



Wiltshire and Swindon sexual violence therapeutic Service

Kate Williams – Service Manager

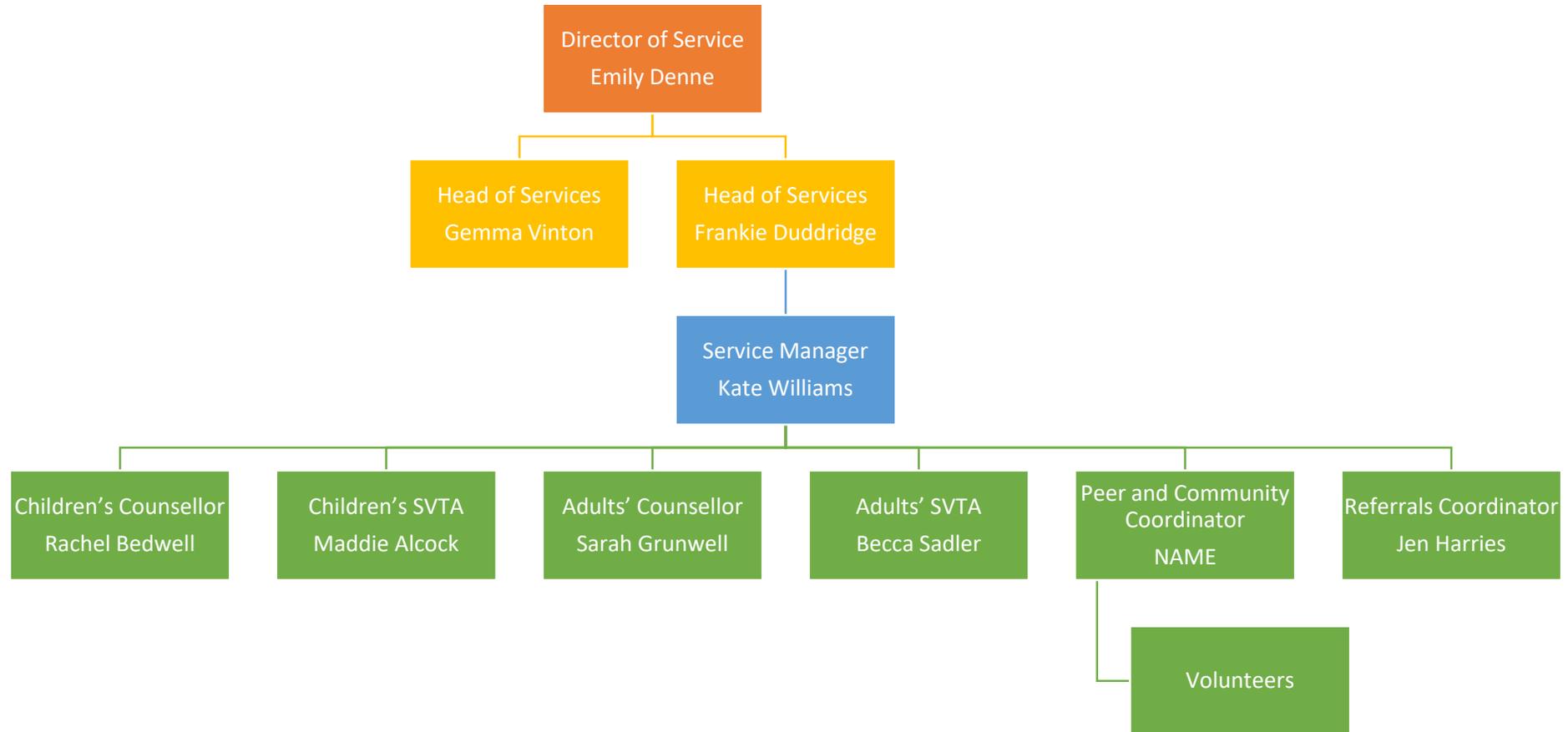


Sexual Violence Therapeutic Service:

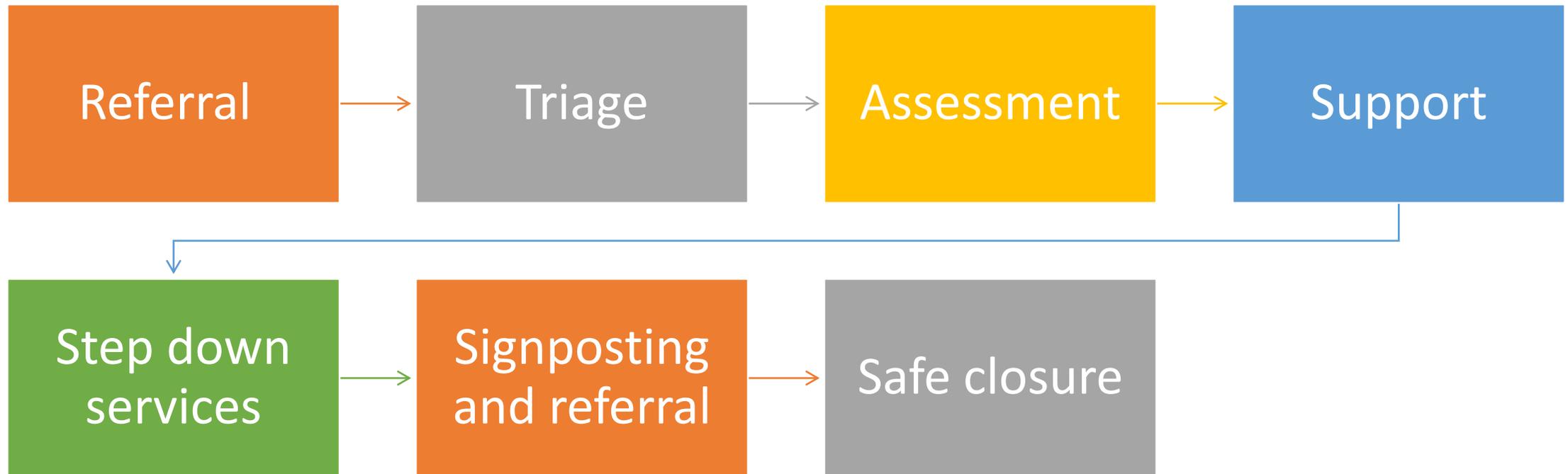
- Adult support.
- Child and Young person support.
- Distinct from the SARC and ISVA Service.
- Regardless of when the abuse occurred or whether the victim reported to the Police.
- Focus on a trauma-informed approach towards recovery and empowerment.

We offer an all-inclusive, holistic, trauma-informed service.

Organagram:



Support journey:



Counselling:

Person-centred and tailored support to adults, children and young people.

- Tailored to the needs of the individual.
- Average counselling intervention will be between 10 and 12 weeks – however, this can flex to meet the needs of the client. This short to medium support will be goal focused to ensure we meet the needs of the individual
- Safe and consistent space to talk through experiences and look at strategies to help victims move forward.
- Child counselling is child-centred, age appropriate and utilizes games and creativity to engage children.



SVTA – Sexual Violence Therapeutic Advisors:



- Our SVTAs will work with adults, children and young people.
- Provide tailored therapeutic support, focused on psychoeducation.
- Safety and stabilization approach – helping clients to move forward in their recovery journey.
- Support can be provided face-to-face, by telephone or virtually.



Group Work:

***Reducing
isolation and
creating a
positive and
inclusive space
for people with
shared
experience.***



- A range of groups will be offered, incorporating wellbeing, psychoeducational, and talking therapy approaches.
- Rediscovering You and Courage to Heal will be the first groups to launch.
- Initially groups will be for adults – CYP groups will be developed in the future
- Our groups will focus on:
 - Developing peer relationships
 - Understanding trauma
 - Providing a safe space
 - Self-care and why it is important
 - Offering creative and practical interventions

Befriending and peer support:

Recruiting volunteers now!

- Facilitated by highly trained volunteers.
- Takes place weekly or fortnightly by phone.
- Initially focuses on building a relationship before moving on to look at goal setting and moving forward.
- Can additionally be used as a 'step down' service.
- Recognises the intrinsic value of listening and peer support.



Future developments:



Childrens Groups – Ensuring children and Young people have a space to come together and can benefit from peer support.

Peer Support and wellbeing groups – Development of peer support groups to aid long-term recovery. Additional wellbeing groups – such as an art based group.

Chat Bot - easily access information, night or day as well as being able to make referrals into our service without having to use the duty number. During working hours, clients will be able to chat directly with our duty staff.

EMDR – Our adults counsellor is completing her qualification to offer EMDR to adults.

Referring to the service:



- Referrals can be made by professionals or by the individual themselves.
- Self-referrals can be made online, by phone or email.
- Professional referrals are made online.
- Dedicated email address: SVTS@fearfree.org.uk

**Duty line available to professionals and service users
from Monday to Friday 9am to 5pm.**

01793 317482