

# Workshops on sexual abuse

INTO THE LIGHT



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

*"Tackling Triggers Together" A Workshop On Finding Confidence Around Shame, Feeling Overwhelmed, Sexuality, And Loneliness For Survivors Of Sexual Abuse And Their Supporters*

**Saturday 27th April 2024**

**Venue: Online**

£45 or £35 **Early Bird** before 26th March 2024

£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](mailto:info@intothelight.org.uk)

Find out more about our workshops & Into the Light at [www.intothelight.org.uk](http://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
- Taking control of triggers and feeling overwhelmed
- Shutting down shame that's not ours
- Understanding our younger self
- Finding confidence around sexuality
- Developing healthy relationships after past betrayal
- 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.

Partly funded by:

