



SALT South West

Sexual Abuse Listening Therapy

Newsletter No 4



April 2011—issued twice each year

Hello everyone,

Easter is my favourite Christian festival: when we remember the death of Jesus on the Cross and celebrate His resurrection. The weight and meaning of this permeates through every area of our lives, but is most poignantly displayed through our work with survivors. There is Hope for everyone in the sacrifice of Jesus -

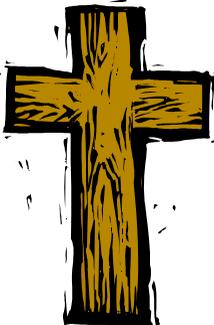
HE DIDN'T DIE FOR NOTHING!

Having to hold in tension both the hope offered in Him and the intense suffering of people is often very difficult. How do we come to terms with this paradox?

THROUGH OUR HOPE IN HIM WE HAVE HOPE FOR OTHERS

Thank you Jesus, You're Amazing!

Karine.



"I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

For in this hope we were saved.
But hope that is seen is no hope
at all. Who hopes for
what he already has?"

Romans 8 v 18 & 24-25

SALT Latest News!

Training

- "Supporting SRA Survivors" - Karine, Josie, Liz & Mary attending this weekend which was harrowing but so very beneficial to our work.
- "Anger, Rage & Relationship" - 5 of our team attended this training weekend on 9/10 April 2011.
- "Gestalt & Body Work for Counsellors", "Toxic Relationships" and "Overcoming Stress & Anxiety" - Karine & Mary attended these Deep Release training days in November and found them very worthwhile and Deep Release a great provider of Christian counselling training.
- SALT in-house Christian Training held in November 2010 was attended by 12 delegates and very well received. Expect to run a further course this year.

Other:

- Barbara and Rosie have both now retired as volunteers with SALT. Our grateful thanks to them for their years of service.
- Kerry joining team
- Application in for further funding from Government unsuccessful
- Funding application for rent sent to YAPP
- 48 letters sent to GP surgeries with flyer and leaflet

The Knots Prayer

Dear God
Please untie the knots that are in my mind,
My heart, my life,
Remove the have nots,
The can nots and the do nots
That I have in my mind.
Erase all the will nots,
Might nots
That may find a home in my heart.
Release me from the could nots
Would nots
That obstruct my life.
And most of all Dear God
I ask that you remove from my mind
My heart and my life
All the am nots
That I have allowed to hold me back, especially the thought,
That I am not good enough.



Author Known to God

Did you know?

SALT Clients: In 2008 we had a total of 30 individual clients over the year
In 2009 we had a total of 31 individual clients over the year
In 2010 we had a total of 51 individual clients over the year
Plus, of course the Longreach clients in groups—average 32 over the whole year.

NSPCC study finds one in five 11-17 year olds abused and neglected in childhood.
Extract from Press Release Feb 2011

- One in twenty (4.8%) had been sexually assaulted—either by an adult or another child or young person. 3% of children had been raped or forced into sex by another child and 2% had been sexually abused by an adult.
- Lack of support can cause serious harm to children's development and long-term health. The study indicates that severely abused and neglected children are almost nine times more likely to try and kill themselves and almost five times more likely to self harm than children who have not been severely abused or neglected.

BOOK REVIEW "Talking to My Selves" by Betty Hughes.

This is an emotional and chaotic journey of Betty's frustrating fight to be herself. Begun as a therapeutic exercise, the manuscript was often flung aside when all meaning, purpose and relevance disappeared, feeling that her past was irredeemable and her conflicts irreconcilable. Betty suffered religious indoctrination, early childhood trauma and sexual abuse and this is the moving story of her struggle and inspiring journey to find peace and re-integration at the core of her multi-faceted self. Experiencing many different therapies she revels in anything creative in particular using sandplay for which she runs workshops. Her last counsellor adds a chapter and a further chapter has them comparing notes - fascinating! Published in 2010 Betty is now 90 and says "my past has caught up with my present, I am living in the now and I relish every moment".

Mary

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

Charity No 1010424

WORKING WITH MEN

Of course it is known that men are sexually abused as well as women. In fact research tells us that 1 in 10 men have had a sexually abusive incident in their lives by the age of 18. When we began to work with male survivors of sexual abuse this was not recognised by the public. It was considered a strange and sad thing that happened to girls.

SAIFLine, which was the earlier name of SALT South West, began working with men in 1992 and such men felt that they were indeed very strange, and that – in their estimation – surely this had not happened to anyone else. Of course this was just one of their wrong belief systems. After a few years we were able to make a video for male survivors in which three men spoke of their feelings. New clients who saw this found it a great relief to watch and to identify in various ways with one or other of the men.

Over that period, we have seen over 160 different men of all ages from 17 to 71 and our way of working has changed a great deal over the years. At one time, all we did was to listen to the stories we were told. Even so, men found this a great relief as they told what they thought was the unspeakable, and we heard what they thought was the unbelievable. Now we can offer more clearly defined ways of working that will help survivors engage with the specific issues that have plagued them for years.

We are grateful for the male listeners who have been with us, but have now moved on. Currently we have two male team members, Francis Williams who has been here for some years, and Nick Carter, who as a trainee counsellor brings a new depth to the work.

Some men can hardly bear to tell the truths they have carried and may stop after only one or two sessions. Some may choose to push the crushing truth back down where it has been for years – maybe they will be back when they realise yet again that such repression or denial does not lead to victory. Some rise above certain kinds of addictions which once helped them cope, only to find other addictions to replace them. Some work at their issues and find long-held depression lifts. Some are transformed in one way or another into lives of self-belief and fulfilling relationships to replace near suicidal despair and destroyed self-image.

It is a bit like the parable of the sower and the seed which Jesus told in the gospels. We rejoice in the 'good fruit' of transformed lives.

Just as God gave the good returns from the scattered seed in the parable, so we know it is God at work in men's lives – whether they acknowledge it or not - which gives the increase of wholeness and peace.

Francis