

Eye Movement Desensitisation and Reprocessing (EMDR)

Eye Movement Desensitisation and Reprocessing (EMDR) is a psychotherapy approach designed for working with distressing or traumatic memories. EMDR is recommended by the National Institute for Health and Care Excellence (NICE) for the treatment of post-traumatic stress disorder (PTSD), or for those displaying symptoms. The theory behind EMDR is that many psychological difficulties are the result of distressing life experiences which have not been stored in memory properly and are said to be unprocessed or blocked.

Trauma-Focused Cognitive Behavioural Therapy (TF-CBT)

We provide a specialised counselling service for children and young people aged 5-18. Our children's counsellors use a model called Trauma-Focused Cognitive Behavioural Therapy. This specifically supports those who have experienced trauma such as sexual abuse, by providing psychoeducation around the effects of the trauma to both children and their parents.

The therapy helps children to recognise and name the emotions they are experiencing, which aids communication. It also develops individual coping strategies such as relaxation skills, and approaches for helping a child to cope with distressing thoughts or emotions.

*Please refer to our TF-CBT information sheets for further details.



"My counsellor was able to help me see from a different perspective."

Session information

Sessions usually take place weekly and occur on the same day and time each week. We are able to offer a variety of days, times and locations in order to meet your needs and preferences. Sessions can take place face-to-face in either our RASASC premises or outreach locations. Online and telephone sessions are also available.

To make a referral, or for advice and information, you can visit us online, email, or call on

0330 363 0063

www.rapecentre.org.uk
support@rapecentre.org.uk

-  @RapeSupport
-  @RapeSupport
-  @rasasc_cm

Complaints:
If you are unhappy with any part of the service, please try to address this with the counsellor first. If this is not possible, you can speak to the Therapy Services Director or write to us at RASASC, PO Box 35, Warrington, WA1 1DW.



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If you don't know where to start, start here.

Specialist Counselling Service

We offer a range of trauma-focused therapeutic interventions to those who have experienced rape and sexual abuse.

rasasc  **Rape and Sexual Abuse Support Centre**
for adults, children and young people in Cheshire and Merseyside

Our specialist counsellors use a

trauma-informed approach to therapy

to help you develop coping strategies, gain new perspectives and increase your feelings of wellbeing.

A trauma-informed approach to therapy incorporates:

- ▢ Stabilisation
- ▢ Psychoeducation
- ▢ Processing of thoughts and feelings
- ▢ Reconnection

We use an integrative approach with a range of interventions to enable the counsellor to adapt therapy to suit your needs, including: Cognitive Behavioural Therapy (CBT), creative techniques, solution-focused therapy, EMDR (see overleaf) and person-centred therapy. Therapy is time-limited and reviewed on a regular basis.

Our ethos is: we listen.. we believe... we support.

Pre-trial therapy is short-term therapy offered to a victim or witness while the criminal justice process is on-going and a trial may be possible.

From the point of reporting to the police to the time when all court proceedings are complete, we offer a style of counselling that ensures you feel emotionally supported, whilst not influencing the evidence given in court.

Before giving evidence in court, you are requested not to discuss your testimony with anyone in any detail.

Therapy uses a cognitive behavioural approach, and aims to address current day-to-day issues, such as anxiety, hyper-arousal, problems with sleep, negative thinking, family/relationship issues etc.

