

Eva Therapy Service Pathway

Referral received – screened for suitability

Initial Assessment Appointment

New Beginnings

Psycho-education group:

- 4 sessions
- Information on abuse & trauma
- Neuroscience of trauma
- Inner critic versus inner supporter
- Values
- Reclaiming life

Waiting List Group

- Anyone waiting for therapy
- Emotional support
- Safety planning
- Staying connected to the service
- Sign posting

2 Optional sessions for women living with pain & fatigue syndrome

- Extra 2 sessions as group
- How trauma affects mental & physical health
- Emotional regulation tools & strategies
- Covering Chronic pain, Fibromyalgia & Chronic Fatigue
- Developing coping strategies

Next Stage

1-1 Therapy

May include:

- Trauma- focused CBT
- EMDR
- Integrative Counselling

Trauma & Self Esteem

Cognitive Therapy Group:

- 12 sessions as a group
- How trauma and abuse affect self-esteem
- Impacts on relationships, intimacy & trust
- Perceptions, beliefs & self-evaluation
- Building resilience/looking ahead

Life after Trauma

PTS Therapy group:

- 8 sessions as a group
- 4 individual sessions
- Consolidate
- Individual booster sessions

Available DURING and After Therapy

Wellness Recovery Programme - 12 weeks

- Promoting Self Care
- Sleep Hygiene
- Creative journaling
- Creative writing
- Building your resilience
- Wellness recovery Action Planning

Athena Peer Support Group

- What is Chronic Pain/Fatigue
- Acceptance and Hope
- Medication and Surgery,
- Pain/Fatigue Management
- Living with pain /fatigue
- Getting Support
- DWP
- NHS and other services

Available throughout pathway.

Eva Peer Support Group

Ongoing peer support and therapeutic craft activities

Available throughout pathway.