

COGNITIVE BEHAVIOURAL THERAPY (CBT)

CBT is a useful tool to help people learn ways of coping with everyday life. Sessions are offered over a short period of time with a chance to try out different strategies to see what works for you.

EYE MOVEMENT DESENSITISATION AND REPROCESSING (EMDR)

We offer EMDR sessions over a short period of time. The therapy uses eye movement and memory to reduce the emotional distress caused by a traumatic event.

HOW TO ACCESS THE SERVICE

You can refer into our counselling and therapeutic services by phoning our helpline on 0115 941 0440 or by completing the online contact form: <https://nottssvss.org.uk/contact>

If no-one is able to take your call please leave a message and we will get back to you.

CODE OF CONDUCT

The sessions aim to give you the time and the space to use as you need. In order to keep the space safe for everyone, we ask that clients:

- Do not attend a session if you are under the influence of alcohol or drugs. This can affect the impact and benefit that you gain from the session.
- Do not hurt yourself or others or cause damage to property whilst at the centre.

OUR COMMITMENT TO YOU

While we try to keep our waiting list for support as short as possible waiting times may vary.

Notts SVS Services is a member of the British Association of Counselling and Psychotherapy (BACP) and we work to BACP's Ethical Framework for Good Practice.

We are based in a safe and secure city centre location and offer outreach support at other safe spaces.

CANCELLATIONS

If you are not able to attend your session, we ask that you let us know 24 hours in advance. If two appointments are missed in a row, without notification, we shall bring your sessions to a close. This will allow us to offer support to someone else on the waiting list. You are welcome to re-refer back into the service when you are ready.



NOTTINGHAMSHIRE SEXUAL VIOLENCE SUPPORT SERVICES
30 CHAUCER STREET, NOTTINGHAM, NG1 5LP

TELEPHONE 0115 947 0064
HELPLINE 0115 941 0440
EMAIL SUPPORT@NOTTSSVSS.ORG.UK
WEB WWW.NOTTSSVSS.ORG.UK

COUNSELLING AND THERAPEUTIC SERVICES (for those aged 18 and above)

WE LISTEN
WE BELIEVE
WE SUPPORT

NOTTS
SVS
SERVICES

COUNSELLING
SERVICES

PROUDLY DELIVERING
ASA SERVICES

Asa
Support after sexual violence

WWW.NOTTSSVSS.ORG.UK

COUNSELLING AND THERAPEUTIC SERVICES

We understand that a person's life can be shattered by a rape or sexual assault. We provide support to help reduce the impact of such an experience and to help a survivor regain control of their life.

Our services are free of charge and are provided by trained and experienced staff. We have a range of daytime, evening and weekend slots available. We can provide support in-person or online.

Some therapies are okay to use as stand-alone, while others are better used with or after other support. We will discuss this with you when you make a referral into our service.

WHAT IS COUNSELLING?

Counselling offers a safe and non-judgemental space. Here you can express and explore your thoughts and feelings in a way that might not be possible with family or friends. Whatever your reasons for coming for your first visit, we are here to listen.

Every person is different and will experience their feelings in different ways. The counsellor will not give advice or direction, nor will they make decisions for you. They can support you in finding your own insights and solutions. Counselling can help you to feel less alone, gain understanding and find inner strength which can help you regain control of your life.

We know that entering a counselling relationship can take courage. It can be a painful journey from time to time but many people find it a valuable and empowering step towards personal growth and healing.

WHO CAN ACCESS THE SERVICE?

Our services are for anyone aged 18 and above, whether the abuse happened recently or in the past. We want to support people in the way that is best for them and offer:

- **accessible rooms**
- **online support**
- **access to interpreters**

Our service is gender aware. We support survivors of all genders and orientations, including females, males, non-binary and LGBT+. We offer support to women in our women-only space.

We understand people of varied backgrounds, cultures and ethnicities may have different needs and are sensitive to such matters.

COUNSELLORS / SUPPORT WORKERS

Our workers are highly trained professionals. They have a range of backgrounds in terms of gender, ethnicity, age and personal experience. We offer all clients their choice of a male or female counsellor.

CONFIDENTIALITY

Our service is confidential. Whatever you choose to tell your counsellor or support worker will not be disclosed to a third party. However, there may be certain circumstances where our duty of care means we have to pass information on. These will be discussed with you before your support begins.

COUNSELLING

We offer a range of short-term, medium and long-term counselling options.

Short-term counselling can help to lessen any initial distress. It can also help you to identify any needs, risk factors and put in place any coping strategies. We can also use this time to refer you into any other services and support.

Medium and long-term counselling offer a safe and non-judgemental space. Here you can begin to express and explore your thoughts and feelings in a way that may not be possible with family and friends.

GROUP SUPPORT

Our Beyond Survival support group is an 8-week course. Group aims are to gain self-acceptance, build trust in self and others, to experience a more fulfilling life and to meet other survivors. These are run as male-only and female-only.

EMAIL SUPPORT

Email support is a useful option for people who prefer to write things down or who don't want to talk about things in person. Our support email is support@nottssvss.org.uk

SUPPORT FOR FAMILIES AND FRIENDS

If someone you know has experienced a sexual assault, this can be a very difficult time for you. We can provide you with support and information. This can help you to talk about your own feelings and feel more able to support the person close to you.