

Yarra Valley Practitioners Project Inc

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Ms Susan Wood & Mr Roger Saxelby
Alpha Hypnosis Training
PO Box 90-902, Victoria Street West
Auckland 1142 New Zealand

14 September, 2010

Dear Susan and Roger,

The Committee of Management at the Yarra Valley Practitioners Project Inc (YVPP) is writing in support of your efforts to provide assistance to families affected/impacted by the recent earthquake in New Zealand.

Shortly after the fires of Black Saturday on the 7th February 2009, the YVPP was established as a not-for-profit organisation to assist those communities in the fire affected regions. Via our project, many individuals and families have first hand experience of the benefits SleepTalk for Children and other Complementary and Allied Health therapies can provide to those recovery and rebuilding after the trauma of a natural disaster such as Black Saturday or the earthquake in Christchurch.

The benefits of Complementary and Allied Health therapies in trauma recovery are evident by the number clients we have assisted and continue to assist through our two consultation clinics and school outreach programs where we have seen in excess of 960 clients and provided over 3,400 clinical sessions in 18 months.

As you seek funding to support some of your costs for your volunteer out of pocket expenses, we hope the following client feed back may assist in securing these much needed funds. You are also welcome to visit our website www.yvpp.org which provides additional information about our project along with further client testimonials you may find of interest.

Client Sleep Talk for Children Story after Black Saturday

I 'm the mother of a 9 year old boy and we unfortunately lost our house in the Black Saturday bushfires. My parents also lost their home and together with the loss of the school and sadly, many friends of both mine and my sons, we have felt quite devastated.

Registered Office: Cameron House, 947 Melba Highway, Yarra Glen Victoria 3775

We were unable to leave Kinglake on that night and we were forced to battle the fire when it came. This was very traumatic, especially for my son.

In October last year my son developed symptoms of Post Traumatic Stress Disorder in the form of frequent panic attacks bedwetting and eventually an eating disorder which made him unable to swallow many solid foods.

My son began to see a child Psychologist who helped him with many aspects of his PTSD, as did the school councillor. My son was still having trouble with separation anxiety, processing worries, bedwetting, confidence, being in large crowds, going to sleep and general happiness.

I didn't know anything about sleep talk but I needed some way to help my son and after reading the information from Yarra Valley Practitioners I thought it was worth a try. Having the sessions in Kinglake made it possible for me to attend.

The change in my boy is amazing! I noticed a difference in him after only one week and he gets better every day. The separation, crowd and sleep issues have disappeared and there are improvements with his bed wetting. The thing that has meant the most to me is to see his confidence and happiness returning.

I have passed on Joane's details to a friend who lost her husband in the fires and who has a boy who has not responded to other forms of counselling and is understandably very distressed.

I look forward to continuing to work with Joane, and I will be forever grateful to her for helping me to help my son.

Thank you for making this program available to assist our emotional recovery.

Good luck with your endeavors to support the communities of Christchurch as they recover from this terrible event. If we can be of any further assistance, please do not hesitate to contact me on karen.dickson@yvpp.org or our Project Officer, Lori Muddyman on projectofficer@yvpp.org.

Kind regards

Karen Dickson

President/Founder
Yarra Valley Practitioners Project Inc.