

Workshops on sexual abuse

INTO THE LIGHT



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

Let's Believe Survivors: A Workshop Of Information, Support And Hope For Survivors of Sexual Abuse And Their Supporters
Looking At: Shame, Thinking Patterns, Memories, Pleasure, Sexuality and Healing

Saturday 14th November 2026

Venue: Online, 2 - 5pm

£45 or £35 **Early Bird** before 14th October 2026

£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

Workshop aims include:

- Breaking out of isolation and meet others in a safe space
- Processing Shame: and Submissive Behaviour
- Shifting Stuck Thought Patterns
- Unpacking Pleasure Avoidance and Sexual Confusion
- Strategies for Traumatic Memories and Flashbacks
- Reflecting on Healing and Integration
- Safe for Survivors
- Relevant for Partners/Counsellors and Professionals

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

Please note this workshop does not contain details of past abuse. Also, we want to be as inclusive as possible but you do need to be in a place of stability to attend this workshop: for more information please email us.

