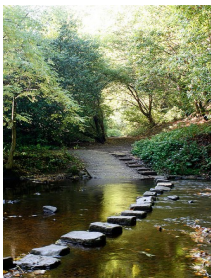


# Eva Therapy Service

for women and girls affected by domestic or sexual abuse and trauma

Often, women and children who have experienced abuse can develop depression, anxiety and symptoms associated with Post Traumatic Stress [PTS].

For some survivors the effects of abuse may get better once they are living safely, but for others symptoms can develop over several years, often when they are no longer living with the abuse.



Post-traumatic stress symptoms can include flashbacks, nightmares, intrusive thoughts or images, hyper-vigilance, and feeling as if you are still living with the abuse.

**Once you are living safely, Eva can offer:**

- Cognitive Behavioural Psychotherapy [trauma-focused] - both 1:1 & group work
- Integrative Counselling
- EMDR

For Eva Therapy to be helpful, you would have been separated from the perpetrator[s] for 6 months, be no risk to yourself or others, not living in a refuge or homeless accommodation, and not receiving any other counselling services.

**Contact us to discuss our referral criteria for the therapy service in more detail.**

## Group Work

our group work programmes are an important part of the service pathway

### **New Beginnings 'psycho-education' group**

After initial assessment, everyone normally attends this 4 week programme:

- ◆ how abuse and trauma affect our mental and physical health
- ◆ ways of managing our emotions, looking after ourselves, helpful coping strategies

**plus 2 extra sessions** for women living with Chronic Pain/Fatigue & Fibromyalgia

### **Life After Trauma programme for PTS**

- ◇ 12 weeks, including 4 individual sessions
- ◇ impacts of abuse and trauma and why we may experience 'flashbacks'
- ◇ understanding our emotions, and tools and strategies for managing distress
- ◇ exploring the impact on relationships, intimacy and trust issues
- ◇ reclaiming life and building resilience

### **Trauma & Self Esteem [12 week programme]**

- ◆ how trauma & abuse affect self esteem
- ◆ how power & privilege affect women & girls' well being
- ◆ tools and strategies for challenging our self perceptions
- ◆ exploring the impact on relationships, intimacy and trust issues
- ◆ building resilience and moving forward

### **Moving on Group [4week Group]**

**Our new "Moving On" group will be offered at the end of therapy and will provide**

- ◆ Consolidation Taking Stock
- ◆ Becoming your own Therapists
- ◆ The Next Steps
- ◆ Planning for set backs

### **Waiting List Group (fortnightly drop in)**

**Our new 'Waiting List' group will be an opportunity to:**

- 1 - Access some emotional support whilst you are waiting for the next stage of therapy**
- 2 - Sign post you to other relevant organisations if required.**
- 3 - Reinforce the coping strategies you will have learnt as part of the New Beginnings Groups**
- 4 - Complete safety plans if necessary**

## Peer Support Group

**The Eva Peer Support Group is an informal safe place where women who have experienced abuse can get together, do activities and gain support**



Crafts and refreshments are provided, and we refund women's travel costs to the support group. Support workers are available to listen and provide advice, and an interpreter when arranged in advance.

Women can join us for a cup of tea or coffee, meet others with similar experiences and take part in craft activities in a safe, friendly environment.

It can be a great way to reduce isolation and rebuild confidence and self-worth.

**The group meets 10am – 12.00 noon, fortnightly in term time, in our bright and airy activity room**

If you would like more information [including dates, venue and bookings] please contact us:

**Call [0114] 275 0101 or**

**email: [admin@vidasheffield.org.uk](mailto:admin@vidasheffield.org.uk)**

**Vida Sheffield** We are a specialist trauma-focused and gender sensitive therapy service for women whose mental health is affected by previous experiences of abuse and trauma. We have developed **a pathway of interventions** through our service which includes several group work programmes and a choice of 1:1 trauma focused Cognitive Behavioural Psychotherapy and EMDR, these are evidence based treatments recommended in the NICE Guidelines for Domestic Abuse, or integrative counselling We take a phase based approach to working therapeutically with clients

### **Testimonies from Eva service users:**

*“Emotional abuse is so invisible yet I have never known so much fear because of it; being believed and listened to helped me find safety”*

*“Learning skills to deal with continued trauma, how to put it to one side and in my memory box has helped me to be FREE to look to the future in a positive way, it works!”*

*“Telling my story, being listened to, and tailoring the therapy using EMDR is incredible, it was priceless”*

*“I have had a lot of counselling ...and this is the first time I feel I can finally put it in my past ...it has been mind blowing and rough at times, but it has changed my life and my thought patterns.*

*Thank you, from the bottom of my heart”*

**vida**  
life without abuse

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**Registered Charity No: 1092661**

**Company Registration No: 4405173**

**Vida is a member organisation of the British Association for Counselling & Psychotherapy**



**Vida** receives funding to support our services from: The National Lottery Community Fund, Lloyds Bank Foundation, The Clothworkers' Foundation, Westfield Health , JG Graves, Sheffield Church Burgesses

### **Every little really does help...**

All donations received through Vida's Localgiving page go directly to support our therapeutic work with women and girls, and we can claim an additional 25% Gift Aid on all donations from UK tax payers! *Monthly direct debits are even more helpful...*

<https://localgiving.org/charity/vidasheffield/>



This is another way you can donate to us. Register with easyfundraising and when you are next shopping online, click “get a donation” and at no extra cost to you we receive a small donation

# Vida Sheffield Eva Services



**therapeutic services  
for women and girls  
affected by  
abuse and trauma**

**vida**  
life without abuse