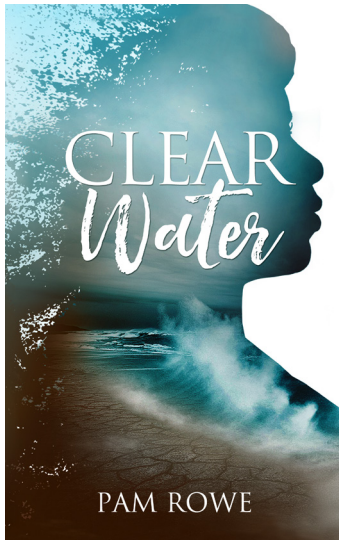


**Clear Water: Speaking out about the unspeakable**  
ONE WOMAN'S POWERFUL TESTIMONY OF A TRAUMATIC  
CHILDHOOD – AND THE LESSONS LEARNT FROM IT



**WHY THIS BOOK MATTERS:**

- » Pam Rowe is a mother, businesswoman, senior manager and social worker who works to protect vulnerable children.
- » She suffered terrible trauma as a child/young person - she was badly beaten by an Aunt and raped and abused by several different men – one of which was her father.
- » She grew up in Jamaica, moved to New York and then London.
- » Pam believes that because abusers cause life-long damage, it is important to address the reasons they abuse.
- » She is working to encourage children and adults to speak out about the abuse they experience and create healthy relationships between them.
- » She wants to encourage parents to get help with their stresses and have healthier emotions so they don't become abusers.
- » She believes the best way to stop abusers is to **not keep what they do a secret.**

Clear Water is a moving new memoir written by Pam Rowe. It delves into her troubled childhood spent in Jamaica, New York, and then London. Pam spent her childhood moving between different relatives in different countries. In each of the places she lived, she suffered trauma, including being beaten by her aunt and raped and abused.

Despite this – Pam's story is one of hope and triumph. To get through life she clung on to some of the few positive things she heard during her childhood. The aunt who beat her also told her she could do and be anything she wanted to be. Her uncle told her there was nothing wrong with her. And, at twelve, a social worker asked her how she was feeling, and how she felt about her mother's death. This was the first time in her life anyone had asked her, and it had such a significant impact on her that she became a social worker. Pam is now working to give children and adults the ability to speak out about the unspeakable.

**Healing from abuse**

Pam saw her father suffering before he died. Seeing him tortured by the pain he was experiencing was too much for her to bear. Because no one had compassion for Pam when she was growing up, she knew how wretched it felt to be in emotional and physical pain without it. She couldn't be part of causing this not

even to her father. On his deathbed, she found it within her to tell him she forgave him. He died soon after. This allowed Pam to put him behind her.

Counselling, talking and writing her book Clear Water, helped Pam to heal and has increased her focus and contribution. Pam is clear that to break the cycle of abuse, we should take active steps to stop abusers. Our actions should include addressing the reasons behind their actions.

**Speaking out - No More Secrets**

Shame and embarrassment about what happened to her made it a struggle for Pam to talk about it. Writing Clear Water was an important process for her in letting go of the past and overcoming her trauma. She is now making it her life mission to eradicate this shame and stigma. She is encouraging children to speak up about what is happening to them.

She is working to encourage open communication between adults and children, and normalise the discussion of boundaries between them. It is important to have open conversations with children about how they are feeling and to find out what they are thinking – and we should aim to build good relationships with children so that we can understand them.

**Exclusive articles and interviews available:**

Pam Rowe is an experienced speaker and social work leader who is available for comment, interview and to write by-lined articles on a range of different topics, including:

*Writing as therapy: how writing helped me to heal from trauma*

*Parenting lessons learned from an abusive childhood*

*From abuse to purpose: how trauma has influenced the work I do to make a difference*

*What abusive caregivers taught me about being a mother*

*What not having a mother taught me about parenting*

*How we can stop abusers by understanding what happened to them*

*Abusers are complex humans: how we can begin to understand them*

*Ten tips on raising a supported and loved child (Universal Children's Day: Nov 12th)*

*Dealing with anger in a healthy way as a parent (Anger Awareness Week: 1st Dec)*

*Is there bullying in your home? (Anti-bullying Week: 12th Nov)*

**Clear Water** by Pam Rowe is out now, priced **£16.99**.  
To find out more go to: <http://www.pamrowe.com/>

**ABOUT THE AUTHOR**



established, reviewed and project-managed improvements in Children's Services. She has worked in both local and central government as Assistant Director and Deputy Director. As a consultant, she has advised on how to improve services, leadership and management and has also worked with large consultancy organisations, delivering improvement programmes.

**Pam** is a trainer, mentor and coach to a range of leaders, managers and other people who are transforming their relationships with themselves and the people around them. She believes that dealing with ourselves and shifting our self-limiting beliefs, is the key to playing our part in contributing positively to mankind.

**Pam Rowe** has over thirty years of experience in social work. She started work as a social worker, then for the majority of her career managed, led, inspected,

For further information, an interview with Pam Rowe, a guest article or a review copy of *Clear Water*, please contact:

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