

SALT South West

Sexual Abuse Listening Therapy

Newsletter 6

April 2012—issued twice each year



Hello everyone,

Well Spring is underway and we all look forward to new growth, glimpses of life where there has been the Winter's sleep.

In SALT we are experiencing a new season; Karine has left and I am once again Co-ordinator at SALT, having fulfilled this role many years ago. God's call on my life has not changed, I have been involved in SALT for over twenty years now and I look forward to the new challenges that are ahead.

We use the Ecclesiastes scriptures often in our work. 'There is a time' etc., and I believe that SALT has experienced some hard pruning of staff, but we are confident that He who has begun a good work will see it through to completion. Thank you all for your faithfulness to the continued work of SALT and may you be blessed as you seek the Lord on our behalf.

Josie

There is a time for everything, and a season for every activity under heaven. A time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.

Ecclesiastes, 3 v 1-8



SALT Latest News!

- Josie became the latest SALT Co ordinator on 1 February 2012.
- Lankelly Chase Foundation granted us funding for two years towards salaries and training. First payment received February 2012.
- Jane is a new student placement working towards a Diploma.
- Team Away Day booked for 25 April 2012.
- 7 hour training given to Tavistock Methodist Church ministry team.
- Martin attended training to be a Supervisor.
- Booked for seven team members to attend National TAG training in June.
- New Web site going 'live' during April 2012.

Fundraising evening—Saturday 12 May 2012
7pm at SALT premises.

POT SUPPER

Tickets £5 per person—limited number so please book early. Email or phone. Come and enjoy a relaxing evening with good food and conversation.



Quotations

"There is no greater agony than bearing an untold story inside you". *Maya Angelou*

"Not everything that is faced can be changed, but nothing can be changed until it is faced",

Recent Client Testimonials

"I could not have imagined the positive impact these sessions have had on both me and my family. I am incredibly lucky to be able to assimilate the right information, at the right time so quickly and thank you for being the ones to provide it. It has been a life-changing experience". *March 2012*

"I can't say thank you enough for the help you gave me to recover my life after 50 years. *March 2012*. Given me a positive insight and understanding of how I got to where I am and just beginning to understand what I need to do". Thank you, without you I honestly believe I would not be here now". *July 2011 (after initial 7 sessions) – same person*

True Freedom Trust

At SALT we work with sexual brokenness. Currently the deeply divisive issue of gay marriage is a challenge to the biblical viewpoint of relationship between a man and a woman.

Do you struggle to listen sensitively to those who wrestle with same-sex attraction? Are you in danger of laying a yoke of guilt on an individual and confining them to a guilty silence. True Freedom Trust is a Christian organisation working in this area.

Their vision—

Clarity and Compassion in the church on issues of sexuality.

To see the church uphold traditional understanding and compassion so that Christians who struggle with same-sex attractions gain increasing acceptance, wholeness and maturity in faith within their local church.

True Freedom Trust, PO Box 13, Prenton, Wirral, CH43 6YB, 0151 653 0773
www.truefreedomtrust.co.uk

SALT Training

I attended two sessions of training with SALT led by Tracey and Francis. The training was intense and I gained a great deal of information and a realisation that there is a huge amount of suffering and despair surrounding the subject and that as a Prayer Team we need to develop sound knowledge and an awareness of those who approach us with these problems. I was impressed with the love, sensitivity and respect which both Tracey and Francis held for their clients. The abiding theme was that only with God can the work be done – there is no SALT without God.

Member of the Tavistock Methodist Church Prayer Team

SALT South West, 142 Union Street, Plymouth, PL1 3HL

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Email: email@saltsouthwest.co.uk

Website: www.saltsouthwest.co.uk

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 and Kerry Cole.

Charity No 1010424

My placement experience at SALT South West

In April 2010 I enquired about a trainee counsellor placement with SALT South West; only to be told that it was unlikely for a placement to be offered. However I really felt drawn to working with SALT, so after a struggle to find an alternative, I enquired again in June. On this occasion I was invited in for an informal meeting with Karine who offered me the possibility of training there, if my college agreed to their way of working.

During the following months I faced many challenges: from me waiting for the senior tutor to agree to the placement with SALT, to our diploma group, as a whole, feeling abandoned by City College and dumped on to another unsupportive training institute. I finally became a trainee counsellor on placement with SALT in November 2010 where I experienced the specialised in-house training to be both well presented and inspiring. I had a gentle introduction attending team meetings and helping facilitate Drop-Ins, where I felt all the team's care, and support, encouraging me to gradually play a more active role as my confidence increased. I saw my first client in January 2011. This was a very scary moment for me, but with an empathic pep talk from the lovely Karine, and the support of my colleagues, I survived!

I have now been on placement with SALT for over a year and, in that time, I have developed as a person and a counsellor in so many ways. Although not being of confirmed faith I have felt warmly and fully accepted by everyone at SALT. I feel that my thoughts, feelings and contribution to team meetings and client care have been appreciated and valued. I have learnt so much through working with others, it really doesn't feel like a work placement; it feels like a family of which I am proud to be a part .

I am thoroughly enjoying the diversity of experience SALT offers, including my involvement in the 6 week programme at Longreach which has given me a valuable insight into group work. I greatly value the support of my supervisor which has been constant throughout. I have also benefited from numerous external training opportunities freely offered by SALT, which have further expanded my knowledge and confidence. My diploma group have been extremely envious of this!

There have been times of panic when, due to the delay in starting my placement, I was not at all sure I would finish the required number of client hours to gain my diploma. Members of the team adjusted their own client hours to accommodate me in gaining mine within the specified time. I completed my 100th client hour in December 2011 with much support and prayer from the team at SALT for which I will be eternally grateful.

In January 2012 I was delighted to be offered a six month post- qualifying placement to further my development and experience as a counsellor.

Nicola