

# Workshops on sexual abuse

## INTO THE LIGHT



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

*"Safety First: A Workshop On Creating Confidence And Safety Around Shame, Flashbacks, Sexuality And Relationships For Survivors Of Sexual Abuse And Their Supporters"*

**Saturday 5th November 2022**  
**Venue: Online**

£40 or £30 **Early Bird** before 5th October 2022

£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:

- Break out of isolation and meet others in a safe space
- Exchanging shame with self confidence
- Expressing anger safely and how we can assert ourselves healthily
- Moving from Flashbacks to safety and self-empowerment
- How we can create safety and self-assurance around sexuality
- Developing healthy secure attachments
- 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