

Sexual / Physical Abuse Contacts

Over 20.83% of the population suffer some form of sexual abuse before the age of 18 years old. They come from all walks of life, all backgrounds, and happens to both females and males, rich and poor, white, black, or pink.

Many victims of childhood sexual abuse will have been abused by someone in the family or a close family friend, and the abuser can be either male or female, rich or poor, teacher, step dad, mother, babysitter, vicar, brother or anyone. Some will have been abused by a stranger, and although that is what becomes reported in the news far more often, abuse happens far more often by someone known to the child that they *should* have been able to trust to protect them

If you have been abused, please know that you are not alone, and it is possible to overcome the devastating effects that abuse can have on people for many years to come if left un-dealt with.

HELPLINES

Samaritans – Telephone: 0845 790 9090 (24hours)

Relate

Website: www.relate.org

B.A.C.P. – British Association for Counselling and Psychotherapy. Provide a list of Counsellors, Psychotherapist & professional bodies offering therapy.

Telephone: 0870 443 5252

Email: bacp@bacp.co.uk

Website: www.bacp.co.uk

Careline – National telephone counselling services for children, young people and adults.

Open: Mon-Fri 10a.m. – 4. p.m. & 7.00 p.m.-10 p.m.

Telephone: 020 8514 1177

Survivors UK – National help-line offering information support & counselling for anyone affected by the sexual assault of men.

Email: survivors@hotmail.com

Website: www.survivorsuk.co.uk

A.S.C.A. – Adult Survivors of Abuse

St Gabriel's Parish Centre

St Gabriel's Avenue

Newcastle Upon Tyne

NE6 5QN

Telephone: 0191 238 2130 (24 hour answer phone)

Fax: 0191 238 2131

Email: ASCANorthEast@aol.com

Website: www.asca.org.uk

Inconfidence: online interactive help and support to survivors of rape and sexual abuse.
Website: www.inconfidence.org

Rape Crisis:
Email: info@rapecrisis.org.uk
Website: www.rapecrisis.org.uk

RASASC: Rape & Sexual Abuse Support Centre
Helpline: 08451 221 331
Counselling: 0208 683 3311
Email: info@rasasc.org.uk
Website: rasasc.org.uk

Respond: Challenging vulnerability & sexual abuse in the lives of people with learning difficulties.
Website: www.respond.org.uk

Sapphire Project: aims to improve rape investigations and victim care within the Metropolitan Police.
Website: www.met.police.uk

The Roofie Foundation: agency which deals with the issues surrounding drug rape and sexual abuse.
Website: www.roofie.com

UKCP- United Kingdom Council for Psychotherapy
2nd Floor, Edward House, 2 Wakeley Street, London EC1V 7LT
Website: www.psychotherapy.org.uk
Find a Therapist: www.psychotherapy.org.uk
Train as Psychotherapist: www.psychotherapy.org.uk

Psychotherapy London-020: Provides counseling, psychoanalytic psychotherapy, hypnotherapy and therapy for sexual abuse.
Website: www.ukcp.org.uk

Choices Counselling, Cambridge
Specialises in helping survivors of sexual abuse at very reasonable sliding fees, from £10 per session upwards. One to one as well as group work. On their website they outline the healing process, and various stages and experiences, including anger and outbursts, depression, suicidal feelings and unpredictable behaviour. It does emphasise that healing is possible, and that these symptoms are part of the healing process. They guarantee to support clients for at least 2 years.
Website: www.choicescounselling.co.uk

If you have Insurance with Balens then you have a free legal helpline and counselling helpline. Please contact Balens on 01684 893006 for advice.

WORKSHOPS

“Working with the Personal and Interpersonal Effects of Sexual Abuse”

Speaker: John Burnham Price www.relate.org

Cost: £100.00- Non Relate Employees

£75.00 - Relate Employees

£50.00 – Students registered on Relate Institute academic programme.

Witness

An organization that offers workshops on working with people who have suffered past abuse.

Helpline: 0845 4 500 300

<http://www.witnessagainstabuse.org.uk>

Gabriella Moericke, 35 Hamilton Place, Edinburgh. Tel: 0131 315 2130

Teaches ‘Boundaries for Practitioners’ and ‘Dealing with Emotion’.

TRAINING COURSES

BASRT APPROVED TRAINING COURSES

IN SEXUAL & RELATIONSHIP THERAPY

Postgraduate Diploma/MSC in Sexual and Relationship Psychotherapy
(Community Health Sheffield & Sheffield Hallam University)

Course Director: Dr Kevan Wylie

The Porterbrook Clinic Sheffield Care Trust (NHS)

75 Osborne Road

Nether Edge

Sheffield

S11 9BF

0114 271 6671

0114 271 8693 (fax)

courses@porterbrookclinic.co.uk

Website: www.porterbrookclinic.org.uk

Diploma in Psychosexual Therapy

Relate

Course Leader: Jane Roy

Relate Central Office

Herbert Gray College

Little Church Street

Rugby

CV21 3AP

0845 456 1310

01788 535007 (fax)

Courses are held in Rugby, and in Scotland in collaboration with Couple Counselling Scotland, and in Ireland in collaboration with Marriage and Relationship Counselling Service (MRCS).

Postgraduate Diploma/MSC in Psychosexual Therapy

(University of Central Lancashire)

Course Director: Josie Butcher

Enquiries: Tracey Farrell / Paul Duckworth

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University of Central Lancashire
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CONTACT CENTRES/CLINICS

The Orchard Centre, Leeds. Offers counseling & psychotherapy.
www.orchardleeds.co.uk

INFORMATION AND COUNSELLING SUPPORT FOR SURVIVORS OF SEXUAL ABUSE

READING LIST.

It's My Life Now: Starting Over After An Abusive Relationship – Relate

THE COURAGE TO HEAL: A guide for women survivors of child sexual abuse
by Ellen Bass & Laura Davis

THE COURAGE TO HEAL WORKBOOK: For women and men survivors of child
sex abuse by Laura Davis

VICTIMS NO LONGER: A guide for men recovering from sexual abuse by Mike
Lew

OUT OF THE SHADOWS: Help for men who have been sexually assaulted by
Sarah Stott

GAY MEN AND CHILDHOOD SEXUAL TRAUMA: Integrating the shattered self
by James Cassese

THE SEXUAL HEALING JOURNEY: A guide for survivors of sexual abuse by
Wendy Maltz

BOOKS FOR PARTNERS AND FAMILY MEMBERS OF SURVIVORS

ALLIES IN HEALING: When the person you love was sexually abused as a child
by Laura Davis

GHOSTS IN THE BEDROOM: A guide for partners of Incest Survivors by Ken Graber

BOOKS FOR PROFESSIONALS

COUNSELLING SURVIVORS OF CHILDHOOD SEXUAL ABUSE by Claire Burke Draucker

ADULT MALE SURVIVORS OF CHILDHOOD SEXUAL ABUSE by Kim Etherington

TRANSFORMING TRAUMA: A guide to understanding & treating adult survivors of child sexual abuse by Anna C. Salter