

# Sexual Violence Recovery Toolkit

The Toolkit is a trauma informed guidance tool, used to provide awareness, build resilience and aid self-esteem.

It uses CBT elements to provide participants with the ability to change their own perspectives and understanding of self.

Clients are provided with material throughout the sessions to guide them in areas such as self-discovery, self-awareness and tools to aid them during the programme and in the future. Material used in the programme comes in a variety of formats including; discussion, video, handouts, activities and homework

- Sexual Violence Myths
- Psychoeducation on Autonomic Nervous System
- Self-esteem
- Sexual Predators
- Post-traumatic stress
- Self-esteem and affirmations; the power of positive self-talk
- Anger & conflict; what about being assertive?
- Intimate relationships post disclosure.
- Guilt, Shame, and self-esteem
- Building healthy relationships and intimacy
- Actions for the future

The Recovery Toolkit is run over a period of 12 weeks. Participants are given home tasks to complete, although these are voluntary, they are encouraged to promote self-awareness and growth.

All the Recovery Toolkits offer a safe, secure and trusted environment for self-discovery, exploration and an opportunity to consider their needs as individuals.

**Contact us today**

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