

## Why a Group?

This is an opportunity to receive support from other women who have shared similar experiences.

Research suggests this approach can reduce isolation, improve a sense of belonging, support each member of the group to learn from each other and, most importantly, support one another in moving away from trauma towards a more positive **life after trauma!**

It will be a small group with a maximum of 10 women and 2 group facilitators. We will have pre-group meetings, on an individual basis, to explore any concerns you may have, and to introduce ourselves and the programme.



## Group Programme

**This is a 12 week programme**

**10am – 12pm**

**8 group sessions  
and 4 individual sessions**

### The Group will cover

- ◆ *information to help understand impacts of trauma, and why you may experience 'flashbacks'*
- ◆ *understanding our emotions*
- ◆ *tools and strategies for managing distress*
- ◆ *exploring the impact on relationships, intimacy and trust issues*
- ◆ *individual sessions to focus on processing traumatic memories*

## Expectations

We want to ensure that we create a group experience that feels a safe and comfortable place for you to participate in the programme

To ensure we do this each person will receive 4 one to one sessions to address their specific experiences of trauma. These individual sessions are an important part of the programme as we will be helping and supporting you to 'tell your story'.

The individual sessions will remain confidential and will not be spoken about within the group.

### To make sure that the programme is as helpful as possible we would ask that you:

- ◆ *attend weekly*
- ◆ *do the agreed intersession work*
- ◆ *take an active part in the programme*
- ◆ *maintain the confidentiality of the group*
- ◆ *give us feedback about how things are going each week*

### Feedback on Life After Trauma:

*"This group has been a breath of fresh air for me, and our counsellors have ... supported us all the way"*

*"This group make me change, make me more strong... I really like it, how they explain everything so clearly... I am so happy and grateful to join the group"*

*"I have gained a better understanding of what happened to me and that I could not control it... and ways of coping with the emotions brought up by my experiences."*

*"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"*



**Eva Therapy Service  
Life After Trauma  
group work programme**

**vida**  
life without abuse

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funded through



**Vida** receive funding to support our services from: The National Lottery Community Fund, Lloyds Bank Foundation, The People's Health Trust, and Covid-related funding from Sheffield City Council and from the Ministry of Justice via the Office of the Police & Crime Commissioner.

### 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/>



# Eva Therapy Service

for women and girls  
affected by  
abuse and trauma



## Life After Trauma

12 week programme for  
post traumatic stress

**vida**  
life without abuse