

Workshops on sexual abuse

INTO THE LIGHT



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

"Processing Feelings, Power Dynamics and Post Traumatic Growth"
A Workshop looking at shame, control, anxiety, sexuality and pressure to recover for survivors of sexual abuse and their supporters

Saturday 15th November 2025

Venue: Online, 2 - 5pm

£45 or £35 **Early Bird** before 15th October 2025

£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 include:

- Breaking out of isolation and meeting others in a safe space
- Processing Shame: holding the abuser to account
- Owning past powerlessness to move to more control
- Considering anxiety and adrenaline "addiction"
- Bringing understanding and hope to sexuality struggles
- Resisting the pressure for a quick recovery
- 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 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.