



# Healing and Empowerment North Somerset



[family-action.org.uk](http://family-action.org.uk)

Family Action are proud to support all members of the community, including the LGBTQIA+ community.



## What is Domestic Abuse Healing and Empowerment North Somerset?

This leaflet aims to tell you more about us – the Healing and Empowerment North Somerset service. The leaflet has been designed to help you to better understand the different interventions that we have and how each one may work to help support you.

As a small team, we always start our time with you looking to better understand your situation. We will have some information from the referral but may need to ask you some questions. We know that many find talking about their past painful: we focus on the support you need now and your future recovery journey.

### Who we partner with

We work closely with a number of partners that you may recognise. These include Cranstoun, NextLink and North Somerset Council.

Working together means that we can offer you the best possible support.

Depending on you and your personal situation, you may start your time with us in our 'Moving into Healing Group' or 'Foundations' before moving on to 1-to-1 counselling. However, this is not always the case.

Someone from the team will discuss your situation with you, and help you to decide which is best suited for your needs.



## What does the counselling and group work look like?

### Moving into Healing Group

Our 'Moving into Healing Group' is run with small numbers of participants and hosted by an experienced facilitator. Completed over six 2-hour weekly sessions, this group looks to support the very first steps in the journey of trauma recovery. It helps prepare for better engagement in 1-to-1 counselling sessions.

Without looking at specific situations, our group work gently invites you to learn together, alongside input from the person supporting the group. Sessions cover topics such as the impact of traumatic events on the brain, ways to manage triggers and developing positive ways of coping.

It is important to note that we will not ask you to share your story.

### Foundations

Sometimes you might need support as and when it is convenient to you. Foundations is a supported self-directed programme that uses elements of our Moving into Healing work, with an optional individual weekly check-in with one of our experienced team.

### 1-to-1 counselling

Our counselling looks to connect you with an experienced team member who has had specific training in domestic abuse. They will offer sessions that are tailored to you and your individual experience. These sessions may work on specific memories and situations but will go at a pace that works for you.

### Post-therapy drop-in group

This group offers indefinite support. Offering a 2-hour weekly session, the topics are typically led by the need of the group, and supported by a trained team member.

## About Us

We provide specialist counselling and therapeutic groupwork for individuals – children, young people and adults – that have been affected by domestic abuse. Focusing on the recovery journey, we look to empower those who have witnessed such abuse, to allow them to make decisions that will support wellbeing and enable them to live the life they want.

The service is funded by North Somerset Council.



## About Family Action

Family Action works from the heart of local communities to support people through change, challenge and crisis. We protect children, support young people and offer direct, practical help to individual adults and families.

[family-action.org.uk](http://family-action.org.uk)

**We are not a crisis service.**

**If you are in an emergency, please call 999.**