

Our Counsellors

- Our counsellors are professionally qualified.
- Compass counsellors seek to make no discrimination on grounds of ethnicity, physical disability, politics, religion, sexual orientation, social status, or in any other area.
- Counsellors are not doctors or psychiatrists so they cannot prescribe medicines or diagnose mental or physical illnesses.
- All counselling within Compass is confidential and information will not be given to anyone outside Compass without your permission, except in exceptional circumstances. These will be explained to you at your first appointment.
- Compass counsellors work to the British Association for Counselling and Psychotherapy's Ethical Framework for Counselling Professions. You can ask to see a copy of this, or view it at www.bacp.co.uk
- Complaints and concerns about our service are taken seriously. Compass complaints policy is available on request or can be downloaded from our website.

What is COMPASS and Surviving to Thriving?

Compass is a Merseyside based charity that provides counselling to people who need someone to talk to.

The 'Surviving to Thriving' counselling project uses a handbook specifically written for survivors of sexual abuse. The handbook is used as a guide and covers all the areas that may need to be explored during counselling.

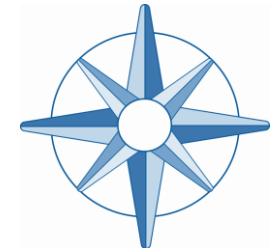
We are able to offer 21-24 counselling sessions on a weekly basis. Each session would take place at the same time slot, with the same counsellor and last for 50 minutes.

The service is funded through The National Lottery Community Fund and is offered **free of charge**.

* **NORMA. J. MORRIS - Surviving to Thriving**
The Morris Centre



For survivors of Childhood
Sexual Abuse



Funded by the National Lottery
Community Fund

151 Dale Street
Liverpool
L2 2AH
Tel: 0151 237 3993

www.compasscounselling.org.uk
enquiries@compass-counselling.org.uk

Appointments available:
10am – 4pm Mon Tues Thurs
10am – 7pm Weds
10am – 3pm Fri

Registered Charity No: 700335
Company Number: 2235061

What is child sexual abuse?

- Sexual activity of any kind, between a child* and an older person. (As children cannot legally consent to sexual acts).
- In most cases the child knows their abuser. The abuser could be e.g. a family member, teacher, babysitter, youth worker.
- The abuser often uses coercion and manipulative tactics to gain trust and co operation from the child.

(* The term Child means any person who is under 18 years old.)

What is child sexual exploitation?

Any form of sexual abuse exploits a child.

There are however some situations which can be defined as exploitation.

For example:

- The abuser may be unknown to the child. Initial contact may be through social media where grooming tactics

are used by the abuser. The abuser may then meet the child face to face.

- Sexual exploitation can also happen remotely through the internet/social media, without the abuser ever meeting the child.
- Sexual exploitation is sometimes perpetrated by organised groups. These groups often target older children.
- They may initially use charm and 'gifts' to groom the child before sexually exploiting them.

What are the effects of child sexual abuse?

Effects *can* sometimes be a mixture of....

- Being prone to anxiety and depression
- Low self-esteem and low self confidence
- Feelings of confusion, guilt and shame
- Feelings of anger and rage
- Mistrust of people generally
- Difficulty forming and developing close relationships
- Fear of sexual intimacy (or the opposite)
- Engaging in sexual experiences with little regard to self

- Living with distressing trauma symptoms (PTSD)
- Eating Disorders
- Addictions (drugs, alcohol) to numb distressing feelings and memories

What is counselling and how will it help me?

- Counselling is an opportunity to talk things through and explore how you feel about certain issues unique to you.
- Counselling can enable you to make positive changes emotionally and practically to your daily life
- The 'Surviving To Thriving' counselling project uses a programme of specific *steps. These steps can take you on a journey enabling you to move on with your life.
- However, they are used as a guide and are not used rigidly.
- The programme does not focus on the sexual abuse itself, but on the effects it has on your life now.

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