



COUNSELLING

Counselling is many things,

- It might mean talking, doing art, using sand, play therapy or movement
- It can be a way of helping experience feelings without them taking over
- It can help you learn about the tricks used and the impact of abuse and how to stop blaming yourself
- The process can help you learn more about healthy coping skills
- It can help you look at what might not be working in your life and perhaps relate it to child sexual assault
- It is common to sometimes feel worse, and want to stop counselling
- It is important to remember that healing and recovery takes time because even "a leaking tap keeps dripping until it is fixed properly"

Counselling can help you learn to care and accept yourself:

- self-nurturing
- self-acceptance
- self-respect

At times counselling can dominate your being, and the paradox of recovery is that healing comes from pain. Eventually your present will be less dictated by your past, there will be choice and control.

Bronson,C (1989). Growing through the pain. Prentice Hall: New York.

"When I think of getting better, I think of an oyster spending years and years living with pain from a piece of gravel stuck in its guts. The gravel doesn't go away; the oyster grows away from it. Year after year, the oyster puts layer upon layer of its own secretions between itself and the gravel, until it doesn't feel pain anymore. Because it now has a pearl!"

[Bronson, 1989, p285]