

30 YEARS
of HOPE
1993-2023 **Into the Light**

**Counselling
& Support
for Survivors**



**Impact
Report**

2023



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

www.intothelight.org.uk

*“The positive benefits of
Into The Light cannot be
understated... it literally
is a life saver”*

About us

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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



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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“Each week the sessions eroded the residual feelings of shame I felt, about both the abuse and some of the unhealthy patterns of thinking and coping mechanisms I had developed in response. Each week I was met with unfailing warmth, compassion and understanding from both the facilitators and other women on the course. I really appreciated the sense of community within the group and was taken aback by how quickly I felt comfortable sharing and contributing to the discussions.”

Attendee of our Women Survivors Group Psycho-Educational Course

150 of our most recent clients gave us feedback

95%

of our **Women's Group Course** found the Facilitators to be excellent

100%

of our **Women's Group Courses** said the course fulfilled their expectations

100%

of our **Women's Group Courses** said the course increased their emotional stability



100%

of our **Workshop Attendees** said the workshop gave them more understanding

97%

of our **Workshop Attendees** said the workshop met their expectations





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

“This has been BY FAR the best thing I’ve ever invested in and I feel hugely lucky.”

One to One Counselling client

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

“This counselling has been very valuable for me in many ways... I now have a great deal of confidence and hope for my future, this service and (my counsellor) was a wonderful mixture of a kind, insightful, gentle and solid and I wish everyone could have this opportunity to gain this support.”

One to One Counselling client

“I feel that my mental health and personal relationships would be in a much different place if it hadn’t been for the support I have received and the tools I have learnt from it to take with me in to the future.”

One to One Counselling client

“The workshop found the sweet spot between vulnerability and education. I was able to take in new information without feeling overwhelmed.”

Workshop attendee

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

“Completing this course brought me into contact with phenomenally brave women where we shared and supported each other. This is the first time I have ever connected with other survivors and it is extremely reassuring and powerful where I felt heard, seen and valued.”

Women Survivors Group Course attendee

Case study

I was raped when I was thirteen years of age, although I did not recognise it as rape until ten years after the incident.

After ten years the guilt and shame surrounding the rape had turned inward and into depression. I thought that I was such an unvaluable, unlovable person I would literally tell myself "You are a bad person". Without consciously being aware of my attitude towards myself I felt completely useless and inadequate.

Whilst studying at University I decided to see a Counsellor. It was here that I talked about "my first sexual experience". Yet my counsellor instantly recognised it as rape.

It was painful, yet a relief to hear the truth.



A few years later, I decided to attend the Into The Light Women's Survivors Group Psycho-educational Course.

The course was pivotal in my recovery.

The course enabled me to look at what had happened to me in a safe and supportive space so much more clearly. The information was invaluable in understanding the impact of the past and how I had blamed myself for things that were not my fault and the shame around the abuse began to lessen.

Before the course I had felt so isolated and alone with my experiences so it is hard to describe the relief to know that I was not alone and that others had also had similar experiences.

My isolation began to melt and I began to feel much more open to deeper relationships as a direct result of attending the course. I also see myself in a new light and know that I am in no way responsible for the abuse.

I am now in a very different place and also I have been able to support other Survivors in their journey of recovery.



Women Survivors Group Course Attendee

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Final thoughts:

“ I have learnt so much (more) in the last 10 weeks than I have in the 26 years of my healing journey. ...This course has been life changing ”

Women Survivors Group Course Attendee

“ Following the workshop I felt a bit upset but also the most positive I've ever felt about my ability to handle this situation better ”

Workshop Attendee

“ The workshop was incredible, and a gift I will carry with me for my own self growth ...and for the support of those I work to support ”

Workshop Attendee

*Inspiring
Life changing
Powerful
Informative
Insightful*

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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 or email us at 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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