



counselling service

# FAQS



ben's place

SPECIALIST SUPPORT  
FOR MALE SEXUAL ABUSE SURVIVORS

**Q. How do I register?**

A. You can self-refer, or a professional can refer for you by using our digital forms on the Ben's Place page on our website.

**Q. Are the Counsellors registered?**

A. Yes, all Ben's Place counsellors are registered with an appropriate professional body BACP or UKCP for example.

**Q. How old do I have to be?**

A. Currently we can only support you if your 16+.

**Q. Do you support sexual offenders?**

A. No, we believe if they identify as survivors they need very specialist services. We therefore signpost to the best services to support them.

**Q. How many sessions can I have?**

A. Currently up to 20 x 50-minute sessions.

**Q. Can I have a choice of male or female counsellor?**

A. Yes, whatever feels safe for you. However, your choice may delay your therapy due to your choice's current capacity.

**Q. Is the counselling free?**

A. Yes, all counselling is free. However we ask you to complete a set of forms each week in lieu of a fee for the counselling.

**Q. The police are taking my abuser to court can I have counselling?**

A. Yes, however there are potential issues in relation to what you discuss with your counsellor. We will advise you how best to benefit from the counselling whilst within the court process.

**Q. Do I have to give my personal details?**

A. Yes, however all your details are confidential and will only be disclosed with your consent or via a court order.

**Q. What type of counselling is it?**

- A. The Live Well programme is based on a Trauma model which is designed to enhance your Safety, Stabilisation and Engagement by reinforcing the following:
- Enhancing sense of self and relational capacities.
  - Psycho education in relation to the tactics, dynamics, common impacts and difficulties relating to being sexually abused.
  - Developing knowledge and understanding of the impacts of trauma.
  - Expanding repertoire of strategies for managing overwhelming thoughts and emotions, memories.
  - Developing tools and strategies for approaching and mastering internal bodily/ affective states and external events that trigger intrusive re-experiencing, emotional numbing or disassociation.

**Q. Do I need to be assessed for the service?**

- A. Yes, you will need to be assessed so you and we feel that the Live Well programme is a good fit for your needs at this point.

*Sexual abuse is  
something that I  
experienced*

**IT'S NOT  
WHO I AM**



**Q. Does my GP or other professional supporters need to know?**

A. Only if you ask us to share with them.

**Q. Do I need to sign a contract?**

A. Yes, it sets out our responsibilities to you and your agreement to commit to the program – complete forms and feedback at the end of your counselling.

**Q. What happens if I miss sessions?**

A. Missed sessions are deducted from your 20 sessions and more than 2 non-attendances will trigger the suspension of your counselling.

**Q. Can I have more than 20 sessions?**

A. Currently no – however we hope to offer further programs in the future which will add to the Live Well program you will have completed.

**Q. How do I know your safe?**

A. That's always a hard question to answer. The best advice we can offer is ask questions and trust your instincts whilst openly exploring your fears and allow us to work with you to answer them.

**Q. Can I have my sessions off-line?**

A. We are increasingly able to offer offline counselling. You can explore this option at your assessment.

**Q. Do you offer peer support group's?**

A. We aim to offer both online and offline professionally facilitated groups to clients who have completed our 1 to 1 counselling.

**Q. Do I have to complete any forms during or after my counselling?**

A. Yes, you will be asked to fill in some online forms during your program of therapy. This will help us to monitor how things are going for you and allow us to keep the program free for you and others.

**Q. Can I help with evaluating and developing Ben's Place?**

A. Completing our forms really helps us and being interviewed by our evaluators and becoming part of our advisory group makes a big difference.

**Q. What happens after counselling?**

A. We are here to support you as we can so your free to contact us again if you need further support.

**Q. Will there be more opportunities to do more in-depth counselling?**

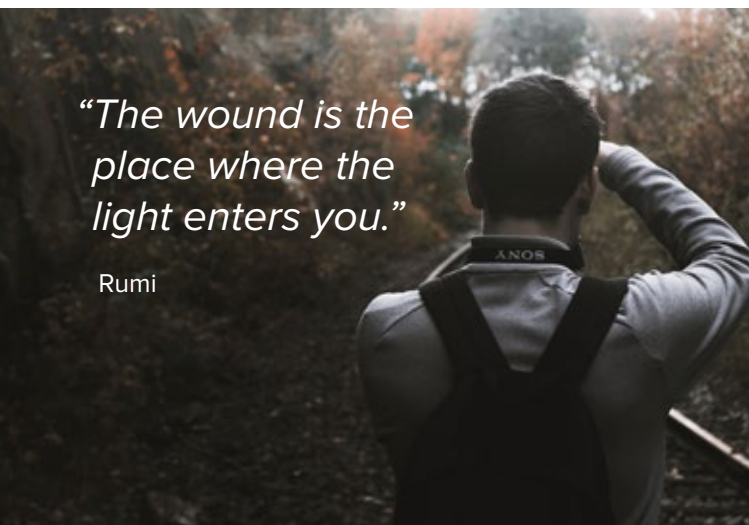
A. It's our aim to offer a range of therapy programs which you can use to build a secure growth and recovery journey beyond sexual violence.

**Q. Can I have counselling via email and text?**

A. We can only offer video sessions and increasingly offline.

**Q. Can anybody request my counselling notes?**

A. If your involved in a court process the CPS can do so but they will ask your permission and you can say no. However, they could then obtain a court order to obtain them. We only keep simple notes and don't record the detail of the crimes done to you.



*“The wound is the place where the light enters you.”*

Rumi

*“When the Japanese mend broken objects they aggrandize the damage by filling the cracks with gold, because they believe that when something’s suffered damage and has a history it becomes more beautiful.”*

Barbara Bloom

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