

Thank you for your interest in the Heartfelt House Seminar 'Stand By Me'

Disclosure of childhood sexual abuse can be either a traumatic or a life affirming event for the survivor. Many non-survivors are unaware of its importance and potential for healing.

Survivors have told us how disheartened they felt when they had a reaction of disbelief from the person they trusted with their dark secret.

For many that led to years, sometimes decades of isolation and not reaching out for support.

Research has shown, that if a survivor discloses and is believed, affirmed, re-assured and offered support and resources, he/she will be encouraged to take further steps towards realising the life they have hoped and wished for.

To increase the possibility of this happening, Heartfelt House designed 'Stand by Me' for professionals in the community.



Stand By Me is a three hour seminar designed for those working with adult survivors of childhood sexual abuse. The seminar is suitable for counsellors/psychologists, social workers and carers as well as those who come across survivors unintentionally, as a secondary aspect to their work, eg. nurses, workers in employment/ training agencies, teachers, doctors, police.

It will cover

Information about Heartfelt House and 18-week group program for adult survivors of childhood sexual abuse 'Taking the first Steps'

Coping strategies that adult survivors of childhood sexual abuse might adopt to deal with the effects of the abuse eg: thought patterns, behaviours, belief systems, addictions

How to respond if an adult survivor discloses their childhood sexual abuse. We provide clear strategies and recommendations for this situation, including a script that will help workers to ease their anxiety about possible disclosure by a client

Recommendations for supporting an adult survivor beyond the first disclosure in the best possible way



Providing Heartstrength
to Adult Survivors of
Childhood Sexual Abuse

Process:

Your service will promote and recruit a minimum of 10 participants for the seminar. In the past some agencies have invited other services along to make up the numbers.

Cost:

\$55 per person which includes an extensive hand-out, covering all topics presented. Each participant will receive a Certificate of attendance. Payment is required 2 days prior to presentation.

Location:

Either at your service's premise or at Heartfelt House, 301 Lismore Rd Wollongbar 2477
Call (02) 6628 8940 or info@heartfelthouse.org.au