

Many partners of survivors feel that their partners' behaviour causes them distress, pain or frustration.

The difficulties which have been accentuated in the lives of survivors, such as fear of intimacy or sex, or of not feeling in control, can leave partners feeling manipulated, controlled, or abused in their turn.

The abuse, and therefore the survivor, can become 'the problem' in the relationship. Their feelings and behaviour can seem to be almost the only thing that's going on, and can be blamed for any feelings the partner has.

This group will be a space where partners of survivors can begin to address their own part in the relationship.

We will acknowledge the hurts caused in being a partner, of course, but will concentrate on the place of the partner in the relationship. We will look at how they chose this particular relationship, and where their hurt feelings originate.

We look towards challenging the partner in order to strengthen the relationship

Aswab is a counselling, psychotherapy and training practice, which has been based in Oxford, UK for the past eight years, and moved to Sheffield in 2002.

It was set up by experienced ex-counsellors, trained in psychotherapy at the Chiron centre, in London, to provide a humanistic, holistic-based practice.

Apart from individual and group work, Aswab offers training for counsellors in psychotherapy skills, training in assertiveness and race awareness, and various arts-related growth seminars.

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www.aswab.co.uk

Psychotherapy
Counselling
Child Therapy
Groupwork
Supervision
Training
Consultancy
Partners
Group

A therapy/support group for partners of sexual abuse survivors

www.aswab.co.uk

Steve Williams

Steve has been a counsellor and group worker for twelve years and a psychotherapist for eight. He has worked for mental health centres and in centres offering counselling and therapy to violent men, abuse survivors and their partners.

The venue

The group will meet in Nether Edge.

The time

The group will run on Sunday evenings, from 7 until 9pm. There will be 12 sessions (with a break over Christmas/ New Year). It is in the nature of a closed group of this sort that members will be expected to attend all sessions.

The cost

The sessions will be £20 each per group member. This makes a total of £240, with a discount to £200 if paid fully in advance. We wish to be flexible, so there will be a limited number of cheaper places available on a needs basis. Please ask.



"We will provide therapy, personal growth work and professional skills training to individuals and organisations based on their needs and capabilities.

We will base our practice on a belief that emotional damage is a universal truth, that repetitive patterns continue and reinforce that damage, but that an instinctive move towards healing is also a universal truth."

All Aswab therapists are UKCP accredited and registered.

Details of our professional qualifications are available on



Aswab is an Arabic word, meaning "more relevant, more fitting, more appropriate, more congruent".

www.aswab.co.uk

A note to potential group members

In order to balance the group, all potential group members will need to attend an assessment interview. If you are interested in the group, please contact us as soon as possible.

A note to partners of group members

This group is not about blaming survivors, either for the abuse they have suffered or its effects on their current relationships.

Quite the contrary.

It can be difficult, though, for partners to support people who have been badly hurt, and this group aims to help your partner to find support for himself or herself *outside* your relationship.

This should help him or her to have more understanding *inside* your relationship.

If you would like to talk to someone about getting help or therapy for yourself, please feel to contact us.