



counselling service

FAQ



ben's place

SPECIALIST SUPPORT
FOR MALE SEXUAL ABUSE SURVIVORS

FAQ

Q. How do I register?

A. You can self-refer or a professional can refer for you by using our digital forms on the Ben's Place website page.

Q. Are the Counsellors registered?

A. Yes, all Ben's Place counsellors are registered with an appropriate professional body BACP or UKCP for example.

Q. How old do I have to be?

A. Currently we can only support you if your 16+.

Q. Do you support sexual offenders?

A. No, we believe if they identify as survivors they need very specialist services. We therefore signpost to the best services to support them.

Q. How many sessions can I have?

A. Currently up to 20 hrs which you can use (as you need) in agreement with your therapist. This can be once a week or more frequently until the 20hrs are completed.

Q. Can I have a choice of male or female counsellor?

A. Yes, whatever feels safe for you. However, your choice may delay your therapy access due to your choices current capacity.

Q. Is the counselling free?

A. Yes, all counselling is free. However, you are able to donate via our website if you wish to support more counselling support for other survivors.

Q. The police are taking my abuser to court can I have counselling?

A. Yes, however there are potential issues in relation to what you discuss with your counsellor. We will advise you how best to benefit from the counselling whilst within the court process.

Q. Do I have to give my personal details?

A. Yes, however all your details are confidential and will only be disclosed with your consent or via a court order.

Q. What type of counselling is it?

A. The Live Well programme is based on a Trauma model which is designed to enhance your Safety, Stabilisation and Engagement by reinforcing the following:

- Enhancing sense of self and relational capacities.
- Psycho education in relation to the tactics, dynamics, common impacts and difficulties relating to being sexually abused as children.
- Developing knowledge and understanding of the impacts of trauma.
- Expanding repertoire of strategies for managing overwhelming thoughts and emotions, memories.
- Developing tools and strategies for approaching and mastering internal bodily/affective states and external events that trigger intrusive re-experiencing, emotional numbing or disassociation.

Q. Do I need to be assessed for the service?

A. Yes, you will need to be assessed so you and we feel that the Live Well programme is a good fit for your needs at this point.

Q. Does my GP or other professional supporters need to know?

A. Only if you give your permission for us to share with them.

Q. Do I need to sign a contract?

A. Yes, it sets out our responsibilities to you and your agreement to commit to the programme.

Q. What happens if I miss sessions?

A. We will need to understand why you have missed a session and discuss whether you wish to continue the programme at that point.

Q. Can I have more than 20 sessions?

A. Currently no – however we hope to offer further programmes in the future which will add to the Live Well programme you will have completed.

Q. How do I know you're safe?

A. That's always a hard question to answer. The best advice we can offer is ask questions and trust your instincts but take into account your fears and allow us to work with you to answer them.

Q. Can I have my sessions off-line?

A. Currently no, however in the future we hope to offer that choice as well as other opportunities to grow beyond your experiences of sexual violence.

Q. Do you offer peer support groups?

A. We hope to offer an online (facilitated) peer support group during 2018 subject to funding.

Q. Do I have to complete any forms during or after my counselling

A. Yes, you will be asked to fill in some online forms during your programme of therapy. This will help us to monitor how things are going for you and the programme. It's important we understand if it has helped you.

Q. Can I help with the pilot's evaluation?

A. Firstly, by completing the forms your asked to complete during the programme. Secondly, we hope you will help us by consider being interviewed or completing a questionnaire about the programme at its end led by our evaluators.

Q. What happens after counselling?

A. We hope you'll stay in touch so we can offer further support opportunities.

Q. Will there be more opportunities to do more in depth counselling?


A. We hope so. It's our aim to offer a series of programmes which you can use to build a secure growth and recovery journey beyond sexual violence.

Q. Can I have counselling via email and text?

A. Currently no, we can only offer voice and video. However, in the future we hope to offer email and text if that is what survivors request.

Q. Can anybody request my counselling notes?

A. Yes, if your involved in a court process the CPS can do so but they will ask your permission and you can say no. However, they could then obtain a court order to obtain them. It's why it's important to follow some simple rules during counselling if your case is in the court system.



“When the Japanese mend broken objects they aggrandize the damage by filling the cracks with gold, because they believe that when something’s suffered damage and has a history it becomes more beautiful.”

Barbara Bloom

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