

## Some feedback from previous Daisy Programme clients in counselling.

*"I was very nervous and didn't know what to expect when I came for counselling. I was made to feel at ease and comfortable which made it easier for me to open up during the sessions".*

*"I thoroughly recommend having the opportunity to open up and talk to someone who is not emotionally involved in the situation".*

*"It has made a huge difference in my ability to cope and move forward with my life. Thoroughly recommended".*

If you are ready to reach out for help and support in dealing with your experience, then the Rowan Project is here for you.

The Rowan Project is part of the Daisy Programme, an established charity working to support survivors of domestic abuse in Breckland. Please visit our website to see the services we offer; [www.daisyprogramme.org.uk](http://www.daisyprogramme.org.uk)



## *Each and every one of us has the right to live without fear of abuse.*

We offer counselling by qualified, experienced therapists who work to the British Association for Counselling and Psychotherapy (BACP) ethical Framework. See [www.bacp.org](http://www.bacp.org) for further information.

Please get in touch if you are:

- Ready to explore your experience in a safe and supportive environment.
- Ready to take that first step to make changes in your life.
- Want to build on your strengths.

We offer appointments Monday to Thursday and offer evening remote appointments until 8pm on a Monday evening. We take self-referrals.

Please contact;

Email

[rowanproject@daisyprogramme.org.uk](mailto:rowanproject@daisyprogramme.org.uk)

Tel: 01953 878488

Website

[www.rowanproject.info/SAcounselling](http://www.rowanproject.info/SAcounselling)

The Rowan Project @therowanproject



Counselling for Survivors of Sexual Abuse in Breckland

Part of The Daisy Programme



The Rowan Project is now accepting **self-referrals** for the counselling of survivors of sexual abuse in the Breckland District.

The project is funded by



## Who Are We?

The Rowan Project offers specialist free counselling for men and women over 16 years of age. We work with those who have experienced sexual abuse. This can be current, recent, or historical.

## What is Sexual Abuse?

Sexual abuse is any type of sexual behaviour or sexual act, which is unwanted or forced upon a woman, man, or child without their consent.

## The Effects of Sexual Abuse

Sexual abuse/violence can have many psychological, emotional, and physical effects on a survivor. It can impact the mind, body, thoughts, feelings and behaviours of the person. Examples include:

- Depression
- PTSD
- Anxiety
- Personality disorder
- Substance misuse
- Self-harm
- Relationship problems
- Feelings including but not limited to, fear, guilt, shame, anger, numbness, and denial.

We are here to help and support you. Just telling your story may be a brave and difficult process however, it can also be incredibly healing.

## What is Counselling?

A Counsellor will work with you on a one-to-one basis to help you to understand what happened to you and how it may be affecting your everyday life now.

The work may include:

- How to tell your story in a safe and supported way.
- How the abuse may be affecting you now.
- How to challenge the messages that the abuser may have given.
- Exploring the myths which are found in everyday society.

We offer a maximum of 18 sessions with regular reviews to see how it is being helpful for you.

All counselling and assessments will be held remotely in accordance with the Covid-19 restrictions.



## What to Expect

You will be given an initial assessment by one of our qualified Counsellors. Together you can explore what the project can offer to you.

The first time you attend your session it is possible you may be anxious and nervous, or a mixture of feelings. It is a big step forward. It may be daunting. We encourage you to take this step as it will be the start of your journey towards a different future.

***"I am not what happened to me,  
but what I choose to become".***

C Jung