

## Why a Group?

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

Research and experience has shown us that this approach reduces isolation, improves our sense of belonging, supports each member of the group to learn from each other and, most importantly, support one another in moving away from trauma towards a life with increased self worth, esteem and confidence.

It will be a small group with a maximum of 10 women and 2 group facilitators.

We will have pre-group meetings, both on an individual basis and as a group, to explore any concerns you may have, and to introduce ourselves and the programme.



## Group Programme

This is a 12 week programme



### The group will cover:

- ◆ *Understanding how abuse & trauma affects our self esteem*
- ◆ *understanding how power and privilege impact on women and girls' well being*
- ◆ *exploring the impact on critical relationships, intimacy and trust issues*
- ◆ *strategies for challenging our self worth & learning to accept ourselves*
- ◆ *reclaiming our lives, building resilience and moving forward*

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

- ◆ *attend weekly*
- ◆ *do the agreed work between sessions*
- ◆ *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 other Eva groups:

*"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  
Cognitive Therapy group work programme**

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life without abuse

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### 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 20% 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**



**Trauma & Self Esteem  
Cognitive Therapy Group  
[12 weeks]**

**vida**  
life without abuse