



New Pathways

Life beyond sexual violence

Sea Change

Further Resources





Your phone can be a great place to find resources which can help, especially with mindfulness and meditation practice. Try some out and let us know what you think!

Headspace

Calm

Insight

The Mindfulness App

Smiling Mind

Buddhify

Smiling Mind

SelfHelpforTrauma

Other Mental Health and Support Apps include:

7 Cups

Code Blue

Lantern

Big White Wall





Here is a list of some websites which you may find useful. Some offer information, articles and links, others provide more practical tools and self-help resources which can aid in recovery.

Information relating to all aspects of therapy including a list of registered practitioners:

www.bacp.co.uk

www.baat.org

www.counselling-directory.org.uk

Articles, links, further information and Self-Help downloads and resources:

www.getselfhelp.co.uk

www.therapistaid.com

www.psychologytoday.com

www.healthypsych.com





Books:

Some may find these books useful in further understanding trauma, sexual abuse, recovery and counselling.

The Body Keeps the Score, Bessel Van Der Kolk (2015)

Trauma and Memory, Peter A. Levine (2015)

Healing Trauma, Peter Levine (2008)

Calm 50 Mindfulness and Relaxation Exercises, Dr Arlene k. Unger (2017)

Sleep, Dr. Arlene k. Unger (2015)

The Body Remembers, Babette Rothschild (2000)

8 Keys to Safe Trauma Recovery, Babette Rothschild (2010)

Rescuing the Inner Child, Penny Parks (1990)

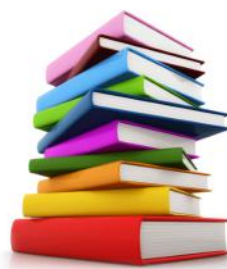
Wherever You Go, There You Are, Jon-Kabat-Zinn (1994)

Coming To Our Senses, Jon-Kabat-Zinn (2005)

Sane New World, Ruby Wax (2013)

Mind Over Mood, Christine A. Padesky & Dennis Greenberger (1995)

Why Therapy Works: Using our Minds to Change our Brains, Louis Conzolino (2015)





Other services and agencies:

Boarding School Survivors:

www.boardingschoolsurvivors.co.uk

CEOP Command:

www.ceop.police.uk

Get advice or report inappropriate behaviour towards a child.

Childline:

www.childline.org.uk

Tel: 08001111 open 24/7 offers free help and advice to children.

PODS - Positive Outcomes for Dissociative Survivors:

www.pods-online.org.uk

Tel: 0800 181 4420 Offering support, information and training for those recovering from dissociative disorders.

Rape crisis—England and Wales

www.rasasc.org.uk

Tel: 0808 802 9999 (12-2.30pm) (3-5.30pm) & (7-9pm) weekdays.

CALL Helpline

Tel: 0800 132 737 or Text: "help" to 81066. Opens 24 hours.

Samaritans:

Tel: 08457 909090. Email: jo@samaritans.org. Opens 24 h





New Pathways services

Rape crisis and sexual abuse support services

We offer one-to-one counselling for adult survivors of rape and sexual abuse; we offer this counselling and support to men and women.

New Pathways also offer children and young people's counselling services for children aged from 3-18; this service offers generic counselling for a range of different reasons, such as dealing with effects of trauma symptoms, anxiety, difficulty with; bullying, home life, or trouble with coping.

New Pathways has Sexual Assault Referral Centres (SARC) which can provide help and support, if you are thinking of reporting a sexual assault or rape to the Police. We offer support from ISVAs (Independent Sexual Violence Advocates), who can support you throughout the reporting process and beyond, and offer practical help and support during this time.

We also offer advocacy and support for families, with group work for survivors and run family support groups.

We offer services in the following areas:

Cardiff, Newport, Merthyr, Risca, Swansea, Maesteg, Carmarthen, Aberystwyth and Newtown. There is also telephone support available.

www.newpathways.org.uk

Follow us on Twitter [@newpathways_](https://twitter.com/newpathways)

Email: enquiries@newpathways.org.uk





Other services and agencies:

MIND Cymru:

www.mind.org.uk

Tel: 02920 395 123

Offers help, counselling support and advocacy around all aspects of mental health.

Women's Aid:

Women's Aid is the national domestic violence charity that helps up to 250,000 women and children every year.

www.womensaid.org.uk

Tel: 0808 2000247

Email: helpline@womensaid.org.uk

OPEN 24 HOURS

Alcohol Concern

Tel: 02920 226746

Email: acwales@alcoholconcern.org.uk

Frank

Help with finding out everything you might wish to know or want help with to do with drugs. For friendly and confidential advice TALK TO FRANK.

[Www.talktofrank.com](http://www.talktofrank.com)

Tel: 03001236600

OPEN 24 HOURS





Other services and agencies:

Gofal

A leading Welsh mental health and wellbeing charity. We provide a wide range of services to people with mental health problems, supporting their independence, recovery, health and wellbeing. We also lobby to improve mental health policy, practice and legislation, as well as campaigning to increase public understanding of mental health and wellbeing.

Tel: 02920 453840

Email: Enquires@gofal.org.uk

www.gofal.org.uk

The Amber Project

Helping with self-harm support for young adults (14-25)

Tel: 02920 344776 (texts) 07905905437

Email: amber.Project@churcharmy.org.uk

www.amberproject.org.uk

BAWSO (Black Association of Women Stand out)

Tel: 02920 460 566

Email: info@bawso.org.uk

www.bawso.org.uk





Stress

Signs and Symptoms

| Mental | Physical | Behavioural |
|--|-----------------------------|---|
| Irritable, aggressive, impatient or wound up | Panicking/shallow breathing | Avoiding situations that are troubling you |
| Over-burdened | Sore/dry/blurry eyes | Finding it harder to make decisions |
| Anxious or afraid | Problems with sleep | Being more aggressive or 'snappy' with people |
| Thoughts racing/can't switch off | Loss of sex drive | Restlessness |
| Unable to enjoy yourself | Indigestion/heartburn | Nail biting/picking at skin |
| Uninterested in life | High blood pressure | More reliance on drugs or alcohol |
| Losing your sense of humour | Constipation or diarrhoea | Tearful/crying |
| Having a sense of dread | Feeling sick or dizzy | Eating too much or too little |
| Worried about your health | | |
| Neglected or lonely | | |





Anxiety

Signs & Symptoms

| Mental | Physical | Behavioural |
|---|--|---------------------------------|
| Sense of dread | Nausea | Avoiding certain situations |
| Fearing the worst | Irregular heartbeat | Visibly panicking |
| Feeling like the world is speeding up or slowing down | Pins and Needles | Visible distress |
| Dwelling on negative experiences, or repeatedly thinking over a situation (this is called rumination) | Needing the toilet/Or not being able to go to the toilet | Tiredness (from lack of sleep) |
| Restlessness | Tense muscles/headaches | Needing 'space' |
| Harder to concentrate | Loss of appetite | Lots of trips to the toilet |
| Feeling tense/on edge | Raised blood pressure | Easy to anger |
| Becoming depressed | Hot flushes | Unwillingness to participate |
| Loss of confidence in coping abilities | Churning stomach | Poor performance in work/school |
| | Panic attacks | Over checking |
| | Unexplained aches and pains | Overcompensating |
| | Sweating | Self-harm 'nervous habits' |
| | Heavy chest | Reliance on drugs/alcohol |
| | Shaking | Fainting |





Depression

Signs & Symptoms

| Mental | Physical | Behavioural |
|---|--------------------------------|-----------------------------------|
| Down/Low Mood | Fatigue | Withdrawal from social situations |
| Restless, agitated | Unexplained aches and pains | Poor functioning at work/school |
| Guilty, worthless | Lack of sex drive | Angry Outbursts |
| Empty and Numb | Insomnia or excessive sleeping | Weight loss or weight gain |
| Isolated, unable to relate to others | Lessening of appetite or over- | Tearful |
| Finding no pleasure in things you used to enjoy | Moving/speaking slowly | Reliance on drugs or alcohol |
| Sense of unreality | | Self harm |
| No self confidence or self esteem | | Suicide |
| Hopelessness, despairing | | |
| Upset and tearful | | |
| Possible paranoid delusions or hallucinations | | |
| Symptoms of anxiety | | |
| Overwhelming sadness | | |
| Hard to concentrate/remember | | |
| Suicidal thoughts | | |





Active Listening Guide:

Features of active listening

- Uninterrupted
- Non-judgemental
- Open (body language/questions)
- Reflective

How to do active listening; 4 steps:

- Listen
- Empathise
- Question
- Reflect



Eliminate barriers:

- Physical barriers
- Privacy
- External interruptions
- Don't sit behind your desk (too formal/power imbalance)

Posture, other barriers:

- Don't mentally prepare your response
- Don't interrupt
- Listen to body language
- Don't presume!





Empathy:

- Let them know you care
- Reflection/identification of feelings
- You don't have to understand – and don't judge!

“People may forget what you said, people may forget what you did, but people will never forget how you made them feel.”

Questioning:

- Ask questions - not too many!
- Avoid 'why' questions aimed at the speaker
- Ask open-ended questions

Reflect and Paraphrase:

- Reflect what is said
- Include feelings
- Paraphrase (Put it in your words)
- Remove personal negative judgements:
- They will know they've been heard

Boundaries:

- You are not an expert/a counsellor
- Confidentiality (when you can, when you can't)
- Be aware of your own time
- Ending a conversation if necessary
- Be mindful of your own triggers
- Don't make promises you can't keep
- Be kind to yourself if you get it wrong





Continuation of active listening

Things to avoid:

- 'Why' questions – they make people defensive
- Dismissive reassurance – “Don't worry about that”
- Advice – “I think you should...”
- Digging – don't try and get information out of people that they don't want to share
- Patronising – “You poor thing, that must be hard for someone like you”
- Judging – “You shouldn't think like that...” □ Generalising – “Yes, we all go through that at some point.”
- Ignoring – “Well I actually wanted to talk to you about...”

Top tips:

- Use silence – sometimes someone needs to collect his or her thoughts. Let them think; give them time. Silence can also be useful in diffusing unproductive interactions.
- Pick out and label the emotions – “I can sense that you feel frustrated by that.” Or “It sounds like that makes you anxious?”
- Validate them for talking to you – “I appreciate how hard it was for you to tell me that.” Or “I think you've done the right thing by opening up about this.”
- Help them to find their own solutions – “So what do you think you should do in that situation?” Or “What has helped you before?”





Emergency help:

- If someone has attempted suicide, call 999 and stay with them until the ambulance arrives.
- If you're worried that someone is at immediate risk of taking their own life, it's best to stay with them, or keep them on the phone
- Contact their GP, Clinic or MH support worker
- Call the out of hours service for an emergency appointment for them
- Contact the Community Mental Health Team
- Encourage them to ring a helpline.





You might be having a panic attack if you are experiencing:

- A pounding heartbeat
- Feeling faint
- Sweating
- Nausea (feeling sick)
- Chest pains
- Feeling unable to breathe
- Shaky limbs, or feeling like your legs are turning to jelly
- Feeling like you're not connected to your body
- Fear you're losing control
- Fear you're going to faint
- Fear you're having a heart attack
- Fear you're going to die

How to help someone who might be experiencing a panic attack:

- Be calm
- Reassure
- Give space/time
- Breathing exercises
- Shift focus (moving, such as stamping or tapping; music; mindfulness; distraction)
- Give them their medicine (if relevant)
- If it's a regular occurrence; ask them what they'd like you to do in future to help them





If you are experiencing a panic attack yourself:

- Stay where you are
- Focus on something visible and non-threatening
- Slow, deep breaths. Breathe in for a count of 3, and out for 3
- Remind yourself that the fear isn't real and will pass
- Visualise a positive or peaceful image/place
- Don't fight the attack, acknowledge it and deal with it
- Distract yourself with something physical, such as tapping or stamping





Notes:



Never suffer in silence, please contact us...

Phone: 01685 379 310

Email: enquiries@newpathways.org.uk

Twitter: [@newpathways_](https://twitter.com/newpathways)

New Pathways
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New Pathways is a registered charitable company that provides a range of specialist counselling and advocacy services for women, men, children and young people who have been affected by rape or sexual abuse.

We have many years of experience and are widely regarded throughout the UK as a leading organisation in our field.

Registered Charity Number 1126120 Company Number 6701013