

GETTING STARTED: ONLINE COURSE

an introduction to trauma

The four-week **Getting Started** course is a confidential space where victim-survivors come together to build knowledge and understanding around their trauma.

It's structured and **non-interactive**, and can be thought of as a 'webinar' type structure.



How long is the course?

- sessions take place at the same day/time for **4 weeks**
- each online session is **90 minutes** long
- **1 hour** of content delivered by our facilitators
- **30 minutes** at the end for any questions

If you are unable to make a session, please let us know and we will try to book you into another session on a separate date.

Do I have to talk about what happened to me?

No. The online group is **not a sharing space**. This is to keep you and the rest of the group safe, as we are together for a short amount of time and will be unable to support you once the course has finished.

We will work through an agreement together in our first session so everyone understands why this is not a sharing space.



Is there a framework for the sessions?

Yes. Each session has a different topic. The structure for the sessions will be outlined in more detail in the first session so everyone understands what topics they can expect to cover.

- **SESSION 1:** Introduction to support
- **SESSION 2:** Understanding our responses to trauma
- **SESSION 3:** Grounding and self-soothing
- **SESSION 4:** Self-care and next steps

Will it be helpful?

The impact of rape and sexual abuse can often be very isolating, and waiting for support to commence can feel difficult and prolonged.

Both the hosts are lovely and welcoming. I'm struggling with the long wait for counselling, but this has given me a little bit of hope in the meantime.

The course is an opportunity to **learn about available support** (SARSAS and other services) and develop strategies to assist you as you wait and remind you that you are not alone.

We hope it will be helpful, though we recognise it may not be the right time or format for some people, and that is okay. We encourage everyone to decide what feels safe for them when it comes to participation.

It feels so good to know that I was believed, and to be around people who understand how it feels for something so major to impact your life. And it also helped to know that however you feel is okay, and normal to have so many different emotions about it all.

Who else will be on the course?

There may be up to **20 people** on each course.

SARSAS supports people of all genders, and our online course is open to women, men, including trans men and women, as well as non-binary and intersex people. We hope to create a **welcoming and safe place for everyone**.

*I have been absolutely mind blown with how amazing this course has been. It has helped me to obtain a better understanding of trauma and how it has affected me. What I have learnt has resonated with me and **helped me to understand myself**.*

Do I have to attend each session?

Ideally yes, or as many as possible. The course is designed as a 4 week block, so missing a session may mean you miss a section of content.

We understand things come up (**illness, appointments, caregiving requirements**) and we can be flexible around this.

If you are going to miss a session please let us know so we can discuss your options to ensure you have the opportunity to attend on an alternate date.

*This has been a non-invasive way to **begin my journey of accessing support and working through trauma**.*

After completing the course

97% of participants said it helped them to understand that their **feelings are validated**.

82%

experienced
reduced feelings
of **isolation**

82%

experienced
improved
wellbeing

92%

experienced
increased
confidence to
seek support

96%

said they learnt
new tools
for coping

98%

thought it
provided a
safe space

If you have any questions or can't make your appointment
please call our Bristol office on: **0117 929 9556**

or our Taunton office on: **01823 324944**

Alternatively, you can email: **info@sarsas.org.uk**