

My story begins in Nuriootpa, Barossa Valley in South Australia where I was born in the late 1950s. My parents went overseas in 1963, my father for six months and my mother for three months. I was very unlucky, my carers were not good people and I experienced imprisonment, chronic psychological, sexual and emotional abuse and trauma for most of that three months.

I have attempted, over many decades, to talk to my family about the trauma, my mother said I had a great imagination, often she told me that my stories just didn't add up. It was very disconcerting cause she was right. Traumatic memory is stored in fragments, it's taken me all these years to be strong enough and resilient enough, to feel the pain again, thereby putting the bits into place. Now, my 'family' is right here in this room, listening with their ghostly ears.

Awareness of epigenetics, or the passing down of intense emotional experiences through generations, has changed the way we view trauma. Brittany Higgins stories of abuse were almost silenced by political powers, similarly, socially imposed or family-imposed trauma is silenced. The Australian Institute of Health & Welfare 2019 report says, 'Men are more likely to experience violence from strangers and in a public place; women are most likely to know the perpetrator (often their current or a previous partner) and the violence usually takes place in their home'.

<https://www.aihw.gov.au/reports/domestic-violence/family-domestic-sexual-violence-australia-2019/contents/summary>

95 percent of sexually abused children will be abused by someone they know and trust ([NAPCAN](#) 2009). Most children don't disclose but the mental health effects are often life-long.

([https://www.huffpost.com/entry/12-confronting-statistics-on-child-sexual-abuse\\_b\\_587dab01e4b0740488c3de49](https://www.huffpost.com/entry/12-confronting-statistics-on-child-sexual-abuse_b_587dab01e4b0740488c3de49))

Graham Little, is an Australian academic and writer on psychoanalysis and politics, he says, 'politics is family disputation by other means'.

Magda Szubanski, in her book *Reckoning: A Memoir*, dreamed her father's memory of being at war in Poland, she was there, she saw what her father saw, heard his words shared his trauma. She was able to shed that trauma with her written words, sharing with readers and supporters. It's this sharing of story that dissipates the pain, gives the body's experience authenticity, feeling and life. We live again.

Countries so far, Stories so far, Sense so far asks: how can we eliminate trauma from human experience?

By listening. Listen actively to your own emotional body and then listen to the emotional experiences of others, emotion is not DIRTY, FEMINIE or, WEAK, emotional awareness offers a trauma-free future, for generations.