taking

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- c. Please list medications or substances you are allergic to

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**ADDITIONAL INFORMATION – Please circle answer**

- a. Have you ever considered you had a problem with illicit drugs, alcohol or gambling? **YES / NO**  
If yes has this been in the last 6 months **YES / NO**  
Please circle which substance has been a problem for you: **Illicit drugs / Alcohol / Gambling**

- b. Type of abuse (*please circle*):

**Physical   Emotional   Sexual   Spiritual   Neglect   SRA**

- c.. Are you of Aboriginal or Torres Strait Origin? **Yes / No**

Main Language spoken at home: \_\_\_\_\_

- d. Current Employment: (You can tick more than 1)

**Full Time / Part Time / Casual / Unemployment Benefits / Retired / Student Allow / Disability Pens. / Other Govt. Pension, benefit or allowance / Sole Parent Benefit**

Is there any other additional information that you feel might be of assistance?

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**3. GENERAL INFORMATION FOR THE WEEK**

a. Please list any specific dietary needs you have (and please bring any special food you need with you)

\_\_\_\_\_

b. Do you have any phobias/fears that you feel would be best that we know about?

\_\_\_\_\_

c. Are you currently involved in some form of therapy or treatment? **YES NO**

If yes, would you recommend your counselor to other survivors? **YES NO**

Name of counselor/psychologist or psychiatrist \_\_\_\_\_

Phone: \_\_\_\_\_ Full Mailing Address: \_\_\_\_\_

d. If you have **abused drugs/alcohol/non-prescription drugs**, have you been clean for at least a month?

**YES / NO / N/A**

e. Please note down what your goals might be for the week. For eg, "I want to feel confident in social situations", "I want a more loving, understanding relationship with my family", 'I want to improve my health' and so on. (If more space is required please attach another sheet of paper)

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I acknowledge **the commitment** I am making **and understand that the Healing Week is a self-help experience.**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

I give permission for the use of any questionnaires I fill out during the healing week to be used anonymously for research to help survivors of child abuse.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please send registration form & payment to:**

'Mayumarri Victoria'  
32 Cape Nelson Road  
Portland Vic 3305