



www.starthealing.org
starthealing@xtra.co.nz



ABOUT START

- Based in a community setting in St Albans, Christchurch, New Zealand
- Established in 1987 by 3 women to address the gap in local services for sexually abused children & youth & adults and their non-abusing families.
- Small NGO, Charitable Trust, governed by a voluntary Board.
- All staff are qualified and paid professionals.
- Specialist trauma counselling, consultation and community education.
- Services are usually free of charge to counselling and consultation clients.
- Services open to all ages, ethnicities and genders.
- Strong local and national NGO and statutory social service networks.

START STAFF

Maggy Tai Rakena. Grad. Dip. NFP Mgmt.; Cert S.W. (dist); NZ Child Care Cert.; Cert. Com. Psyc. Care; MANZASW; Regd S/Wer; Chair SSPA Nat. Exec., TOAH-NNEST Tauwiwi Caucus.

Catherine Gallagher. MA (Hons) Dip. Clin. Psyc.; ACC Accredited, MNZCCP.

Lois Hewetson. Dip. Applied Counselling & Psychotherapy Studies, 5years Psychodrama training, MNZAC, ACC Accredited.

Eliza Lindstrom. Dip. Gestalt Psychotherapy, ACC Accredited, MNZAP, Regd Psychotherapist.

Val McKenzie. Dip. Soc Sci. MANZASW

Jo Doyle. Dip. Child Psychotherapy. Dip Tchg, ACC Accredited, NZACAP, PBANZ

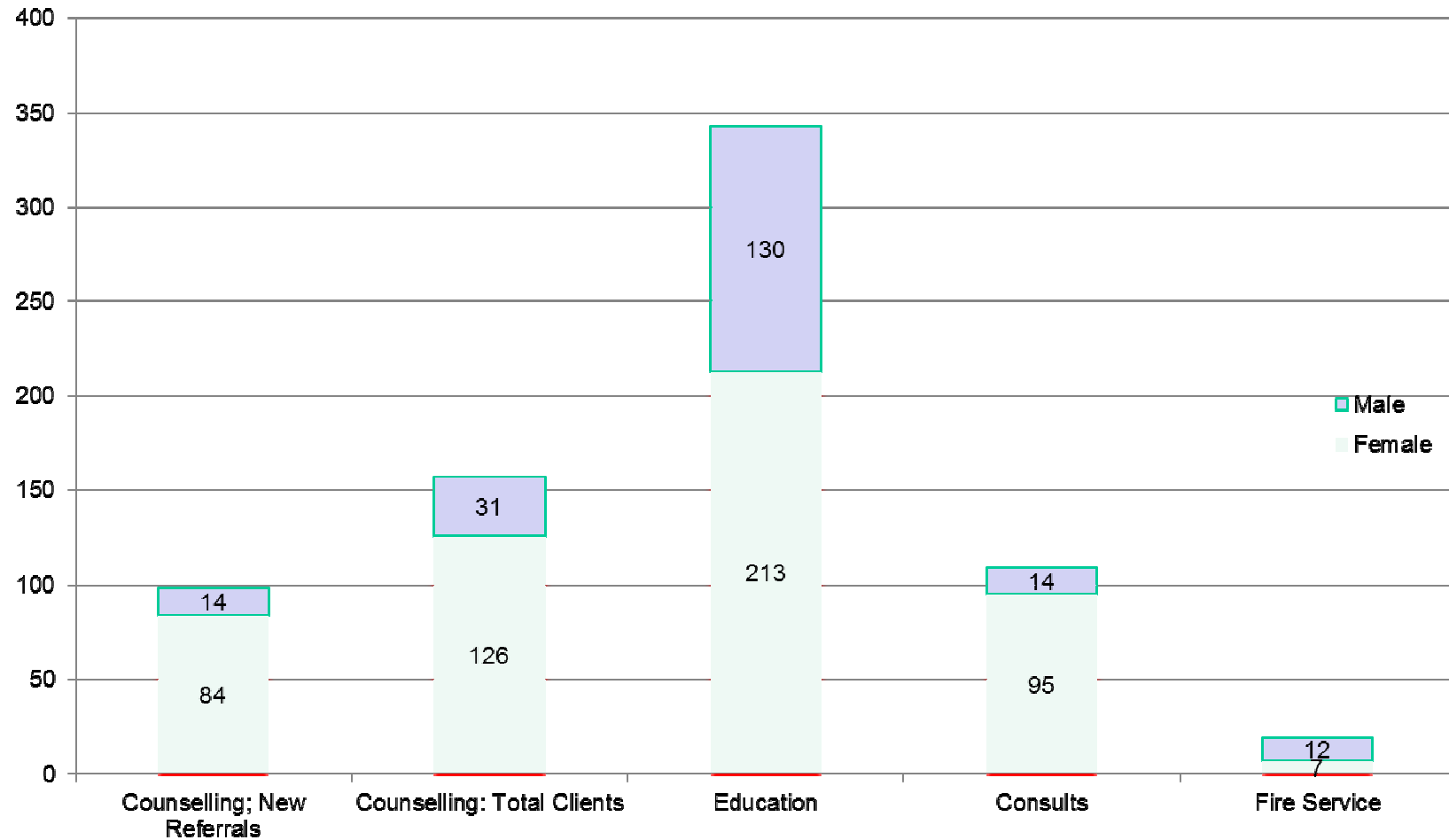
Mareile Stopple. M Ed (Cnslg), MSc, Dip Tchg, ACC Accredited, MNZAC

Marcel van der Weerdon. Dip Cnslg, Dip Tchg, Master NLP, currently advanced Psychodrama Trainee, NZAC

Wendy Anderson. Administrator

Rosemary Annett. Cleaner

START Clients 2012





CONSULTATION APPOINTMENTS

- Consultations with our specialist sexual abuse clinicians are available to anyone upon request by contacting START on (03) 355 4414. A consultation can be given by phone or by appointment at START's premises. START offers Consultations as their early response service (not 24/7)
- START offers consultations to members of both the general and professional communities regarding matters of sexual abuse. These are free of charge to users.
- A consultation is helpful to people who have queries, concerns, or are dealing with issues regarding sexual abuse. START is able to offer support, clarification, information, expert advice & advocacy.
- START offers consultations to adult counselling clients and the parents/caregivers of young counselling clients who are on our wait-list, as a supportive measure during their wait for counselling to commence.



COUNSELLING - START'S MODEL of THERAPY

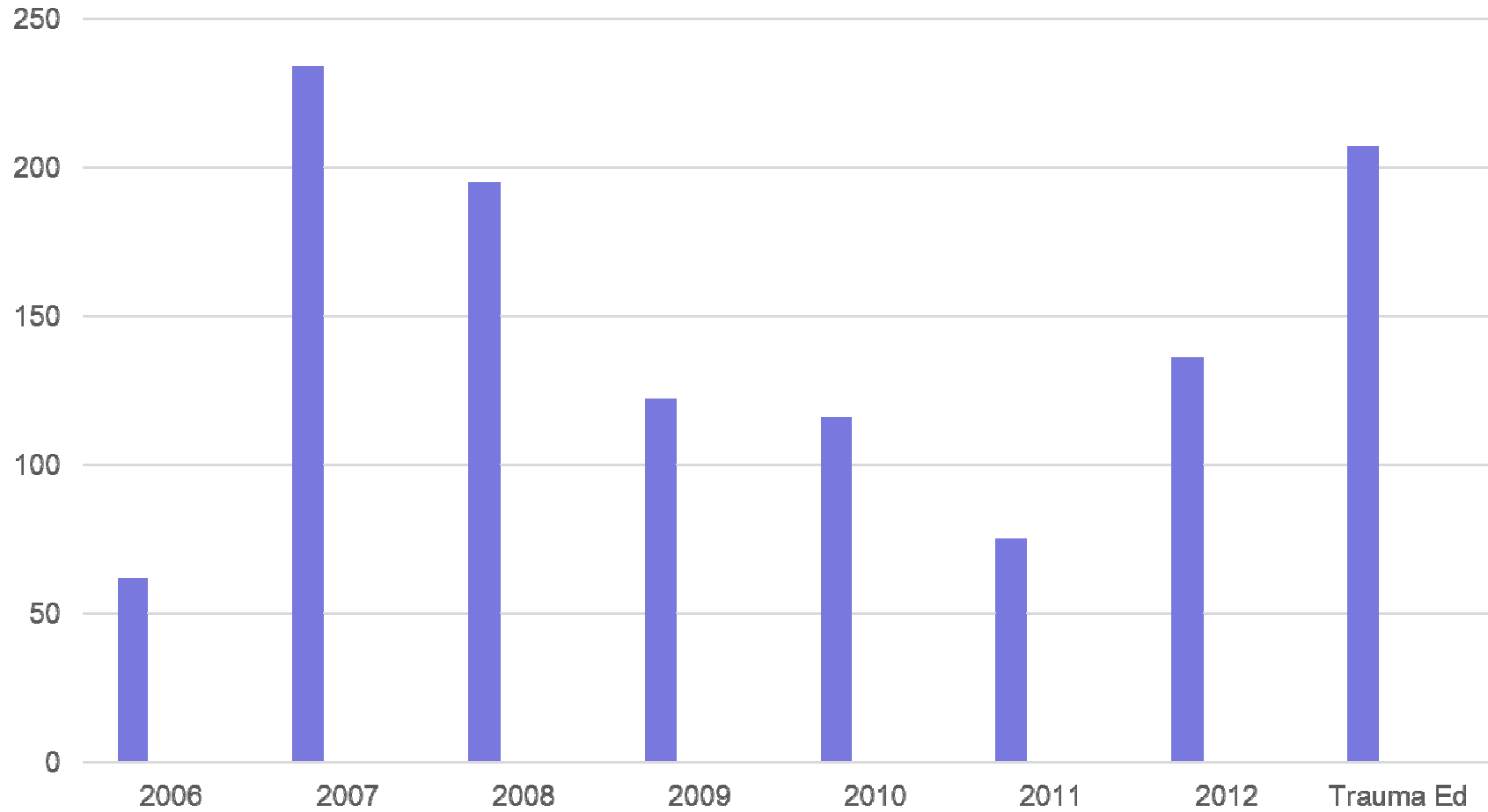
- Integral to a child's therapy is recognising that children/young people do not live in isolation but are dependant upon the environment the parents/caregivers create.
- START recognises the family as the main support and healing system for their young person so provides support for parents and caregivers to learn how best to care for their child/young person following a sexual abuse incident.
- START attends to parents, caregivers and children's needs by including them in the therapeutic intervention as appropriate.
- START provides counselling for children, youth and adults of all ages, ethnicities and genders.
- START's free, family inclusive, specialist sexual abuse recovery counselling is the result of some 27 year's experience.



EDUCATION PROVISION

- START provides low cost educational workshops, seminars & courses regarding matters of sexual abuse and trauma. They cover both prevention and response information.
- These workshops are individually tailored and are available to members of the general or professional community upon request and by negotiation with START.

SV Education Statistics 2007-12



AGES OF SERVICE USERS during 2012

31% of START's Counselling clients were aged under 13 years of age.

18% were aged 14-17 years

51% were aged over 18 years

94% of START's Consultation and Education clients were aged over 18 years

Education Clients

Have included:

OSCAR out of school care staff, Barnardos Supervised Access workers, School of Gymnastics staff, Kohanga Reo staff and whanau, Child Protection Studies students, CYFS social workers, Battered Womens Trust volunteers and staff, Belfast Community Network staff, Stopping Violence Services staff, SSPA NGO sector, Kidsline volunteers and staff, Petersgate Counselling service staff, CPIT Counselling students, College of Education ECE students, Victim Support volunteers and staff, PSS Mentors, ANZASW Family Violence forum, He Waka Tapu staff, Pillars staff, Primary School parents and staff, High School counselling team, Canterbury Youth Workers Collective, Youth Mental Health Forum, Pegasus Health Brief Intervention Workers and Early Childhood Education centre teachers, Cholmondeley staff, Glenelg staff, CSSV campaign workshop attendees.

OUR TARGET AUDIENCE FOR EDUCATION

Adults

“grooming referrers not sexual
violence experts”

.....Why not children.....?

WHO ARE THE EDUCATORS?

Clinicians

- Knowledge of the clinical topic and associated issues
- Ability to manage group dynamics and possible impacts
- Knowledge of the sector and resources available

CONTENT

The aim is to honour the complexity of this area, whilst highlighting the simple, basic and vital steps that can help a client cope with this journey...no matter where they are joined and supported by members of our education audience.

Of note: the content of education sessions will differ depending on the audience

CONTENT- specifics

- Accurate definitions
- Dispelling myths
- Normal sexual development and when to worry
- Possible effects of sexual violence
- Handling disclosures
- Information on how the system works
- Resources and where to get them

FOLLOW UP

This is vital...as our aim is to increase communication and access to services and support.

We do this through:

- Phone consults
- Face to face consults
- Additional education where required

QUESTIONS...?