



## Michelle Hookham

Mental Health & Homeopathy

Conservatorium of Music  
1 Conservatorium Road  
Sydney  
NSW 2000

3<sup>rd</sup> of September, 2025

**Re: Nico Hofma (DOB: 01/12/2007) special consideration for HSC and university entry**

To Whom It May Concern:

I write to request special consideration with regards to Miss Nico Hofma's HSC results and university entry.

Miss Hofma was referred to see me in August 2025 by her general practitioner (GP), Dr. Amin (Leading Edge Family Medicine and Skin Cancer Clinic) for psychological support following a two-year period of adverse events at school that significantly impacted her wellbeing and capacity to study.

At the time of her first consultation, Miss Hofma reported unwanted attention from a male teacher school from the end of Year 10 until the end of Year 11. The perpetrator used grooming and manipulation tactics and behaviours such as stalking, boundary violations and unwanted physical contact, which caused distress. She was confused about the behaviours of a person in a position of power and trust and eventually disclosed her discomfort to friends, who encouraged her to report the incident, which she did at the end of Year 11. Legal investigation lasted approximately six months and concluded with the teacher's credentials being revoked.

Miss Hofma is a conscientious and high achieving student. Prior to the incident, she had no previous mental health issues. During and following the incident, Miss Hofma reported significant anxiety, increased sensitivity, trust issues and dissociative episodes, which have worsened over time. Her mother, Yukimi, reported personality changes during and since the incident, from being a confident outgoing child, to being withdrawn and distant from friends and family and having low self-esteem. Miss Hofma reported that her studies had been detrimentally affected by the incident and she was concerned it would adversely impact her HSC result, university entrance and career path. I would also add that the stress of reporting the incident and navigating the legal proceedings throughout her entire Year 12 period would have taken a significant mental and emotional toll.

During consultations, Miss Hofma presented well and demonstrated good insight into the grooming behaviours she experienced. She showed resilience in her decision to report the incident and expressed satisfaction with the legal outcome. Psychoeducation regarding trauma responses was well-received and she demonstrated understanding of the connection between her experiences and current symptoms. Grounding techniques were introduced to help manage dissociative episodes, which she is utilising well.

It is my professional opinion that the events encountered by Miss Hofma have decreased her capacity to engage in her studies and perform to the best of her ability. Despite the adversity, she is highly resilient and I have no doubt that she will overcome these challenges in time.

I request that the education board take this information into consideration with regards to Miss Hofma's HSC results and university entrance.

Yours sincerely,  
Michelle Hookham

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