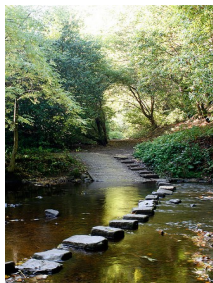


Eva Therapy Service

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
- ◆ 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

Wellness recovery Programme [12 weeks]

- ◆ Promoting Self Care
- ◆ Sleep Hygiene
- ◆ Creative Journaling
- ◆ Creative Writing
- ◆ Building your resilience
- ◆ Wellness recovery Action Planning

Waiting List Group (fortnightly drop in)

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

Athena Support Group (fortnightly drop in)

- ◆ 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

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.

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 – 12.30 pm, 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

Vida Sheffield We are a BACP accredited 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 accredited with the British Association
for Counselling & Psychotherapy**



Vida receive funding to support our **Eva Services for women and girls** from: The National Lottery Community Fund, Society of the Holy Child Jesus, The Postcode Neighbourhood trust, Brelms Trust, Sheffield 1000

Every little really does help...

All donations received through Vida's Localgiving page go directly to support our therapeutic work with women & 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/> or use our QR code



Vida Sheffield Eva Services



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

vida
life without abuse