

Dear sir/madam,

I am writing in to inform you of my experiences in institutions. I also see it important to inform you that my experience was that of systematic abuse that took place from my birth.

I would like to firstly try to outline the clear experiences that I recall. This as I recall took place in the 1960's. I still experience memories being placed into hospital at the age of seventeen against my will. My first hospitalisation was in Prince Alfred Hospital in the psychiatric ward. This was a horrific experience much of it I have blocked out. I do remember beds were crammed together. The period of time I spent here was a matter of two to three weeks. I spent episodes of up to three months at a time, probably about eight or ten times over a ten-year period in St John of God, Burwood NSW.

I endured drug therapy to the extreme, being given drugs three to four times a day. These drugs left me in a somewhat comatose state. I was given Mellerlyl, Parnate, Stelazine, Mogadon, Largacytl, Serenace, Valium and many more. They were mixed as in a cocktail of pills. I was on about twenty of these a day for a period of ten years. The side affects of these medications was shocking, dryness of mouth, profuse sweating, hallucinations, chronic constipation, confusion, compliance. I was subjected to about thirty lots of electro convulsive therapy from age seventeen. I never remember giving signed permission for this, even if I may have I was put in such a drugged state that I had no other choice. I can remember clearly begging not to have it. I woke during one of these sessions. I think the anesthetist name was Dr but couldn't be clear on this name. I was under a very caring Psychiatrist, Dr, but he was very strongly in favour of only being treated by the medical model. I was under his spell and much of his care was misdirected and unhelpful. I have a fear of anesthetics due to one of these sessions of shock treatment when I woke during the experience. I used to see the person in the bed before me convulse with the electric shock going through their body, then I knew it was my turn, and would be told 'it is for your good'.

While at St John of God I was sexually taken advantage of by a Brother who worked in the hospital. I remember him coming up to my bed, him pulling the curtains around, exposing himself and telling me in a low voice I could do anything I liked to him. I remember little else about that incident, not

being sure whether I blanked it out or more drugs were given. What I am sure of is that this was of a sexual nature.

I was systematically abused from the time I was born.

The abuse began as a child growing up in a rectory, a child of an Anglican Clergyman in Sydney Diocese. I was abused psychologically, and emotionally, with extreme cult like teachings. I have much of this documented and have notes taken at my confirmation that clearly show the damaging teachings. I was at times neglected, emotionally and isolated, with spiritual and sexual repression being clear memories, that were never to be questioned just believed.

This abuse in a lesser degree continued at SCEGGS Darlinghurst in Sydney. My educational needs were not met. I was bullied. My experience there smothered my creativity and stopped me reaching my full potential. I was not treated as an individual.

This added to the negating, indoctrination, and lack of free thought and free expression. I was taught by my family and the wider family, the church, a narrow belief system, which was cruel and terrifying. There was much dogma taught that resulted in a lack of self worth and fear. I came to see myself as having no value.

I was nursing at Hornsby Hospital when the hours of work, study and shift work all became too much for me. I can remember begging my parents for time out, or a change, but I was sent back. Finally I found myself in a state of extreme stress and exhaustion. Unfortunately this prompted my family to take extreme steps, unnecessarily and this resulted in my being forced into the mental health system. An insight into my experiences is outlined in the letter above. I have personal records and other documentation that I am willing to submit.