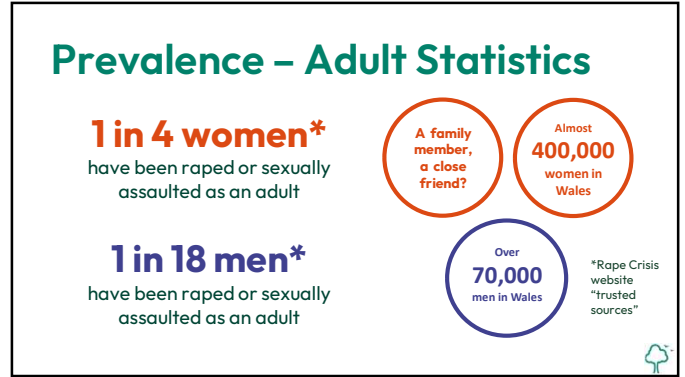


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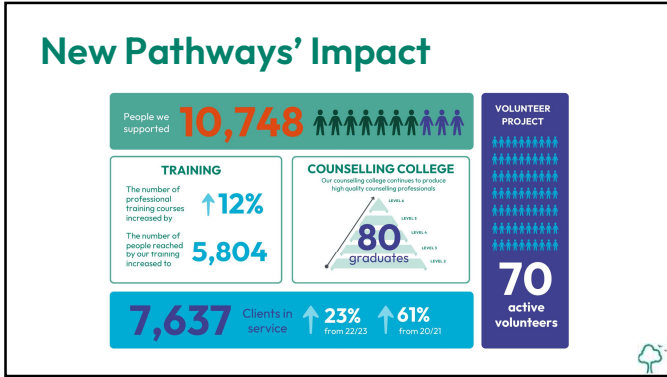
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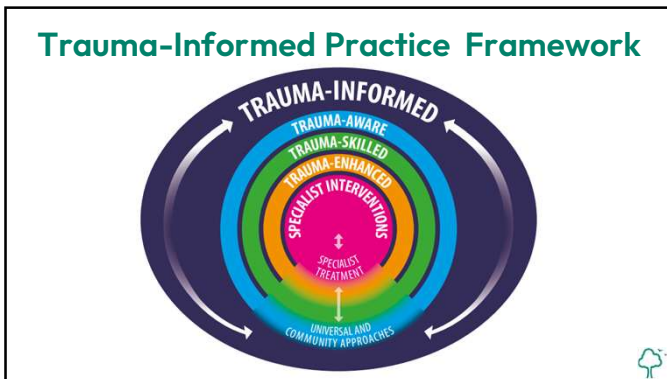
SARC - Sexual Assault Referral Centre
ISVA - Independent Sexual Violence Adviser

Counselling
Well-being Service
Training
Counselling College

New Pathways
Life beyond sexual violence

www.newpathways.org.uk

6



7

The Wales Trauma-Informed Practice Framework has four defined practice levels:

- Trauma Aware**
- Trauma Skilled**
- Trauma Enhanced**
- Trauma Specialist**


8

The Wales Trauma-Informed Practice Framework has four defined practice levels:

- Trauma Aware
- Trauma Skilled
- Trauma Enhanced
- Trauma Specialist

What: a **universal approach** that emphasises the role that we all have as members of Welsh society, personally and professionally, and seeks to raise awareness and understanding.

How: by working in a **compassionate, kind, positive and sensitive** way.




9

The Wales Trauma-Informed Practice Framework has four defined practice levels:

- Trauma Aware
- Trauma Skilled
- Trauma Enhanced
- Trauma Specialist

What: embedded within the practice of everyone who provides care or support to people who may have experienced trauma, **whether or not** the trauma is known about.

How: by working in a compassionate, kind, positive and sensitive way **plus** being aware of **additional services** should the person disclose any trauma




10

The Wales Trauma-Informed Practice Framework has four defined practice levels:

- Trauma Aware
- Trauma Skilled
- Trauma Enhanced
- Trauma Specialist

What: approach used by **frontline workers** providing direct support to people who are **known to have experienced traumatic events**; encompasses ways of working to **help people to cope** with the impact of their trauma.

How: builds on the levels that come before, **plus** introduces activities to help the person **build resilience, coping mechanisms and life skills**.




11

The Wales Trauma-Informed Practice Framework has four defined practice levels:

- Trauma Aware
- Trauma Skilled
- Trauma Enhanced
- Trauma Specialist

What: working in a way that **focuses directly** on tackling the **root trauma**.

How: Support at this level may be **formal personalised and co-produced specialist interventions** that are offered within a range of settings



12

5 Practice Principles

Person centred

co-productive, collaborative cross-sector approach to **identifying, understanding and supporting** the person's needs

promotes **psychological and physical safety** by promoting **choice, collaboration and transparency**

A universal approach

that **does no harm**

proactively supports and encompasses community-led approaches, prevention initiatives and specialist therapies to enable transformation within systems.

Trauma-Informed Wales: A Societal Approach to Understanding, Preventing and Supporting the Impacts of Trauma and Adversity



13

5 Practice Principles

Relationship-focused

safe
supportive
empathic
trusting
compassionate

Resilience & strengths-focused

builds on the natural resilience of individuals, families and communities

Inclusive

recognises the impact of **diversity, discrimination and racism**;
understands the impact of **cultural, historic and gender inequalities**
is inclusive of everyone in society.

Trauma-Informed Wales: A Societal Approach to Understanding, Preventing and Supporting the Impacts of Trauma and Adversity



14

6 Building Blocks of TIP

Safety

Ensuring **physical & emotional** safety

Empowerment

creating opportunities to **take power for themselves** and realise their **individual strengths**; Maximising opportunities to **build and validate strengths**

Choice

Maximising **choice and control**

Trust

Maximising **trustworthiness** through relationships, task clarity, consistency and interpersonal boundaries

Collaboration

Maximising **collaboration and sharing power**

Cultural Consideration

Recognising **cultural variations** in the **perception** of and responses to trauma; understanding the **role of beliefs** in the **interpretation** of trauma and the recovery process

Trauma-Informed Wales: A Societal Approach to Understanding, Preventing and Supporting the Impacts of Trauma and Adversity



15

SARC Services

A dedicated unit where victims of sexual violence can receive independent support:

- 24/7, fast track service with immediate support
- Access to forensic examinations and police interviews
- Opportunity to assist any police investigation
- Access to ongoing independent support, advocacy and counselling services
- No pressure to undergo examinations or report to Police

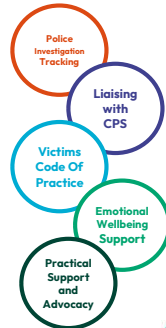


16

ISVA Services

Independent support for anyone thinking of accessing, or who is already in the Criminal Justice System.

- ISVAs help and support people to navigate their way through the Criminal Justice Process.
- Case tracking Police investigations
- Liaising with the Crown Prosecution Service and support with potential court cases
- Explaining victims' rights under the Victims Code of Practice



17

University ISVA, additional support

- ❖ Meeting the client on campus or at the New Pathways offices in town, online or over the phone – more options for mode of support.
- ❖ Supporting student clients with Uni processes – extensions, special circumstances, appeals, support to study meetings, complaints.
- ❖ Liaising with student services and the student's department (with their consent) where needed.
- ❖ Signposting the student to additional support such as applications for Disabled Student Allowance (where eligible), accessing an Educational Psychologist's Assessment to establish eligibility (e.g. if they have as yet undiagnosed Dyslexia, ADHD or Autism), the hardship fund and the Advice and Money team if they're struggling financially, Accessibility and Inclusion if they have any exam access needs, or need advice around LGBTQ+ issues, or need support as estranged students, or the International Students' Adviser.

18

University ISVA, additional support

- ❖ Trauma stabilisation work – currently 1:1 but planning small group work, series of sessions, strictly non-disclosure to prevent re-traumatisation and vicarious trauma and protect evidence. To be co-delivered with members of the Uni's wellbeing team.
- ❖ Trauma stabilisation work is not therapy or counselling, but it is helpful in providing an explanatory model for the client regarding the impacts on their stress-regulation system, emotional regulation and cognitive functioning, and a road-map for recovery alongside strategies.
- ❖ Encouraging clients who are eligible (i.e. they've supported a police investigation) to apply for compensation through the Criminal Injuries Compensation Authority. No amount of money can take the trauma they've experienced away, but clients have found it very validating to have and award from CICA, especially where their case has been NFA, or went to court and resulted in a not-guilty verdict.

19

Wellbeing Project

- A team of specialist CYP and Adult Sexual Violence Support Workers (SVSWs) that offer:
- Full referral and assessment service, identifying client needs quickly and accurately, and are offered the appropriate services.
- Advocacy, emotional and practical support.
- Individual and group psychoeducational support. These help people understand the impact and effects of sexual trauma, as well as developing coping mechanisms and strategies.



20

Counselling Project

- Highly skilled and qualified team of specialist sexual violence counsellors
- Specialist counsellors for adults, young people and children
- Qualified in using the latest trauma-informed practices and evidence based techniques e.g. CBT, TF-CBT, EMDR
- Work with all ages and gender identities
- Work face-to-face or remotely to meet client needs

"I would like to say a big massive thank you.

I felt that I'd lost myself, but I've found a new me who I like very much."

Counselling Service
Client



21

Counselling College



- Full range of CPCAB qualifications in counselling
- Level 2 (Introduction) to Level 6 (Supervision)
- Experienced tutors who are qualified teachers and practising counsellors
- **Diploma in Counselling for Trauma** is a specialist counselling course to enable counsellors to specialise in working with trauma
- Accessibility through a range of face-to-face and online delivery options.



22

Compass Project

- Assessment and intervention for CYP who have survived sexual abuse and are also displaying signs of **inappropriate, problematic or harmful sexual behaviour**.
- AIM-accredited practitioners.
- Intervention to disrupt the development of harmful sexual behaviour and to support young people to live safe and fulfilling lives, underpinned by the Good Lives Model and AIM.
- Safety planning support for CYPs, families and professionals to manage/reduce the risk of sexual harm.
- Currently available for New Pathways clients only



23

LGBTQ+ Research Project

- A partnership between New Pathways (lead organisation), Umbrella Cymru and Stepping Stones North Wales
- **Aim:** to understand the service needs of LGBTQ+ survivors in Wales
- **Research:** what are the barriers to accessing sexual violence services and how can services can be adapted, or developed, to meet the needs identified?
- Fully co-produced with members of LGBTQ+ communities
- We will disseminate the research findings and deliver training in 2025. This will enable other services to learn from the project.



24

New for 2024/25

Vulnerabilities Training
Dealing with Disclosures
Sexual Harassment Workshops

Safer Streets

For students and staff in further and higher education, night-time economy staff and members of the wider community

for parents, carers and family members of New Pathways' clients

Family Member Counselling

promotes long term recovery of sexual violence victims

Gwent and Dyfed Powys (near Safer Streets)
South, West and Mid Wales (near Family Member Counselling)

25

Training

- Team of highly qualified specialist trainers
- Training on Sexual Violence and a range of related subjects, with bespoke training to meet specific need.
- For a full list of our training please visit our website or contact: training@newpathways.org.uk

New Pathways trains over 4,000 people every year....

Sexual Violence

Trauma Informed Practice

Pre-Trial Therapy

Safeguarding Groups A,B,C

Vicarious Trauma

26

How to Access Services







01685 379310
Out of hours SARC Line
07423 437 020

enquiries@newpathways.org.uk

Wellbeing and counselling referral forms on our website
www.newpathways.org.uk

27



Q & A

Life beyond sexual violence

28