

Workshops on sexual abuse

INTO THE LIGHT



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

"Let's Stop The Self Hate" A Workshop On Tackling: Shame, Self Loathing, Spacing Out, Sexuality and Significant Others For Survivors Of Sexual Abuse And Their Supporters

Saturday 4th November 2023
Venue: Online

£40 or £30 **Early Bird** before 4th October 2023

£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
- Stopping embracing self contempt and self loathing
- Rejecting shame that is so damaging
- Understanding "Spacing Out"
- Sexuality worries and ways round them
- How relating to our significant others raises issues
- 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

Partly funded by:



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