



A Place of Healing, Growth and Discovery

Cara Vibe



A Message From the CEO of Cara House That Cara Vibe.....

It is an absolute honour for me to welcome you to this first addition of our Cara House newsletter. I recently facilitated a training course where one of the participants described referring some children to Cara House to 'get that Cara vibe'. I loved the fact she didn't not say that she refers children to be 'cured' or receive some form of intervention. She wanted children to get some of that 'Cara vibe'.

On the day I qualified as a social worker (and probably before) I imbued my work with a vibe and have done ever since. I am now very fortunate to be joined by other fabulous workers who make up the Cara team.

This vibe I unashamedly call love. In doing so I do not invoke Cupid's bow or wedding marches, valentine's cards or Eros. The love I speak of is found agape. Agape love, is to give love requiring nothing in return. We commonly call this unconditional love.

Scott Peck sees love not as a feeling but as an action that requires effort.

"When we extend ourselves, when we take an extra step or walk an extra mile, we do so in opposition to the inertia of laziness or resistance of fear. Extension of ourselves or moving out against the inertia of laziness we call work. Moving out of the face of fear we call courage. Love then is a form of work or a form of courage. Specifically, it is work or courage directed toward the nurture of our own or another's spiritual growth." (Peck: 120)

At Cara House we know love to be an action. Every day we extend ourselves beyond the restraints of a medical intervention model and seek healing for children harnessing the power of love.

We do this by providing a community of healers in the highly skilled and qualified professionals who make up the Cara team and who facilitate the innovative therapy and programmes to children, adults and families run by. We also do this by working with you, our agency partners who refer to us.

Thank you for being part of this wonderful work. Thank you for taking the extra step that enabled children, adults and families come to Cara to be nurtured and healed in that vibe called love. ★



Cara Philosophy

May hope be the light when despair casts its shadow across the landscape of your mind,
 May love be the balm when pain sears deep into the heart,
 May joy lift you when heaviness comes to burden your weary body,
 May beauty refresh you when ugliness haunts your ailing spirit,
 May gratitude awaken in you each morning as you rise to the day,
 May you always find your eternal self in the arms of your Anam Cara.



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Cead Mile Failte



Failte is the Irish word for welcome. The Cara Failte Manual is to welcome and guide while working at Cara. I started my own agency Cara Counselling and Consultancy twenty years ago and as the beauty of the work became known I invited other practitioners to join me in this professional journey and hence Cara House was born.

As an Irish born woman I appreciate and honour the beauty and depth of my cultural heritage. This heritage afforded me a connection to an ancient way of healing termed 'Anam Cara.'

Tradition holds that an 'Anam Cara' was someone to whom you turned to seeking guidance, counselling and support.

In my native tongue, Irish, *Anam* means soul and *Cara* means friend. Your *Anam Cara* attends to all aspects of your being when you seek counsel with them - physical, emotional, psychological and spiritual. It went beyond the boundaries of time and space and was a cherished connection in this life and beyond.

When I was looking for a name for my practice I wanted to integrate my clinical training and the wisdom from my spiritual-cultural heritage. The term *Anam Cara* honoured both of these learning traditions for me.

For ease of putting a title to my practice I lifted the word *Cara* from the term and felt an instant fit with naming a place of healing in terms of an ancient healing friendship....*Cara House*.

Those who work at Cara do not need to share this cultural heritage however they do need to share the deep philosophical and spiritual context of the name. This is a context that goes beyond the confines of clinical training. It does not ignore the knowledge gained from clinical training, quite the opposite.

Anyone who is invited into Cara needs to uphold the rigor of clinical practice and continue the quality of service delivery I have built up over the last twenty years. Moreover, working under the name of Cara requires a deep understanding that the clinical is a limited knowledge base and that spiritual and cultural wisdom has a lot to offer. Therefore Cara invites practitioners to integrate all aspects of their life and learning in service of others.

This philosophy at Cara comes from a deep source of ancient love, the first and most important ethic that I imbued my work with. I also embedded in my work beauty, honesty, joy, hope, gratitude, creativity and courage to work outside the restraints of the professional gaze in order to best serve clients not the profession.

If I were to sum up how I envisage Cara running imagine your work full of professional knowledge blended with a spirit alive with joy, hope, love, beauty, creativity and gratitude - that's the Cara way of doing things.

There are four principles that guide the clinical work at Cara House:

- Safety.
- Healing.
- Discovery.
- Growth. ★

Cara West in South Penrith

Cara West is an outreach of Cara House. We provide counselling and groups for children, adults, families, foster and kinship carers at our South Penrith rooms. All referrals go through our central referral and intake at Cara House.



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Wrapped in Angels



Wrapped in Angels, (WIA), is a beautiful way of connecting with children, young people and adults who have experienced abuse, neglect and trauma. It was developed twelve years ago under the loving guidance of Mary Jo Mc Veigh, CEO Cara House and CaraCare.

WIA is informed by Resilience, Trauma and Attachment theories and steeped in the healing tradition of Celtic ancestry.

This last 12-month period has been a very exciting time for Cara House. The Attorney General Department, Victims Services NSW, (VS), has been piloting with us WIA groups for children and young people impacted by crime. The small group process provides participants opportunities to build resilience across all domains in a supportive, safe, predictable and fun environment.

Cara House would like to acknowledge the trust and support placed in Cara House and extends our great thanks for the opportunity to partner with VS in this way.

This Pilot has provided 56 children and young people service. There were fifteen WIA groups held throughout the Pilot. The majority held at Cara House Concord, other groups were held at Cara West, Penrith, SHLV Fairfield, North Coast, Randwick YPP, and the Blue Mountains.

WOW!!! The dedication and amazing commitment of all staff is acknowledged and appreciated. Thank You!

The staff of Cara House and Cara West would also like to acknowledge and thank the work and ongoing support of our partners and referrers – Staying Home Leaving Violence, Anglicare, CatholicCare, The Benevolent Society, Life Without Barriers and Red Cross Young Parents Programme.

We have had the great privilege of providing service to 56 children and young people aged 4 years to 18 years. Many of them are snuggled under and comforted by their beautiful blankets as you read this. Let's hope we can continue to wrap out children in safety, warmth and hope.

Regards

Liz Morrison

Clinical Lead Wrapped in Angels ★



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Cara Vibe Books



A Place of Healing, Growth and Discovery

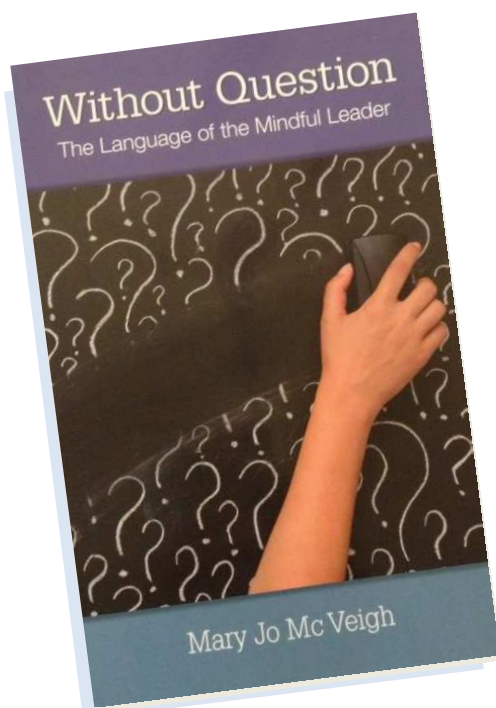
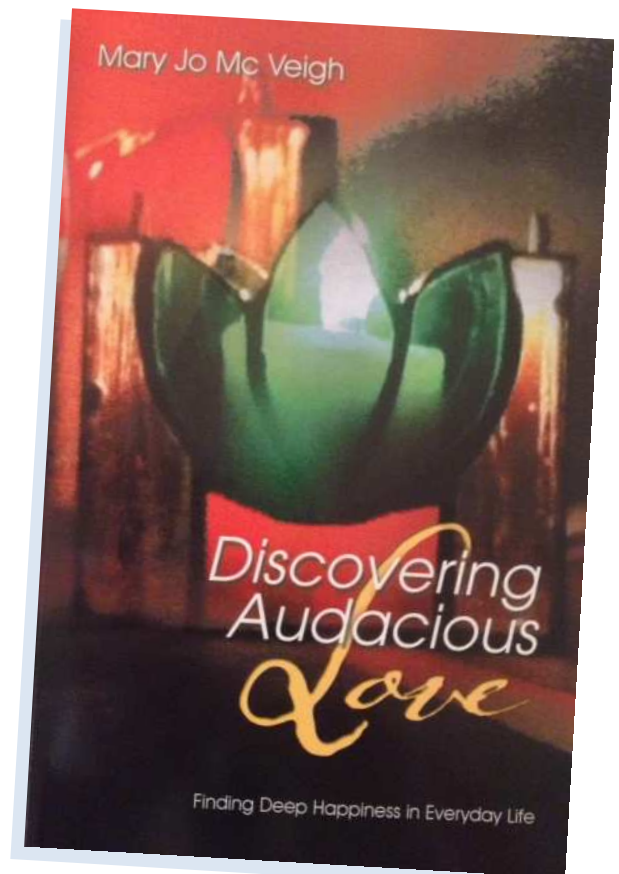
Discovering Audacious Love

As a child Mary Jo peered out at the world from behind fearful and sometimes sullen eyes. These eyes watched her mother as she fed a homeless person on the back door step and her father struggle as their family pub was bombed. And yet the thoughts going on behind these eyes was that she was born with some purpose to fulfill. She found this 'purpose' in the profession called social work.

In this book Mary Jo looks at some of the influential people of her childhood and also brings the reader into her adult experiences of life. This book is a candid and honest exploration of these childhood and adulthood events that formed the person and social worker she is today.

Moreover it shows how she unknowingly set foot on what she now calls the path of the Celtic mystics only to discover what called her to embark on this journey – Love. A love she called Audacious Love because it was bold enough to love me when I cannot and do not love myself.

The book is about how the presence of this love turned this shy somber child into a passionate woman who has dedicated her life in service of children and adults who have been abused. ★



Without Question The language of the mindful leader

In *Without Question: The language of the Mindful leader* Mary Jo will guide you through a conversational process that harnesses language to solve many of the problems that face managers and supervisors who are guiding the work of professionals.

Integrating thirty years of experiences and depth of wisdom in supervision and mindfulness this book brings you reflections, techniques and strategies to assist you to be a more dynamic and productive leader. ★

To purchase books please call
Cara House on 02 8765 0261
or email: mjmcveigh.cara@gmail.com



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Finding the Joy in Healing

The charity CaraCare emanated from the work of Cara House and was officially launched by the co-founders Mary Jo Mc Veigh and Michael Harvey on May 2nd 2015. Mary Jo has created an innovative and unique group work program that will assist the recovery of children and young people by harnessing the innate healing potential in group activities.

The program will be based on the principles of love, hope, joy, beauty and gratitude. It will utilise music, dance, movement, and creative art forms to tap into the body's natural healing potential and assist children and young people heal from trauma while connecting with others.

To learn more about CaraCare please visit the website caracare.org.au or email us at:

Info@caracare.org.au ★

To show your support for traumatised children please consider donating to CaraCare by visiting our website: www.caracare.org.au

Aromatherapy

From a collaborative effort between Sharen Turner of Secret Scent Aromatherapy and Mary Jo McVeigh of Cara House comes a brand new aromatherapy range, lovingly created especially for CaraCare with our aims and philosophy in mind.

Mary Jo saw the need for a sensory experience to help the children through smell. As we all know, certain smells can tie us strongly to a memory, whether it be good or bad. This process in the brain is called somatosensory flashback and is recalled long before a narrative memory is formed. Young children in particular often associate certain smells with their traumatic experiences.

Equally, to create new positive memories, it is important to incorporate smell as part of the healing process.

Recovery from trauma is a journey not one of measured, straight forward steps. It is a trek of many twists and turns. What is certain is that the children who embark on this journey need all the support we can give them. We must honour the wholeness of a child, and understand that they are also part of and effected by family, society and the natural world. Being open to this whole-body approach recognises the significance that 'sense' has to the healing process. Van der Kolk the renown trauma expert points out that 'Typically, the younger the child, the more the recollection is confined to a single image, sound, or smell, usually representing the action most associated by the child with immediate threat or injury,' (Van der Kolk 1996:349). This is why CaraCare and Secret scent have come together. ★



To purchase CaraCare aromatherapy, please go to:
<http://www.secretscents.com.au/caracare>



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CaraCare Inaugural Ball

Well the heavens opened and the rain came tumbling down on Saturday 2nd May 2015 but nothing could dampen the spirits of over 180 people on the night of the Inaugural CaraCare Charity Ball.

The gowns were long, the suits were black. There was fabulous music and dancing. Gold coin shenanigans, silent and somewhat rowdy auctions. There was great food and warm, generous company. All for the wonderful work of CaraCare.

WILL YOU DARE?

Will you dare to unlock the caged door of indifference and let the suffering of another into your heart?

Will you rip apart the veil of willful ignorance and know the pain they go through?

Will you shatter the glass walls behind which your own comfort lies and say I care, I care. I care?

And as your voice raises you to action will you take with you the beauty of the blood red rose, the hope in the rise of the new sun, the love in the whisper of the wind and lay them at the feet of those for whom you dared to care.



Mary Jo McVeigh, Chief Executive has spent over 25 years working, laughing, crying and helping to heal our most vulnerable – helping them to find their inner beauty, their strength. On Saturday 2nd May, with the launch of Cara Care, Mary Jo took the next step of bringing healing to more children and their carers. With the generous support of our sponsors we will start to meet the growing need of so many children who are in pain.

The Board and the team would like to sincerely thank you for your support and your generous spirit on the night. We are looking forward to the journey ahead as we join together with children and find their treasured selves.

The CaraCare Ball will be on again Saturday 7th May 2016:
<http://www.caracare.org.au/>



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Bop with Cara—The Concert

The CaraCare Concert was held on Friday March 27, 2015 at Doolies Regents Park Sports Club. It was a wonderful night of excellent music and delicious food. We would like to thank Doolies Regents Park for donating the room and providing the food.

We would also like to thank Coda Audio and all of the wonderful musicians who donated their time and their talents to make it a fantastic night.

Our talented performers were:

- ◇ Jo Bae
- ◇ Brett Goulding
- ◇ Rowan Witt
- ◇ Amy Fisher
- ◇ Leah Wilkie
- ◇ Peter Liszka
- ◇ Justin Chen
- ◇ Grace Chen





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Upcoming Events

CaraCare Art Exhibition

Let your creative side loose at the CaraCare Art Exhibition. Embrace the evening's themes of hope, love, joy and gratitude while you check out the beautiful artwork generously donated by local artists. Grab yourself a fabulous new art piece to brighten up your home while supporting a wonderful cause—it's a win-win!

17th October 2015—venue to be announced—watch this space!

City to Surf

Andrew Scannell is kindly donating proceeds from sponsorship of his City to Surf run to CaraCare.

You can donate here <https://city2surf2015.everydayhero.com/au/andrew-scannell>

Or join the walking team by going to the Caracare website and clicking on the link.

Mary Jo Mcveigh Book Reading

Audacious Love
Saturday 17th October
at the
CaraCare Art Exhibition

Without Question

This book will be launched at a training course on 30 October 2015

Thank you

for reading our special first edition of the biannual Caravibe... look out for our next edition in the new year!