

"Hope is faith holding out its hand in the dark"

George Iles

SALT Latest News

- Lankelly Chase Foundation 2nd year of funding received.
- Training given at Ocean Quay Day of workshops 15 March.
- Training to be presented to trainee counsellors in Liskeard in May.
- Deep Release "Attachment 2" workshop booked for 12 October.
- Two team members attending "Working with People who Self-Injure" in June.
- Sponsored Swim held during March raised £750 so far towards SALT Funds. Many swimmers still to collect sponsor money to pass to SALT.
- Jane—one of our student placements—will be joining SALT as a Team Member.
- Prayer Partners Day booked for 27 April.
- Team Away Day booked for 15 May.
- 13 clients being seen—11 either assessed and waiting or waiting for assessments early in April.

Pot supper

Friday 28 June 2013 at 7pm

Another fundraising event—includes a quiz, raffle and a meal.

Tickets £5—available from SALT office or team members.

To be held at SALT premises so book early as numbers are limited.



"I will give you the treasures of darkness, riches stored in secret places, so that you may know that I am the LORD, the God of Israel, who calls you by name".

Isaiah 45 v 3

Just as I am!

I have been volunteering at SALT SouthWest for the past year as a Diploma student placement. I was so nervous to begin with and it has been a real learning curve for me - I have learnt so much on both a professional and personal level. The learning continues - every client is so unique, so different tools and interventions are useful. The team are fantastic; I've had excellent supervision and mentoring and I have been warmly welcomed and nurtured by the team, just as I am.

One thing I haven't really learnt about specifically on my course is inner child work. So it has been a new experience working in this way for me. It has been a privilege to walk alongside some very damaged and broken people who have often been unaware, or discarded and ignored their hurting inner child because of the trauma they have had. Along the way I have recognised parts of myself that need healing. So I am learning how to help clients but also to help and love myself just as I am on a deeper level too.

And that's how we come, just as we are. And we accept the clients, just as they are. We help the clients pick up the pieces bit by bit and slowly but surely help them fit back together again, heal from the inside out, and gain a new sense of their own identity, value and wellbeing. These are things that some perhaps take for granted, but for the broken and wounded in this world, this is something that is far away and lost; buried in the depths of dark and painful memories and frozen emotions.

The creative counselling tools are simple and powerful interventions that help clients get in touch with their own inner child. When there are deep wounds that are too painful to face, clients often have various coping strategies that some may deem 'unacceptable' - but they aid survival. To really recover, clients need to heal from the inside out. So to get to the implicit, the hidden, the broken and wounded inner child, creative counselling tools bypass the rational and link straight to the child. Some examples that help unlock and release are teddies, dolls, drawings, pictures, Russian dolls, puppets, poems, visualisations. Body process can also be very powerful - noticing small movements, sensations, from the client's body language can help unlock significant feelings that have been buried for so long.

It's amazing to see the wounded heal. It's a long, slow process for some. The damage goes deep. However, SALT is a place where the healing begins. They are in for the long-haul - in to make a difference - in to see the captives set free. I feel honoured to be a small part of it and look forward to seeing many more people in Plymouth healed and helped through their amazing work.

Jane