



# ISVA FAQs



ben's place

SPECIALIST SUPPORT  
FOR MALE SEXUAL ABUSE SURVIVORS

**Q. What is ISVA?**

A. An Independent Sexual Violence Advocate is trained to offer practical and emotional support to survivors of sexual violence.

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

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

**Q. How can they help me?**

A. You can book in meetings with an ISVA to talk through any questions you may have. They are there to listen and provide answers when required. This is a service you can navigate in order to gain the emotional support you require.

**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 with a court order.

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

A. Yes, you will need to be assessed so that we have an idea of what you might require and can best support you.

**Q. Are sessions offline?**

A. The sessions can be either via video, phone or appointment at our Bradford office.

**Q. Are the sessions free?**

A. The ISVA support is a free service. However, you can donate via our website if you wish to support more counselling and ISVA support for other survivors.

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

A. Only if you give us permission for us to share with them.

**Q. Do you offer peer support groups?**

A. We hope to offer peer support group further on this year; however, this will only be available to survivors who have undertaken our counselling programme.

**Q. Do I have to complete forms during the session?**

A. There are no requirements to fill any forms, however, a feedback form may be given which will be beneficial to determine how our services can be improved.

**Q. Can I access ISVA support if my abuser is being taken to court?**

A. Yes, ISVA's do not offer counselling, however, they are there to provide you with emotional support throughout any processes you may be going through.

**Q. How long can I access the service for?**

A. You can access the ISVA service for as long as you require. We ask that you contact your ISVA to book a meeting.

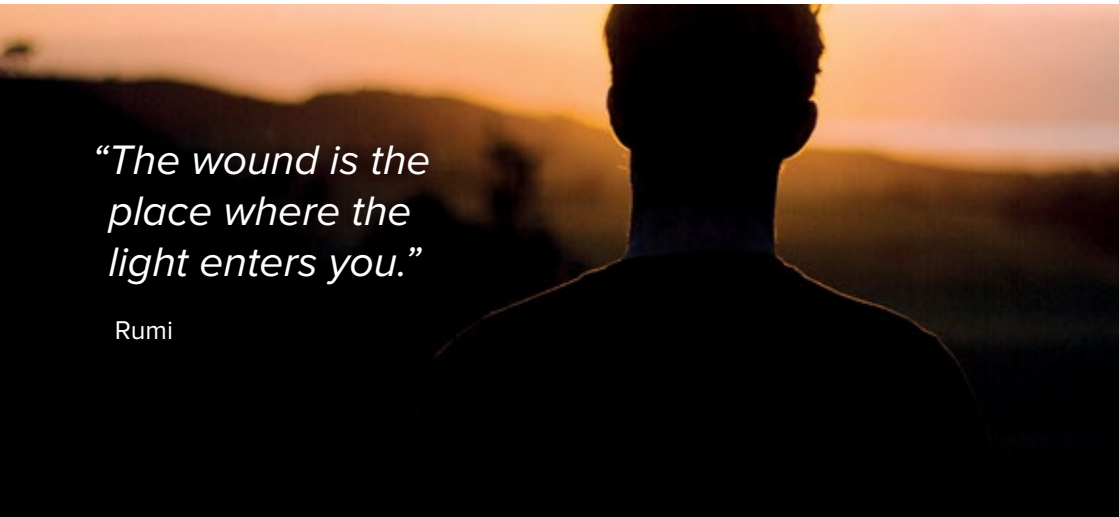
**Q. How does the ISVA service differ from counselling?**

A. The counselling service is based on a trauma model which attempts to enhance your self-awareness, explore your thoughts and feelings and requires you to be pro-active in recognising your trauma and identifying coping mechanisms.

The ISVA service differs as it is a support service that is there to listen to how you feel and provide the emotional support you require within that moment. They can provide information and act as a point of contact for when you require that support or information.

**Q. How do I know you're safe?**

A. That's always a hard question to answer. The best advice we can offer is ask questions and trust your instinct but consider your fear and allow us to work with you to answer them.



*“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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