

STREAM 1: SKILLS AND SUPPORT

STREAM 2: REFLECT AND CONNECT

DURING THE INTAKE PROCESS, SURVIVORS ARE ASKED WHICH STREAM BEST SUITS THEIR NEEDS AT THIS TIME.

1

Up to 10 sessions

This stream focuses on creating safety and stability. It is designed for those new to counselling.

In this stream, survivors learn about trauma responses and coping skills.

Survivors can focus on a particular issue such as anxiety, flashbacks, sleep challenges, etc.

This stream is solution focused and change oriented. Survivors will address present day experiences.

2

On average 6 months

This stream is for survivors who have previous counselling experience and developed coping skills.

In this stream, survivors will build a deeper awareness of themselves.

Survivors can focus on understanding their experience and exploring patterns of thinking and feeling.

This stream is exploratory. Survivors will transform stories and beliefs that they have about themselves and the world.