

What to expect

We will explore the impact of childhood sexual abuse through discussions on a series of topics related to this experience. They include: relationships, buried feelings, dealing with fears and anxieties, feelings about abusers, our inner child, sexuality, people who didn't protect, and much more.

As the group develops, people become more comfortable with each other and space is created for group members to explore what is in the foreground for them at that time as well as covering the topics we prepare in comprehensive, but friendly, handouts.

We developed the group in conjunction with the Dept of Health and it is recognised by the Mental Health Development Unit. Most importantly, it has evolved through feedback from previous group members

We will meet individual women referred to us a few weeks before the group to assess together whether this group is right for them at this time. We also insist that each woman identifies an agreed personal worker to support her throughout the group .

The 20 session group runs weekly on Tuesday mornings.

New Horizons Group

A therapeutic programme for women survivors of childhood sexual abuse

Contact details

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Livewell Southwest



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Supporting people to be Safe, Well and at Home

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Why group work?

Childhood sexual abuse (CSA) has always happened but has been a taboo subject. Mental health services nationally are now working with this underlying cause of many women's distress.

There has been a raising of public awareness of CSA in the media which can be a trigger for someone remembering their own abuse. Other triggers might be a life change, such as parenthood or the death of the person who abused them. People often need to talk about what happened and how it is impacting on their daily lives. It can feel difficult to know who to talk to about this issue, as some of the 'taboo' remains.

Group work can help with this and past members tell us they felt they are no longer alone (their comments are on the picture opposite). Group work **is** challenging because it involves taking a risk and meeting other people.

These fears are soon dispersed as women experience a unique connection instead of isolation. Group work helps women shift feelings of self blame and guilt as they realize at a deeper level they were not to blame for what happened to them.

The group is energizing and empowering as the women find a voice on this difficult subject.

Feedback ...

I need to take the next step

I feel I can deal with my feelings towards my abuser.

My inner child can grow and deal with problems, she has friends.

Very rewarding (venue) as no one (else) could hear us cry or laugh or get angry!

I feel 0/10 to blame for what happened to me!

I can be brave and trust.

I am not alone.

Happy! Positive!

Motivated! Healed!

One of the best things I've ever done.

It ended too quick!

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Talking and realising I'm not the only one it's happened too.

I went on a journey.

Now I need to give myself time and space to grow as an individual.

Didn't think I would keep it up!

I thought I would give up but thanks to who ran good done the group it was actually harder to leave.

Being able to 'come out' about some of the things that happened.

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