

Recent Client comments

Listeners have helped me so much with understanding my feelings and behaviours and given me tools to heal on this journey.

Feel a lot of my issues I have faced and accepted and no longer feel they had the power they once did and are becoming manageable in my everyday life.

Sessions have helped me to understand my reactions to situations and to look at my feelings.

Comments from Training Day Evaluations

All handled sensitively and appropriately.

Excellent material and a helpful variety of approaches.

Loved some of the creative pieces produced by clients. Very powerful, evocative, helped understanding.

Varied methods used: all activities felt 'safe' and non-threatening.

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Charity No 1010424

SALT South West

Sexual Abuse Listening Therapy

Newsletter 12

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Issued twice each year



Hi to all readers!

I'm back, having taken time out to do a degree in mental health nursing and work as a Mental Health Advocate for a couple of years. Before doing the degree I would have told anyone willing to listen that Jesus really does set people free, and now I have the paperwork evidence! Having a paper from many years ago which describes me as 'deranged', to holding a 1st class Honours degree and Capable Practitioner Award in my hand, is both humbling and amazing. Only God can make these changes, through Jesus, and by the work of His Holy Spirit in us. Just as Moses was taken out of Egypt, taught some things, then sent back in again to set many people free, so God has done with me on more than one occasion. God's heart of love is still bent toward setting people free both humanly and spiritually. Jesus is still Lord of all. Holy Spirit still moves in great power. So we have every hope for all, especially those who come to SALT and may or may not know Him yet. God works in unbelievers lives too, through believers, to remove stumbling blocks out of the way of their spiritual return to Him. Please pray for me that I might be here to pour out all of that which He has poured in, and that my role as assistant team lead and training developer will bear much fruit in this place.

Tracey

And a slave does not abide in the house forever, but a son (child) abides forever. Therefore if the Son of God makes you free, you shall be free indeed.

John 8 v 35-36



SALT News Items

- ◇ Tracey has returned as a Assistant Team Co ordinator to help Josie who has reduced her hours.
- ◇ Krissy, student placement has passed her Level 4 Diploma and commencing a Level 5 shortly.
- ◇ Nicola returned on 2nd student placement whilst doing her Level 5 Diploma in Counselling.
- ◇ Francesca has joined the Team to help with the admin work.
- ◇ 3 Team members attended a training course "Rage and Shame" in March.
- ◇ 1 Team member is on a year's Park's Inner Child Therapy training course.
- ◇ Ministry of Justice gave a one off grant of an extra £5000.
- ◇ Rev John Greattbatch and Karin Grimschl have joined our Management Committee.
- ◇ New Skills and Equipping Group commencing in May for people who have been assessed but are waiting for therapy sessions.
- ◇ "Childhood Sexual Abuse Awareness" Christian training course delivered in February to eight delegates.

Localgiving.com

Donate now

Localgiving.com/saltsouthwest.

Donations are always gratefully received to help with the work of SALT.

We have recently registered with Local Giving.com for ease of donating online.

Anyone wanting to fundraise can use this site to gather sponsors, simply register what you are doing to fundraise.

They arrange for Gift Aid immediately rather than us applying annually.

Access to the site is:
<http://localgiving.com/saltsouthwest>
(there is also a link on our website).

Krissy—Student Placement Experience

SALT South West, a place for our clients to be heard, respected, accepted, understood and valued. As a student Counsellor on placement at SALT, I too experience each of these from the team and it is this that makes my time at SALT even more special.

When I was searching for a Placement for my Level 4 Diploma in Counselling, I came across SALT and from the information upon the website, I felt it was somewhere that I would love to be. Later, when I was contacted and invited in for an interview, I cannot explain my excitement, particularly when I was offered the Placement.

At first, I found it challenging; it was my first Counselling experience with clients who weren't my peers, a new team, a new way of working (2:1 working and the use of Inner Child) but very soon any fears I had extinguished. The supportive counselling environment and explorative supervision allowed me to increase my confidence and knowledge in what I was doing. The vast amount of resources available at SALT has enabled me to actively explore different tools to use with clients, tailoring work to suit the individual. I have absorbed so much knowledge from a team who are experts in this line of work; yet despite that, I have never felt less than. Any ideas I had have always been listened to, I have always felt part of the team, never an outsider and I will be forever thankful for this and the knowledge and experience I have gained.

It is a huge privilege being alongside our clients on their journey; the work SALT facilitates really does change lives and to even be a small part of that process is truly amazing. SALT put the needs of the client at the forefront of their work, even when individual therapy ends for our clients, they have access to the Coffee Drop In and again, this is something that makes SALT stand out. The care and love for the clients that enter the doors of SALT is meaningful, sincere and makes the agency a truly special place.

I have had such a positive experience at SALT, it has helped develop my practice, I have improved self awareness, I've enjoyed the challenges. The client work has been enlightening and being part of such a remarkable team has had a positive impact upon my professional practice as well as on a more personal level. It truly has been more than a counselling placement. There have been hiccups along the way, moments when I have felt lost as to where to go with clients, sometimes shocked at what our clients have faced, but I have always been supported, always been valued.

It is because of the above that I am hoping to come back to SALT later in the year when I embark on the Level 5 in Psychotherapeutic Counselling course.