


## What does counselling offer?

Counselling and support are provided to people over the age of 18, with lived experience of CSA. Also available to their families and significant others who have been impacted by the disclosure of CSA.

### Phoenix provides:


1. A calm safe space for individual client led counselling that enables your healing journey and recovery. Available either at our office or via E-Services (phone and online).
2. Strategies to manage and reduce your trauma symptoms that may include flashbacks, nightmares, trauma related anxiety, depression, self-harm and intrusive memories.
3. Specialist therapy to address and process long term and ongoing trauma related issues such as, shame, low self-worth, disconnection, relationship and emotional difficulties, body image issues.
4. Provide ways to help you understand your responses to the trauma and how this trauma impacts your ability to self-regulate using the latest evidenced-based research.
5. Therapeutic goals are monitored and reviewed regularly to ensure your needs are met.
6. Helpful information and links to relevant support networks including legal services.

For more information about Phoenix services provided please go to our website [www.phoenix.asn.au](http://www.phoenix.asn.au)

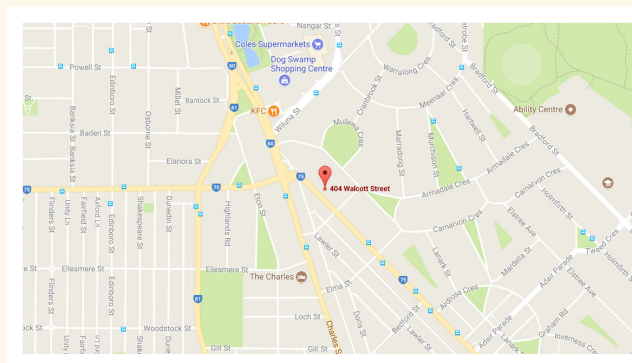
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**Phoenix**  
Support & Advocacy Service Inc



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What's broken can be mended.  
What hurts can be healed.  
And no matter how dark it gets,  
The sun is going to rise again.

[HEALTHYPLACE.COM](http://HEALTHYPLACE.COM)

**Providing counselling,  
advocacy and support  
to anyone impacted  
by child sexual abuse**



## Who is Phoenix?

Our organisation proudly traces its roots back to 1978 and was formally incorporated in 1984 as a non-government, not-for-profit charity. The current logo and name emerged in 2016 to represent the broader range of services now offered. The organisation's logo draws on the symbols of the Phoenix mythical bird rising from the ashes, a sunrise that offers the hope of a new day and light emerging from darkness, while the heart represents a service that responds with compassion. Phoenix was the first non-government association in Western Australia to deal specifically with child sexual abuse and the associated complex trauma that can emerge as an outcome from that abuse. Phoenix has made a significant contribution to the West Australian community in terms of supporting the healing and recovery of those impacted by child sexual abuse.

## Healing and Recovery from CSA

Recovery from childhood sexual abuse (CSA) is possible and many survivors go on to live happy, peaceful and productive lives.

An important step in healing is getting information

about CSA and learning about the impact of CSA on a child, young person, or adult over time. CSA can also impact the lives of the people surrounding the survivor e.g. family, partners, friends, and colleagues. Research indicates child sexual abuse affects one in four girls and one in six boys however, this abuse is often not talked about openly or not until years later.

Phoenix is proud to provide current evidence-based practice, including clinical interventions such as EMDR, Schema Therapy, DBT, self-regulation, resilience building, and other trauma informed therapeutic approaches. Counsellors provide ethical and effective interventions to aid in recovery and healing from child sexual abuse.

## Common Myths About Child Sexual Abuse

- Adult survivors need to just 'forget about it' and 'get over it'.
- Parents are at fault for not protecting the child from the abuse.
- Child sex offenders are mostly strangers or acquaintances.
- Children 'invite' sexual abuse by acting in ways that

are seductive.

- Sexual assault and abuse of children only happens in certain families.

Debunking these false myths is important, and the Phoenix team are skilled in providing information about the ways that people who choose to perpetrate sexual abuse not only 'groom' the child they target for abuse, but also their families and others in the community to gain access to children. This information is important in reducing self-blame and for ensuring children and those who care for them are protected from the grooming and opportunistic behaviours of offenders. The community finds it difficult to comprehend offenders can be family members, friends, or a trusted professional or authority figure.

## Our Purpose

Phoenix is a specialist support service providing information and assistance in the journey of healing and recovery from historical experiences of child sexual assault and sexual abuse in childhood.

Providing professional counselling, support, and advocacy to survivors of child sexual abuse.

This support is also available for non-offending family members and significant others impacted by disclosures of child sexual assault and sexual abuse.

Our team of qualified counsellors offer individual counselling and when available group programs for:

- Adults
- Affected Families
- Community

The specialised Counselling provided, although not time limited to allow for all the support needed for recovery is reviewed regularly to ensure counselling goals are being met.

Phoenix does not provide services to perpetrators of CSA.

