

SALT South West

Sexual Abuse Listening Therapy

Newsletter No 3

September 2010



Hello everyone,

I am sitting here in the SALT office, and the date is Monday 23 August. I have just come back from a two and a half week holiday in the South of France ... (my country of origin). When I left to return to England from the Airport in Perpignan, the temperature was 37 degrees. It was incredible. So different. Once on board the Flybe plane, I think the pilot was trying to warn us gently when he said that our destination, Southampton, was "drizzly with a temp of 17 degrees". Ouch!

So leaving the sun, French culture, food and lifestyle behind I return (unlike Lot's wife, not looking back) to what is most important to me:

Family, friends and service to God through tending to the broken-hearted and desiring always to be part of setting the captives free!

We at SALT are thankful to God for His continued provision and care in the last six months and He truly sustains us in everything we do for Him.

As you read this new edition, I pray God will be glorified by all that was accomplished in His name. After all He is our motivation and purpose. The Pilot AND the Destination.

Karine Law.



But whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life.

John 4 v 14

SALT Latest News!

Training

- "Toxic Relationships" - Nick attended a course run by Deep Release in Essex in June.
- "Introduction to working with Trauma & Dissociation" run by Richard Cole from TAG held in-house on 7 July —brilliant - clear, concise and easy to understand.
- "Supporting SRA Survivors" - 4 members of team attending at Harnhill Christian Centre 17-19 September.
- "Rage, Anger & Relationship" - Liz attending 2 day course in October in Cornwall.
- "Gestalt & Body Work for Counsellors", "Toxic Relationships" and "Overcoming Stress & Anxiety" - Karine & Mary attending November 3 day course at Deep Release in Essex.
- Street Pastors training held on 7 June well received — one potential new male listener
- Christian Training 6 and 13 November 2010 at SALT office.

Other:

- Prayer partners' day to be held on 16 October
- Fliss and Andy Gaston joined the prayer partners team.
- New funding from Government Dept received for further year.
- Supervision given to Plymouth Pregnancy Crisis on 28 June—which will be ongoing.
- Karine visiting Stoneham Housing (they have 33 clients and one has disclosed csa) May 2010.

BOOK REVIEW - "TODAY I'M ALICE" by Alice Jamieson

In this book the author vividly describes how at the age of 24 she was diagnosed with multiple personality disorder also known as Dissociative Identity Disorder. All through her childhood she suffered sexual, physical and emotional abuse and told no one. She describes her family as the model nuclear family. As a teenager her life started to unravel as she began to experience hours of her day disappearing and hearing voices that told her she was useless. Nightmares that haunted her became more detailed scenes from her abuse.

A gripping account of a rare condition and an insight into how sustained abuse cripples the mind and emotions, the struggles with anorexia, self-harm, drug and alcohol abuse can only leave the reader with a greater empathy for those struggling with these issues.

Not for the fainthearted.

Josie

Did you know?

SALT South West website statistics:

July 2009 - 459 hits on the site

June 2010 - 1206 hits on the site

Numbers have varied between 426 (lowest number)
and 1206 (highest) with three months
reaching over a thousand each time.

SALT 6—month information Feb—July

*263 telephone calls to and from office— of which 140 direct with clients
16 new clients assessed of which 8 now on waiting list.
5 currently being seen individually on regular basis.
and 17 completed or discontinued.
287 client hours with listeners*

Survivors Trust Report February 2010

from survey completed by some of their 131 member agencies:

"On average up to 44 women and 12 men could be waiting for support from
each agency at any one time".

NSPCC statistics 2010

*In 2008/09, ChildLine counselled 12,268 children about sexual abuse as their
main problem, representing 8 per cent of all calls answered and the fourth
largest main reason for children calling ChildLine that year.*

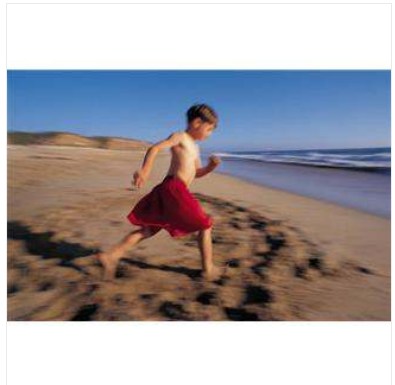
Mud Pies

... it would seem that our Lord finds our desires, not too
strong, but too weak.

We are half-hearted creatures, fooling around with
drink and sex and ambition when infinite joy is offered
us, like an ignorant child who wants to go on making mud
pies in a slum because he cannot imagine what is meant
by the offer of a holiday at the sea.

We are far too easily pleased.

C.S. Lewis



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Helpline open Mon and Wed 10am to 1pm - otherwise answer machine operating

Council of Reference: Rt Rev Christopher Budd, Rt Revd John Ford, Rev Andy Caldwell,
Gary Streeter, Lou Lewis and Kerry Cole.

Charity No 1010424

"Don't tell anyone, he's your half brother!"

He would not listen. He was stronger. He overpowered her. He raped her. He hated her. Get out!

Sounds familiar? That's because it is. Stories we hear from our client's mouths have happened to so many, and we can find the essence of abuse tragedies in the pages of the Bible!

The words used in the story of Tamar in 2 Samuel 13 can teach many things relating to the perpetrator's state of mind: lust, abuse of power and ignoring the pleas of the victim. He tricked her, used her, and ordered his servant to throw her out. As if she didn't matter, as if she never existed. As if the whole incident never took place... Discarded and unimportant. The Biblical account of Tamar tells us that she was pleading: *"No my brother! Don't do this to me!"* That she knew in her heart the act of rape was wrong: *"Such wicked things aren't done in Israel"*. That she would be left feeling humiliated: *"Where could I go in my shame?"* This thought provoking Biblical narrative of a young virgin's plight gives us understanding and clearly reminds us of the universality of abuse, degradation, pain and the devastation of their long lasting effects.

However, in SALT, we aim to help those who have survived the abuse come to terms with their experiences by listening to them, affirming them and explaining to them how these awful circumstances have affected the way they think and behave, and how they see themselves. We give them knowledge. And knowledge is power, power which they need to regain and learn to use for growing in strength. Through the care we provide, we hope survivors begin to realise and believe for themselves that they are not discarded and unimportant, but worthy individuals who matter to us and to God. I think that when we ponder on each single word of this account, we are led to feel compassion. We read that the awful incident has left her "desolate", she was told to keep it a secret... Controlled by powerful men around her and the culture she found herself in, Tamar remained "desolate" in her brother Absalom's house. Desolate... Miserable, despondent, depressed, disconsolate, despairing, inconsolable, grief-stricken, crushed, downcast... BROKEN-HEARTED.

Don't you feel like reaching out?

We don't know if Tamar stayed in such deep psychological and emotional darkness for the rest of her life or if she went on to recover and find love and joy. The Bible leaves her there whilst going on to show the reader the ripples of abuse on the rest of the family in the following chapters. Maybe for the next article...

For the Tamar of the Bible, where does the story end? Maybe we are meant to step in and finish it, or be a part of its shape for the future, pointing to Jesus along the way. So for now, then, we love and fight for the Tamars of our world when we welcome each client to our premises in Union Street.

With our Jesus in the midst of it all...

Karine (SALT Co-ordinator)