

# INTO THE LIGHT

Counselling  
& Support  
for Survivors



Impact  
Report

2024



Providing healing support  
and resources For Survivors  
of Sexual Abuse and those  
who support them

[www.intothelight.org.uk](http://www.intothelight.org.uk)

*“ Thank you Into The Light...  
you are professional, kind,  
and natural and I loved that ”*

# About us

INTO THE  
LIGHT



**Into The Light Counselling And Support For Survivors** is a London based Registered Community Interest Company (Company No. 8738759 not for profit project – this means any profits are re-invested in the project to create a better service for our users.) Into The Light was founded in 1993 and established to provide a place of understanding and support to those who had experienced sexual abuse.

We provide a number of services for Survivors of sexual abuse and also those that support them including one to one counselling, psycho-educational courses including a **Women's Survivors Group Psycho-educational Course** and **Workshops** that are open to Survivors of all genders and also partners, friends and mental health professionals are also welcome.

## *How we're funded*

All of our activities are funded by grants and voluntary donations to ensure that Survivors who are in need of support can access our services. Into The Light was co-founded by Rebecca Mitchell, herself a Survivor and a qualified and accredited Counsellor and launched in 1993.

[www.intothelight.org.uk](http://www.intothelight.org.uk)



## *Model of Healing*

We believe that healing and recovery from sexual abuse comes from

- Giving information
- Breaking isolation
- Sharing experiences

## *Aims and outcomes of our services:*

- Gain information and Empowerment
- Reduce loneliness and shame
- Put the past in perspective
- Build closer relationships with others
- Feel more empowered and stronger

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“ I wasn’t even sure if this course would help when I began but I knew I needed to try something. It couldn’t have been more perfect really... the course was so cleverly put together that the themes did fit with what came up from week to week and by revisiting my past in this way it helped me to realise where I’d got lost in the present and why and to make some changes... I leave the course feeling empowered by the work and feeling like I can set boundaries and take self-care measures in places where I had lost my way and my own voice... but now I have both things back and I am feeling confident and hopeful and happy about the present and the future again ...I feel like it was exactly what I needed and Kasia my Counsellor was exactly the right person to help guide me through it as well. ”

*One To One Counselling Client who completed Into The Light Psycho-Educational Course*

## Feedback from our clients in 2024 includes

100%

of our Women’s Group Courses said they had benefited from the course

100%

of our Women’s Group Courses said they now had more information and understanding about the impact of abuse on life and relationships

90%

of our Women’s Group Course said that the course had improved their self esteem



100%

of our Workshop Attendees said the workshop met their expectations

92%

of our Workshop Attendees said the workshop had given them new ideas about moving forward in life and relationships





**100%** of our one to one counselling clients said the **counselling** met their expectations

**100%** of our one to one **counselling** clients said they now felt more hopeful

“Thank you, a very supportive and caring workshop. The information and resources shared were excellent and has helped me to feel less alone, and that it is not that there is something wrong with me”

*Workshop attendee*

“Having the space to talk through my problems with an awareness of how they have linked to my past, without feeling in anyway re-traumatised by these conversations has been affirming and life changing”

*One to One Counselling client*

“This course has been quite life changing for me. I feel less ashamed and isolated. I feel less alone. I feel more compassion for myself and what I have gone through...and I feel more empowered to talk about my experiences in a supportive environment”

*Women Survivors Group Course attendee*

“I didn’t have any expectations but it (the course) proved to be the highlight of the week..the course is life changing... Every subject was an eye opener... This course was a life saver. A door opener... I loved being in the group”

*Women’s Survivors Group Course attendee*

“It was a great workshop. Very informative and great resources... The tone was very nice and there was a real gentleness in how things were delivered. Excellent. Very encouraging”

*Workshop attendee*

**90%** said that attending the **Women’s Group Course** had improved their social life and they were less isolated

# Case study

Before I did the 'Into the Light' course I walked around with a terrible secret that I felt I must never let anyone else ever find out.

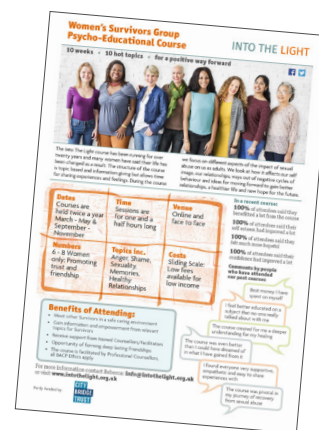
I buried it forty years ago in the very deepest, darkest pit inside myself... I was given the 'Into the Light' website when I finally contacted a helpline. It terrified me even to visit a sexual abuse website at the time. It was such a big step to admit to myself what had really happened... The (Into The Light) website was incredibly welcoming and helpful.



*The Into the Light Course was a unique opportunity to talk about with others and to feel that I'm not alone.*

I wanted to be in a group situation because I knew this was what I needed, like someone who has crossed a desert needs a glass of water. The way the course was set up was very reassuring. There was a clear educational structure to it and it was supervised by trained counsellors. I think it allowed all of us to feel safe enough to open up and to help each other.

The 'Into the Light' Course was a unique opportunity to talk about with others and to feel that I'm not alone. To admit honestly to myself – I think for the first time – how I really feel, to understand why I feel that way, and to be kind to myself. I will never be completely healed, there is no cure for what happened, but 'Into the Light' has given me the tools to understand and live with my emotional disability so much better. It has given me a real hope that I can take action to improve my future. The course has also helped my husband and my two sons to understand better why I am the way I am, and to be able to help me to help myself and, in return, to help them in their own lives, as I so want to be able to do. I cannot possibly express how grateful I am to have been able to attend this course. It really is one of the very best things I have ever done and I only wish I'd been able to do it earlier in my life.



Women Survivors Group course attendee

# Final thoughts:

*“ I can not thank Sadie (my counsellor) enough for giving me my life - it has never been mine and now it is. ”*

One To One Counselling client attendee

*“ I feel more in control of my mental health. I feel calmer more accepting and also more self confident... Doing this course changed the way I see myself so radically. ”*

Women's Survivors group attendee

*“ It was brilliant to have a place where we share similar experiences and be able to be held and contained. ”*

Workshop attendee

*Inspiring  
Life changing  
Powerful  
Informative  
Insightful*

## A word about funding

Into The Light is a Not For Profit Project and as such we are reliant on donations and funding.

We are constantly approached by Survivors of Sexual Abuse of all genders who want support. With your help we could offer these Survivors the specialised support and counselling that they desperately need and deserve.

If you can help us at all with a donation big or small then please see our website [www.intothelight.org.uk](http://www.intothelight.org.uk) or email us at [info@intothelight.org.uk](mailto:info@intothelight.org.uk)



Donating  
£10

...would pay towards supporting four Survivors via email.



Donating  
£150

...would subsidise one Survivor to attend the Into The Light Ten Week Psycho-Education Course for ten weeks.



Donating  
£60

...would enable two Survivors to attend an Into The Light Workshop on Sexual Abuse Recovery.



Donating  
£30

...would pay for one Survivor to attend an Into The Light Workshop on Sexual Abuse Recovery.



Donating  
£40

...would pay for One Survivor to have a single counselling Session.

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