

# woman's Trust

recovery from domestic abuse

## Supporting women affected by domestic abuse since 1996





**1 in 4**

women are affected by domestic abuse



**42%**

Suffer from mental health problems



**2 women**

are killed every week in the UK by a current or former partner



One incident reported to police every minute

Estimated 1 in 6 report to police



**17%**

have planned or attempted suicide

**82%** of domestic abuse is against women

**66 billion per year**



Home Office estimate of domestic abuse costs in the UK



**61% times**

more likely to experience PTSD

# Types of Abuse & Abusive Behaviours

- Sexual
- Physical
- Emotional/Psychological
- Technological
- Economic
- Stalking/Harassment
- Honour-based and harmful practices
  
- Coercion & Control



# Woman's Trust – What We Do

Woman's Trust tackles the emotional and mental damage caused by domestic abuse

Supporting women through provision of therapeutic services to:

- **Rebuild** their lives
- **Improve** their mental health
- **Live** productive lives
- **Free** from fear of abuse



# Woman's Trust Services



## 1:1 counselling

A programme of up to 18 free, weekly counselling sessions, with the same counsellor. Explore how you are feeling and discuss your experiences in a safe, confidential and non-judgemental environment



## Support groups

Isolation is one of the most common, and significant, effects of domestic abuse. Our therapeutic support groups help women to build relationships and grow their social circles, while discussing common experiences and issues.



## Workshops

Open to all women living in London, our self-development workshops cover a range of topics, from rebuilding self-esteem to understanding the effects of stress.

# How We Work

Based on our many years' experience, we know what approach best supports and helps women during therapy. So, we:

- Believe and listen to her
- Are non-judgemental, empathic and form a relationship with her
- Work with the here and now
- Don't ask 'why haven't you done this' or 'what did you do for this to happen?'
- Support her in finding her internal locus of evaluation (this will have been lost due to the abuse)
- As much as possible don't ask questions, make interpretations that may make her feel shamed, judged or dismissed

# Referral Criteria

- 16 years +, no maximum age
- Has experienced or is currently experiencing domestic abuse
- Includes domestic abuse from same sex relationships, partner and wider family, other family members, includes sexual assault or rape by a known person
- Our counselling service is open to women living in specific boroughs - including Kensington & Chelsea
- Support groups – are open to any women in London
- Workshops – open to any women who have accessed one of the other services
- **PLEASE ENQUIRE IF OUR REFERRAL IS OPEN**

**\*Referrals by phone ONLY\***



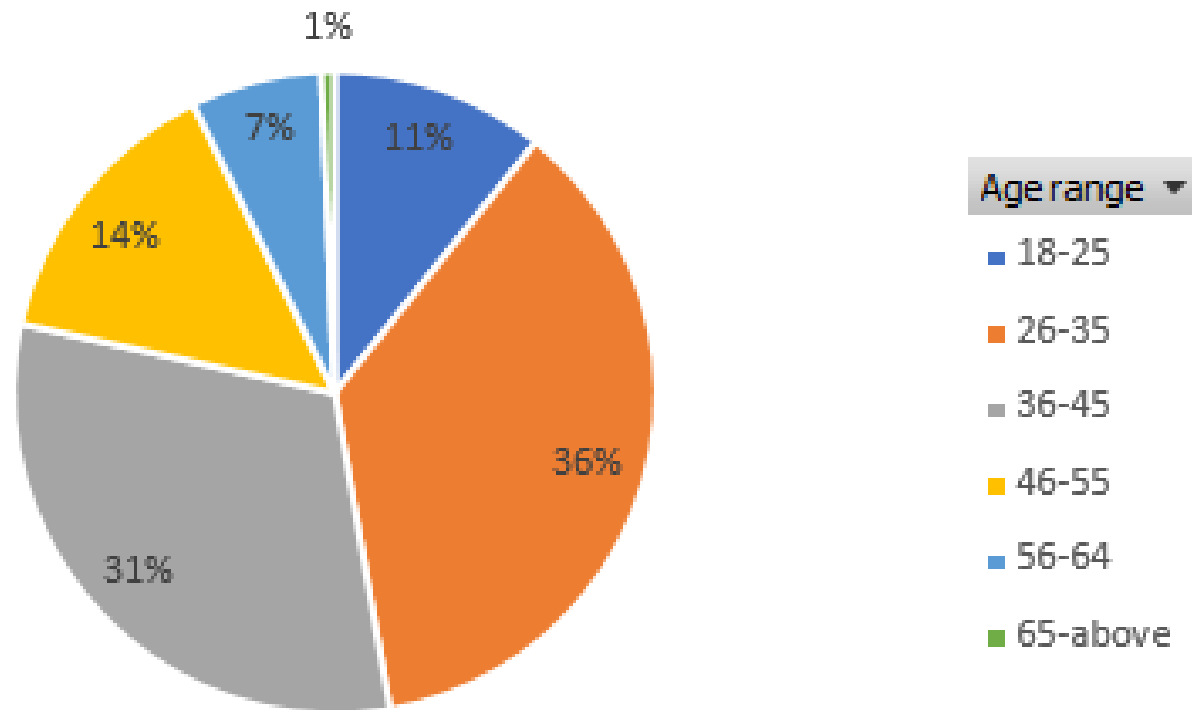


# COVID 19 Working

- Telephone assessment
- Telephone/video/f2f counselling
- Support groups online/f2f
- Psycho educational Workshops online

# Counselling Age Range

Clients Attending Counselling by Age Range  
2020/2021



**“ I can smile more and enjoy myself. I don't feel agitated at work and now enjoy seeing people around me. I can now sit and have fun with my daughter. I now find that my confidence in relationships is increasing. I don't feel unattractive anymore. I now love myself and appreciate the good and bad in life. I feel I have a chance. ”**

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<https://www.surveymonkey.co.uk/r/L2X3PNS>

[www.womanstrust.org.uk](http://www.womanstrust.org.uk)  
[office@womanstrust.org.uk](mailto:office@womanstrust.org.uk)  
**020 7034 0303**

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