

Workshops on sexual abuse

INTO THE LIGHT



A workshop for people who have experienced sexual abuse and for those that support them:

"Paused by the Pandemic: A Workshop to Reflect on Overcoming Shame, Memories, Gaining Stability, Relationships and Sexuality"

Saturday 6th November 2021

Venue: Online

£40 or £30 **Early Bird** before 6th October 2021

£20 for **low income and students**

(Price includes extensive handouts)

Partners, friends, support workers and counsellors also very welcome

For more information and to book

contact Rebecca at info@intothelight.org.uk

Find out more about our workshops & Into the Light at www.intothelight.org.uk



The workshop is led by a survivor and all facilitators are professionally trained in counselling and group facilitation.

BACP ethics apply.

Comments by people who have attended our past workshops:

Great information ... great tools to help me to continue to move forward

Lovely team of people both the audience and trainers. Felt comfortable and safe

Good workshop for partners to attend in a safe relaxed setting

I came away feeling empowered and confident... it was fantastic

I was able to take some things away which were new and life changing

There was a real sense of respect and understanding from the facilitators

Aims:

- Break out of isolation and meet others in a safe space
- Shifting the shame that does not belong to you
- Considering processing of traumatic memories
- Finding more control over invasive flashbacks
- Re-thinking sexuality as a possibility for yourself
- Reflecting on confidence in relationships
- Safe for Survivors and partners
- Relevant for counsellors/mental health professionals

A relaxed and friendly environment where we will come together to learn, share and support each other.

Please note: This workshop contains no graphic details of past abuse

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