

Counselling & Support for Survivors

INTO THE LIGHT

Providing
healing support
and resources
For Survivors of
Sexual Abuse
and those
who support
them

Impact Report

2024 - 2025

www.intothelight.org.uk



I can't thank Into The Light and my counsellor enough for all the help over the last two years. ...I will forever be grateful for your work.

About us

INTO THE
LIGHT



Into The Light Counselling And Support

For Survivors is a London based Registered Community Interest Company (Company No. 8738759 not for profit project – this means any profits are re-invested in the project to create a better service for our users.) Into The Light was founded in 1993 and established to provide a place of understanding and support to those who had experienced sexual abuse.

We provide a number of services for Survivors of sexual abuse and also those that support them including one to one counselling, psycho-educational courses including a **Women's Survivors Group Psycho-educational Course** and **Workshops** that are open to Survivors of all genders and also partners, friends and mental health professionals are also welcome.

How we're funded

All of our activities are funded by grants and voluntary donations to ensure that Survivors who are in need of support can access our services. Into The Light was co-founded by Rebecca Mitchell, herself a Survivor and a qualified and accredited Counsellor and launched in 1993.

Model of Healing

We believe that healing and recovery from sexual abuse comes from

- Giving information
- Breaking isolation
- Sharing experiences

Aims and outcomes of our services:

- Gain information and Empowerment
- Reduce loneliness and shame
- Put the past in perspective
- Build closer relationships with others
- Feel more empowered and stronger

“This course has truly changed my life. I thought that I was the only one going through certain emotions and exhibiting certain behaviours because of sexual abuse but the course made me realise that I am not alone. I had thought I was alone for a long time, and although it is sad to think others have had similar situations, it is heartening to know that there are others out there who likely understand how I feel and what I have been through.

I visualised what happened to me, and the feelings around it, as being in Pandora's box. I spent a long time keeping that lid firmly closed but knowing that ignoring it was having a negative impact on my life. This course has allowed me to open the lid a little at a time and deal with the scary things inside in a safe and manageable way. I have felt myself opening up more each week and recently told a friend about my past - something which I would never have imagined doing when I started the course. There were parts of the course that were extremely difficult for me to address but I now feel more confident when thinking about my feelings and behaviours. I'm not as afraid to address them and generally feel lighter in my every day life. I am on a journey of healing and I am thankful for that”

Female Survivor who completed the Into The Light Psycho-Educational Course



Feedback from our clients in 2024 includes

100%

of our Women's Group Course said the Course had improved their emotional stability

100%

of our Women's Group Course said the Course had improved their confidence

100%

of our Women's Group Course said the Course had improved their self esteem



97%

of our Workshop Attendees said the workshop met their expectations

95%

of our Workshop Attendees said the workshop had given them new ideas about moving forward in life and relationships





“The course gave me a community of females in whom I could trust as we had all been through childhood sexual abuse. This gave me so much and allowed me to share and listen to others as well as understand more about myself as a survivor.”

**Women's
Survivors Group
Course Attendee**

“I feel a lot less lonely and super blessed to get to meet so many incredible women on the course. It's really helped me to feel more confident in myself.”

**Women's
Survivors Group
Course Attendee**

“I felt like I took the first step out of my self imposed isolation. Thank you to the team for being non judgmental, compassionate and caring. It's one of the few safe experiences I've had as a survivor. Thank you for sharing your own experiences, it made me feel normal and seen.”

**Workshop
Attendee**

“Sadie (My counsellor) compassionately listened and helped re-frame things and also gave positive reminders and motivations. I do feel calmer and am very thankful to Sadie.”

**One to One
Counselling
Client**

100%

said that attending the Women's Group Course had improved their social life and they were less isolated

100%

of our one to one counselling clients said they now felt more hopeful

100%

of our one to one counselling clients said the counselling met their expectations

Case study

**Male Survivor who completed
Into The Light Ten Week
Psycho-Educational Course**

**This Into the Light ten week course
has been the best thing I have ever
done for my mental wellbeing.**



It connected with me in a way that no previous counselling or psychotherapy support ever had done. It was as if someone had designed it specifically for me. The theoretical framework gave me a structure to make sense of what was happening. I received excellent support and encouragement from my counsellor, Kasia, that helped me to push through a lot of deep emotional pain and fear.

It took me over 50 years since being abused as a child to get the help I needed. I had locked down so much pain and fear that began to re-emerge when I had a family of my own. Over a period of 15 years I started to experience intrusive thoughts and flashbacks causing my whole body to shudder involuntarily. I was often on edge and felt unable to trust

anyone. All my energy was going into squashing down these bad feelings. Life was lived between an overwhelming sense of compassion and responsibility for others and an unresolved pool of anger at myself and the world. I would be hyper-critical of myself and others. All too often I would explode with rage and push away the people I loved the most. I was trapped in a spiral of toxic shame, exhausted and emotionally wrecked.

Throughout the ten-week course I was brilliantly supported and encouraged by my counsellor who was always calm and compassionate. It was, however, an incredibly tough process to go through and pacing was important. Some of the weeks I was flooded with painful thoughts, tears and emotions. At times I felt overwhelmed and panicked. I was desperate to run away but even more desperate to keep going.

The deepest point of despair was around week eight, when over a couple of days I experienced a profound change... Negative thoughts and images began to dissolve. My whole body and soul started to become calmer.

This was a huge turning point for me. For the first time in many years I felt a deep calm and real optimism. I know, however, that there is much more for me to do to rebuild damaged relationships and learn self-compassion. I still experience negative thought patterns, I am over-vigilant and tend to avoid social contact. Learning to be vulnerable, trusting other people and sharing my emotions does not come easily. I am trying hard to mend relationships where possible and, where not possible, to make amends through doing good elsewhere. I don't know exactly where the road ahead will lead but, since going through this amazing course, I feel more confident and optimistic than for many years past. Thank you.

Final thoughts:

“ Listening and sharing a space with others who had a similar experience allowed empathy for myself. ”

Workshop Attendee

“ I truly think this group has changed my life. ”

Women's Survivors group attendee

“ A really informative and insightful course – one of the most helpful I have attended as a counsellor. ”

Training Seminar Counsellor Attendee

Inspiring
Lifechanging
Powerful
Informative
Insightful

A word about funding

Into The Light is a Not For Profit Project and as such we are reliant on donations and funding.

We are constantly approached by Survivors of Sexual Abuse of all genders who want support. With your help we could offer these Survivors the specialised support and counselling that they desperately need and deserve.

If you can help us at all with a donation big or small then please go to the www.intothelight.org.uk Giving page or email us at info@intothelight.org.uk



Donating £10

...would pay towards supporting four Survivors via email.



Donating £150

...would subsidise one Survivor to attend the Into The Light Ten Week Psycho-Education Course for ten weeks.



Donating £60

...would enable two Survivors to attend an Into The Light Workshop on Sexual Abuse Recovery.



Donating £30

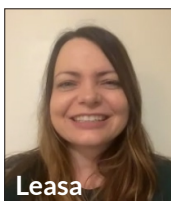
...would pay for one Survivor to attend an Into The Light Workshop on Sexual Abuse Recovery.



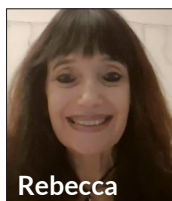
Donating £40

...would pay for One Survivor to have a single counselling Session.

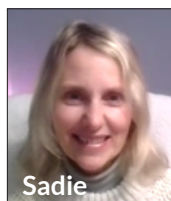
Into the Light CIC Directors



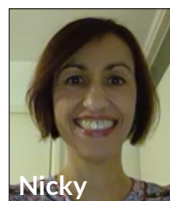
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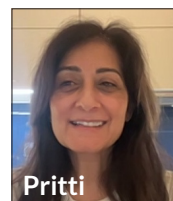
Rebecca



Sadie



Nicky



Pritti

We would like to thank all our Funders and Donors this year who include:

