

# Counselling & Support for Survivors

INTO THE  
LIGHT

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

## Impact Report 2025-2026

“ This support has been, and is, life changing for me and broke my feelings of being so alone, I don't feel that now. ”  
*Into The Light One to One Counselling Client*

# 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 who 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

## I was hesitant about attending and felt very anxious about this workshop. But from start to finish this training felt safe and Trauma Informed.

The balance was perfect. I was relieved that the smaller groups were facilitated (I work online a lot and this is something that I usually dread). The group felt safe and meaningful. The facilitator really listened and went at a gentle pace. The choice of going into breakout rooms or not was also very important and appreciated. Questions raised were hugely thought provoking. This is the only training I have ever attended that creates space for people who have direct lived experience, who are supporters and professionals; and acknowledges that some people have the experience of being all three. As dual experienced therapist, I really appreciate this as normally training spaces are triggering, offensive and stigmatising. The language was human and centred survivors. I would wholeheartedly recommend this course to others. As a dual experienced psychotherapist, I would highly recommend this course to the people I work with and other therapists.



*Female Survivor and Therapist who attended our the **Into The Light Workshop***

## Feedback from our clients in 2025 includes

100%	of our Women's Group Course said the Course had improved their relationships
100%	of our Women's Group Course said the Course had improved their feelings of isolation
100%	of our Women's Group Course said the Course had improved their mental health



97%	of our Workshop Attendees said the workshop met their expectations
95%	of our One to One Counselling Clients said they had benefited from their sessions





“The (Course) has given me an ongoing feeling of belonging, knowing that I have seen the evidence of others with the same feelings as me, so I know they exist which has had a huge impact on me when I feel lonely.”

*Women’s Survivors Group Course Attendee*

“The course really helped me reflect on the traumas that I didn’t know were there and it really helped me see my pain from a different perspective and know that I am a survivor.”

*One to One Counselling Client Who Took Our Psycho-Educational Course*

“The amount of group discussion time was spot on and the questions asked were really specific and could be answered by everyone in the group in the time given. The way each facilitator succinctly covered their material made it feel manageable, not overwhelming and the time flew by... . Thank you for the thorough, well researched handout provided – this alone was worth the cost of attendance. I am also very grateful for the flexible pricing... I felt very ‘held’ and safe with this team of fabulous professional therapists and peers around me.”

*Workshop Attendee*

“The course has been a major positive stepping stone in my trauma recovery journey. It has brought understanding around my abuse which in turn has given me relief and a sense of calm. Meeting other survivors has been pivotal in my journey, one of the many strengths of the course.”

*Women’s Survivors Group Course Attendee*

**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 The Men Survivors Into The Light Ten Week Psycho-Educational Course in 2025



K is a male British Asian Survivor. He is in his late thirties and married with a young family. He accessed our Into The Light Psycho-Educational Course for Men on a one to one basis with one of the Into The Light Counsellors. He wanted support around issues around his marriage, parenting and feelings of anger and anxiety.

*At the end of the ten week course we asked him what difference attending the course had made to him:*

“ **I have found the course tremendously helpful.** I have suffered with bouts of depression and anxiety all of my life that seemed to just be part of who I am. I had resolved to just get on with things as they were. But actually, rather than just cope with it, with the help of a friend and the support of my wife I decided to try Into the Light. I knew I wanted to have a one-to-one set up rather than a group, at least to start with, and it has been so, so helpful.

There have been insights and conclusions that I have drawn from the conversations and the material that I had never thought would come out of this process. The material that has been put together has been absolutely ground-breaking for me – so helpful that I am tempted to use words such as ‘mind-blowing’ and ‘sensational’. Whilst that may seem rather excessive, it captures what I felt as such a

release reading through the material almost week-by-week thinking ‘this is unbelievably accurate in its description of what I have experienced and what I am feeling as a result’

In my own experience there have been multiple issues with my mother and the parent/child relationship that I needed to understand and grasp more of in order to understand elements of the sexual abuse I encountered.

I am now more aware of feelings and dynamics that have clearly been caused by the abuse I suffered. I have been reminded about self-care and self-compassion and that I really need to work on this. To know that I am not the scumbag I often paint myself to be. That I was a child. In fact, just to be told with calm sincerity that “I was a child” was such a releasing moment, I think that will have a life-long impact and I needed to hear it.

”

# Final thoughts:

“I was given a balance of care and information to guide me along and not remain stuck”.

One to One  
Counselling Client

“For the first time in my life I have not felt alone and have felt like I belong somewhere.”

Women’s Survivors  
Group Course  
Attendee

“Friendly, affirming, non-judgemental and refreshingly connected to the realities of living adult life after childhood sexual abuse.”

Workshop 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](http://www.intothelight.org.uk) Giving page or email us at [info@intothelight.org.uk](mailto: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**

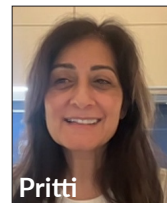
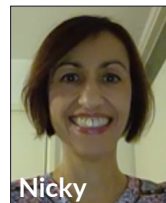
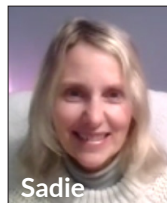
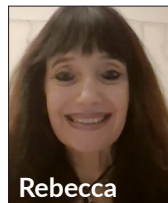
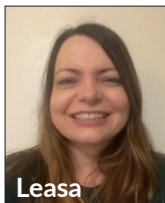
...would pay for one Survivor to attend an Into The Light Workshop on Sexual Abuse Recovery.



**Donating £40**

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

Into the Light  
CIC Directors



★  
We would especially like to thank the Pallis Family for the generous donation that was made to Into The Light in memory of Andromachi Pallis.

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



Bentley  
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Chances Small  
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The  
Schreier  
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