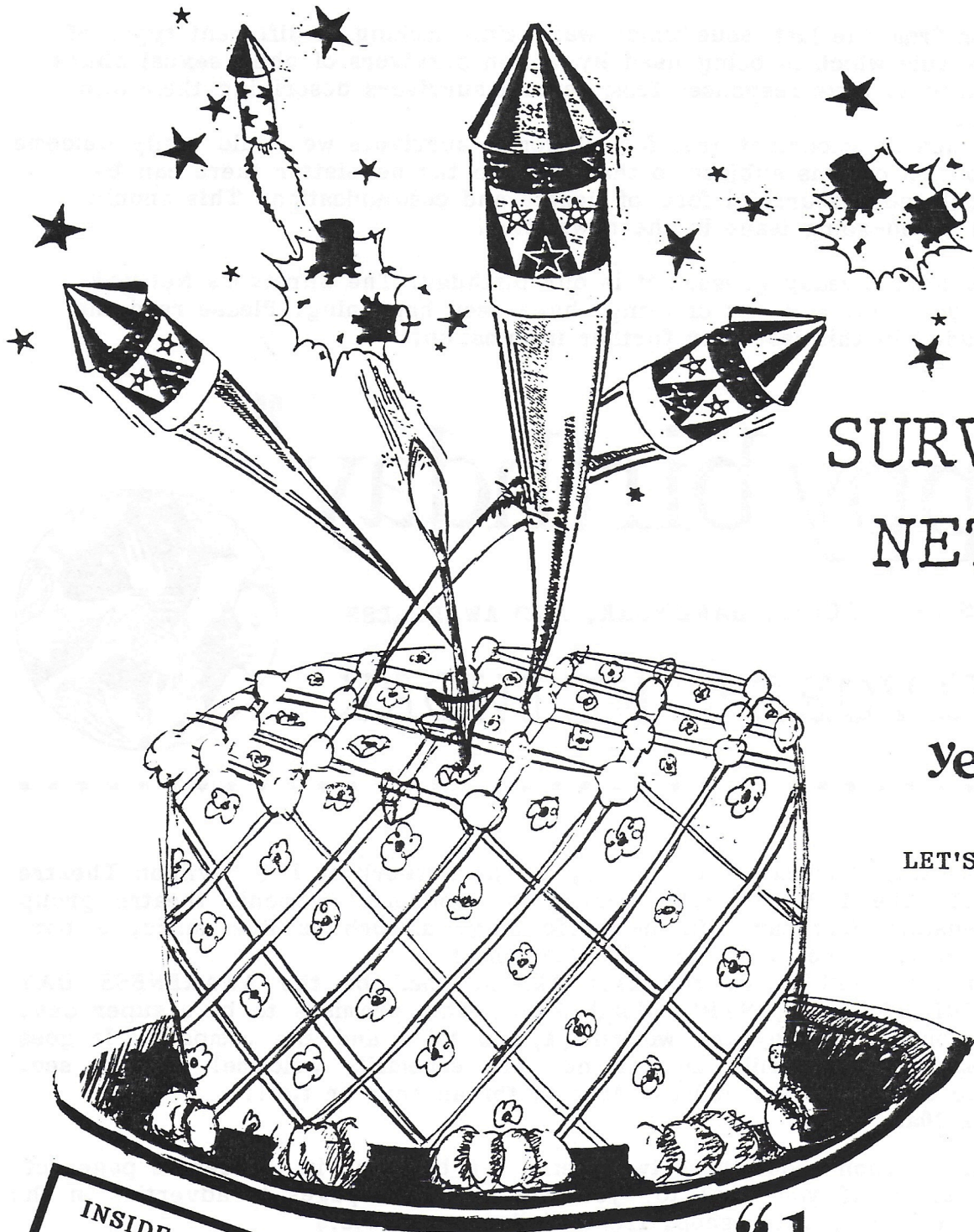


NEWSLETTER OF THE SURVIVORS NETWORK (SUSSEX)
FOR WOMEN WHO WERE SEXUALLY ABUSED AS CHILDREN

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Speak Out



SURVIVORS
NETWORK

1

Year old

TODAY

LET'S CELEBRATE!!

INSIDE

BOOKS IN THE LIBRARY
THE AWARENESS DAY 27th APRIL
POETRY AND ARTWORKS etc.
A SURVIVORS LETTER

and more!

“happy
birthday”

EDITORIAL

Dear Readers

To follow on from the last issue which was mainly looking at different types of therapy available which is being used by women survivors of child sexual abuse, we are pleased to have responses from several survivors describing their own experiences.

As this is such an important area for all women survivors we would really welcome any contribution on this subject so that through the newsletter there can be a confidential and resourceful form of debate and communication. This should and will be an on-going issue in the newsletter.

As you may have already guessed it is our birthday. The Survivors Network is now one year old, and lots of things have been happening. Please read the article included in this issue for further information.

“ happy birthday ”

365 DAYS OF SUCCESS, HARDWORK, AND AWARENESS

SURVIVORS ' NETWORK



Please come and celebrate the birthday of the Network at The Pavillion Theatre on FRIDAY, the 19th of APRIL, where the wonderful women's theatre group called 'Sensible Footwear' will be performing, as well as live music, a bar, and 'sounds' from the turntable, 'till 11.30 pm.!

The following SATURDAY, the 27th APRIL, shall be the AWARENESS DAY at the BRIGHTHELM CENTRE, North Road. This promises to be a super day, so come along and enjoy the workshops, and talks and the company. It goes without saying that family and friends are especially welcome! Lots to see, and lots to do, so please, at least drop-in for an hour or two!!!

Open from 10am - 6pm.

Further information about these two events can be found in the centre pages of this newsletter. If you want to, you can use these pages to advertise in the area that you live (corner shop, front window, work etc.)

Please contact the Network for further information about the AWARENESS DAY.

!!!!!! A WARM THANKYOU TO JAMIE WHO HAS ORGANISED THE DESIGN AND LAYOUT OF THE POSTERS FOR THE BENEFIT EVENING AND THE AWARENESS DAY AND MORE !!!

THERAPY

Talking it through, or Getting it out?

Like many women, who have suffered from begining to remember the sexual abuse they experienced as a child, my first experience of treatment was a prescription for anti-depressants followed by a referral to a psychiatrist when I complained of an even greater feeling of powerlessness and lethergy. After an interview lasting about thirty-five minutes I was given a different type of drug and told to "persevere" as though I had let the entire Health Service and drug companies down by complaining about what are still, euphemistically, reffered to as 'side-effects'. After making a lot of fuss I was interviewed by a clinical psychologist who skimmed over the past thirty-seven years of my life, with just an occaisional comment and a lot of note-taking, before suggesting that I should broaden my interests with an evening class or two. After that I decided to seek private counselling. I knew that I had to face the extent of the abuse and regain the capacity to feel that I had been robbed, through having to repress the pain of those years and try to function reasonably well each day. But it was taking all of my energy.

My therapist was understanding. She spent session after session gently encouraging me to talk about my feelings. She helped me to remember and explore my past and I would talk for an hour or more about my most painful experiences as though they had happened to someone else. I couldn't let go into my feelings and remove the emotional and physical blocks which prevented me from responding in the present. She was too gentle, I was afraid that if I expressed all I was feeling, the terror, rage and shame, I would blow her and her flat to pieces. I told her this. She encouraged me to trust. We talked about trust a lot. But I really didn't need to talk. I needed a place and a person that I KNEW was strong enough to take all of my raw pain and anger. This didn't seem possible in such peaceful, formal surroundings, nor through the gently encouraging tone my therapist used.

As EvaSmith has written in The Courage To Heal (page 372/3)

**"all this anger came up... I needed to holler and yell...
I didn't feel safe... so... I didn't express it."**

I've now found a place which encourages me to let go, and a therapist who knows that I need to sit on the floor, pound cushions, scream; FEEL.

A therapist who is truely THERE for me, supporting me with a strength which assures me, without words, that she's been there before and nothing can harm her - or me. For she is in there with me encouraging me to LET GO. Telling me that I have a right to feel, that I HAVE to fight back. "Come on, fight! Tell them what you feel, let it out!" And I do. And I know I can again.

It was embarrassing at first, then scary, finally it was liberating. And now as I exhaust all the rage and grief I've held back for years, I look at my therapist and see my own strength in her eyes - and the promise that I can trust her - and myself. I know the wisdom of Eva Smith's words. There is a time when talking therapy isn't enough.

**"Express and release. If you need to scream and holler,
that's what you need to do... So do it."**

A Survivor.

'open letter to a mother'

Dear Mum,

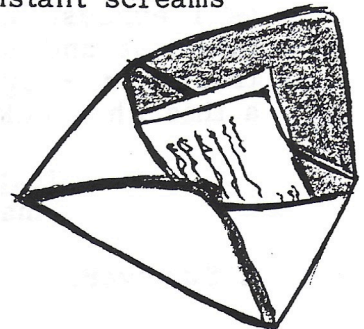
I feel like it's been aeons since I wrote so here's a letter at last. Also I've been thinking of you often and I do miss you terribly sometimes. It would be so nice to just sit down and have a cup of tea and a chat; it's not as if you are just down the road. Sometimes it makes me feel really sad that you're not around. A friend said to me last week that her Mum was always fussing over her and showering her with presents. I said that I knew I hadn't been wanted from birth and that you didn't really know how to mother because your mother hadn't mothered you properly (which I guess makes sense since she was brought up in an orphanage where love is hard to come by and a lot of abuse can take place and that the trauma of the loss of both parents at birth must have been immense for her). Have you ever wondered about this link? That perhaps you couldn't really mother me and give physical affection and joy because you had been deprived of it in your turn? It makes me feel so sad. So sad and full of longing for a childhood I never had, for a mother who never came and cuddled me and cuddled me until I was satiated and satisfied and content. Now I need gentleness and warmth and caring. Now I need somewhere to feel safe.

I know you fed me and you dressed me and you bathed me and you sent me to school. But what about the rest of the needs of a child? What about the cuddling and the words of encouragement and the laughter and the play? Where were they? What about the skills and the help with the homework and the building up of a relationship of respect and trust and security? Where were they?

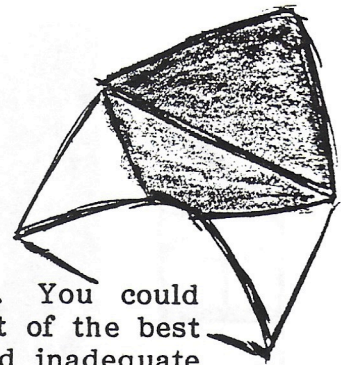
I am so angry that they weren't there. I'm so sad that they weren't there. I'm so frustrated by the fact that they weren't there. I am so full of feelings of worthlessness and powerlessness sometimes and I know that those feelings stem from my childhood. As a child I was never allowed any freedoms. Never given that piano I so desperately wanted or taught how to sew properly on the machine or given ballet lessons or taken to shows I wanted to see or given the time and encouragement I so desperately sought. And anytime I did achieve anything I just got the same old "Well, I should think so" reaction which just made me think "Well, what's the use in trying if all they're going to do is resent me for achieving". You gave me NO help whatsoever to get through school and uni, no help to do anything except be a little showpiece for you two, as a boast, as a piece of property that could be used to show how well you were doing, what 'pretty' children you could produce and exploit. As a bit of prestige and an ego boost for yourselves. You loved to show me off to your friends and relatives but you didn't like to give me any love and attention once we were alone. In fact, your attitude was 'the further away, the better'. What you liked most was to shuffle us kids off to another room or out into the garden where Ross could systematically beat me up, push me round and bully me as he usually did and you could ignore my constant screams for help.

There's a big list Mum:

- emotional neglect
- emotional torture
- constant threats of abandonment
- emotional abuse which consisted of putdowns and cruelty
- bullying
- emotional blackmail
- denial and undermining of achievements
- discouragement of curiosity so your own inadequacies and ignorance wouldn't show
- denial of needs
- denial of wants



active discouragement of intellect and interests
non-sharing of skills
active blaming/scapegoating of problems



You could have learnt so much with me and grown in so many ways. You could have shared so much enjoyment and fun. You could have been part of the best growing years of our lives, but I guess you were too needy and inadequate to try. I know this is painful Mum but I have to say it for my own peace of mind.

You vacuum sealed our world and denied the experience of 'out there'. You denied emotions and problems and the fact that problems can be solved, worked at and maybe even overcome. Why did you deny that a child could have any valuable or original thought? Why did you use your adulthood, your adult knowledge as a weapon, as a powerful tool of destruction? When I asked a reasonable question it was a case of 'Oh, don't you know that already?' as if it was the stupidest question in the world. That's not right Mum. Why did you just follow him down that path of sadism?

I think you are completely stunted inside and act as if there is no such thing as learning and growing intellectually, emotionally and spiritually.

You didn't protect me when I was being abused. You just ignored what was going on.

It's O.K. to show your emotions Mum.

It's O.K. to get angry

Why have you taken so much shit from that man for so long? Why put up with his verbal putdowns, his rantings, his anger, his denials of anyone's needs but his own? Let's face it, the man is a complete fucking tyrant, a bully, a blackmailer, a liar, a puffed up nobody, (please laugh at this point) full of sourness and unfulfilled potential.

Why doesn't he ever get treatment for his problems? He is also well on his way to being an alcoholic.

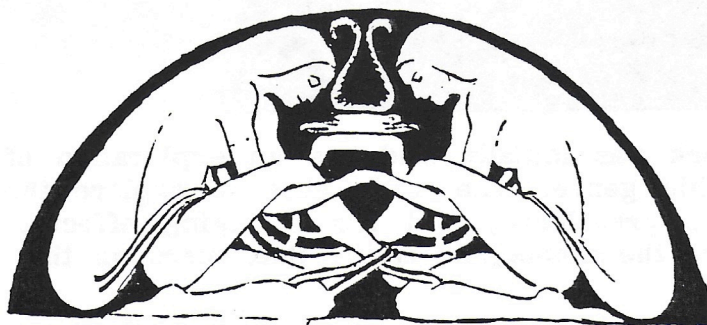
He is obviously a sadist, a misogynist and a classic dirty old man.

What normal father undresses his daughter aged four in front of a room full of people and molests her? Tell me? Just to 'show off' her body and say 'look what some lucky man is going to get some day'. What man does that? Is that a responsible action? NO. Why does a father do that to his daughter? Obviously purely for titillation and his own aggrandisement. Obviously because he didn't think he had anything of his own to give. If you are seriously engaged with life then you have got something to give.

Well I don't know about you but I want to live out my full potential. I want to sing, dance and love and have some fun and have some joy and laughter in my life. How wonderful that feels. Much better than constantly feeling bad, exploited or putdown.

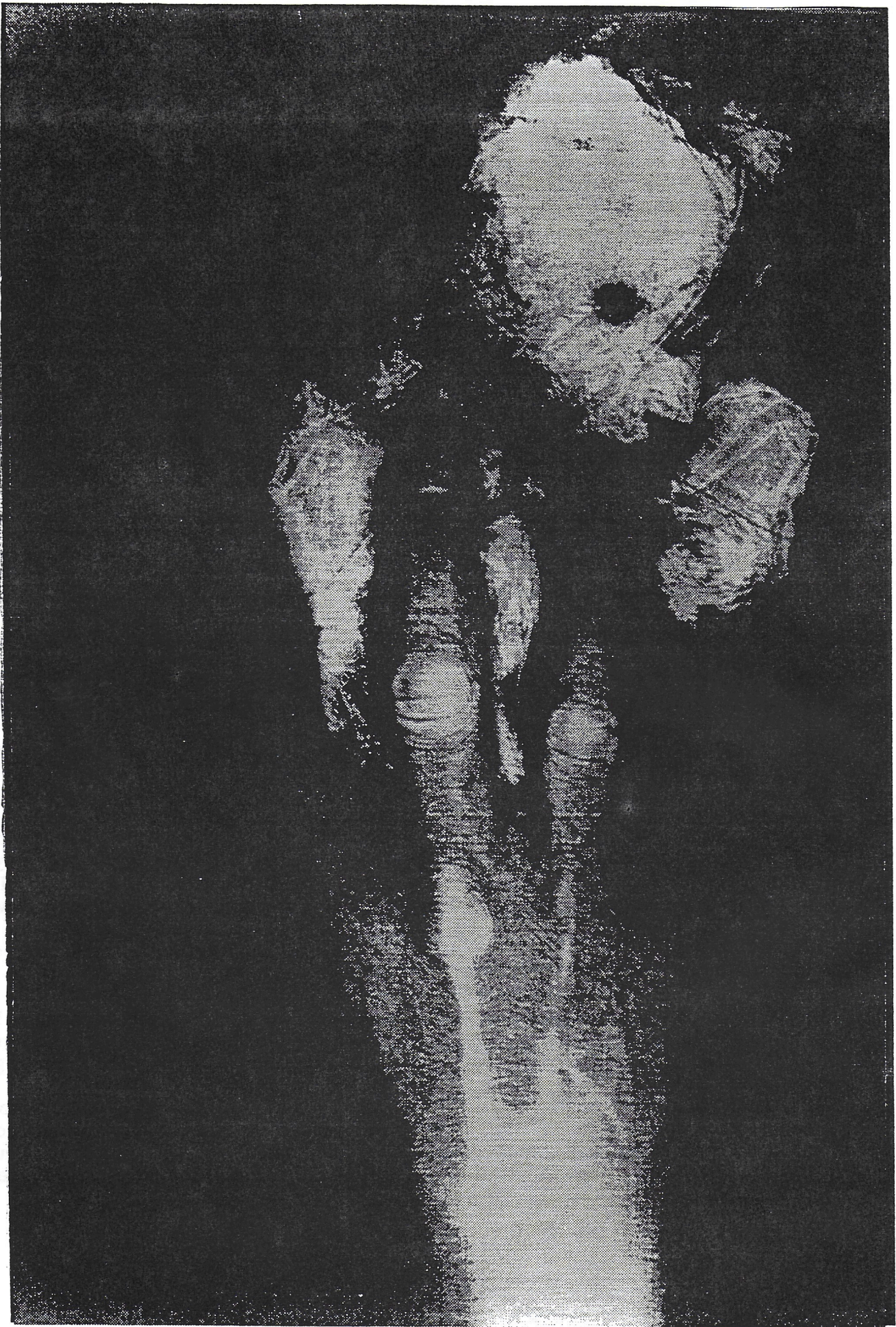
Anyway Mum, I know how painful this is. I know how sad you feel. I know how much you would like to stop feeling depressed. I know how special you are really, how much hope and beauty there is inside you, if only you would let it out. The only way to let it out is by being truly honest with yourself and those around you. I still love you.

Write soon.



'ONE in TEN'

artwork by Leslie Henshall



" The work was initially made as an exploration of the Family Album as a photographic genre. The work aims to explore the trauma of child sexual abuse, it's prevalence, and it's damaging effects, as well as contributing to breaking the silence and myths that surround this issue. "

THE SURVIVORS NETWORK (SUSSEX)

For women who were sexually abused in their childhood

Survivors Network (Sussex)
P.O. BOX 188,
Brighton. BN1 7JW
Telephone Helpline: (0273) 566555

Since the Network began in March 1990 we have been contacted by well over a hundred women, either via the helpline or the self-help groups and forums. Many women are now coming regularly to meetings and also contribute to the running of the organisation.

In December 1990 we held our first A.G.M. which proved to be very successful and enjoyable. There were several representatives from local groups who were able to gather information for their own clients and friends, and will hopefully be able to support us in the future.

The Network now has charitable status which may assist us in our neverending search for funding. To date we have been helped by East Sussex Social Services (with funds and premises), the Women's Committee of Brighton Council, the Gulbenkian Foundation, Telethon, and private donations and subscriptions. As the Network grows we shall need more and more financial help.

Currently we provide a telephone helpline (566555) on Wednesdays and Fridays from 7pm - 9pm, and on Sundays from 4pm - 7pm. (There is an answerphone at all other times.) Eventually we should like to extend this counselling and information service to daily sessions. We are continually in the process of training volunteers to help. If you would like to join us then please let us know as soon as possible.

We hold an Open Forum at 7pm on the last Thursday of every month, to which all women are welcome. (251, Preston Rd., Brighton.) Some self-help groups are already meeting but a new one is still open to a few more women. Please call us if you are interested in joining. A male Partners Group meets weekly for discussions and mutual support and can be contacted at our address above.

Our bi-monthly newsletter 'Spedk Out' is available from our address (donations appreciated) and is mailed regularly to those women who join the Network. Membership costs £15 or £5 concessions per year. We are always keen to receive items for the newsletter - poems, articles, letters, artwork etc. and we are grateful for help in putting it together.

If you would like more information please contact us.

* * * * *

Many, many thanks to Sam for her worthy support as treasurer, since the beginning of the Network; Kelly for her skills learnt and determination shown as secretary; Louise Stoker for putting the library in order! Louise Pemble for initiating and running the newsletter;
On behalf of the Survivors Network, we wish you all good luck in the future !

* * * * *

AND A SPECIAL THANKYOU FOR CAROLE without whose work the Network wouldn't exist.

Poetry... Poetry... Poetry

The Path Of Survival

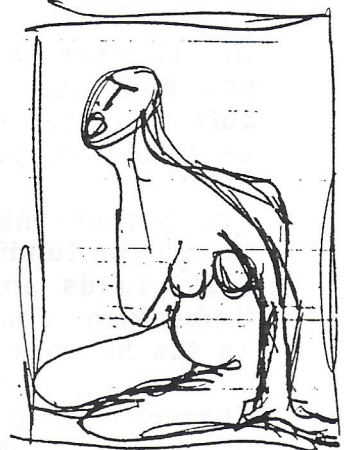
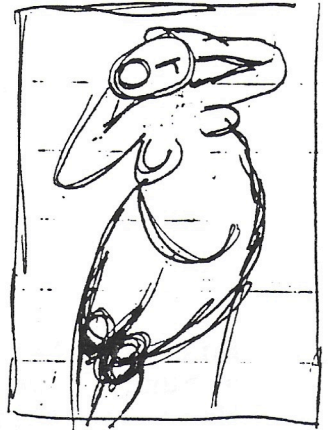
Walking down the path of survival is long
and at times lonely,
That there are some memories that are so
painful that i can't share,
That I cope with it in my own way,
And cope I do,
To the general public I am strange,
They don't understand that they are my
surviving defences,
Built up over many years,
Which will take a lifetime to remove-
If I dare,
We look at ourselves,
We dig deep inside,
We find reserves that most people never
find or see,
And however scary the road is,
I know I will travel down it,
For I have found the strength that I have
never known before.
Strength that it not made up of anger or
aggression
But is fueled by the strength to WIN
to SUCCEED and to LIVE.
The strength to want to know what freedom
is,
That I know longer need to suffer silently
alone
That I know longer need to punish myself,
or to feel guilty
IT WAS NEVER MY FAULT,
That I've realised that all you need to
begin to survive,
Is COURAGE and these words printed in
your mind,
IT WAS NEVER MY FAULT, IT NEED NO LONGER
BE A SECRET - AND I AM NOT ALONE.

MW

YORUBA POETRY - North African

Song of Abuse

The one who does not love me
He will become a frog
And he will jump, jump, jump away
He will become a monkey with one leg
And he will hop, hop, hop away

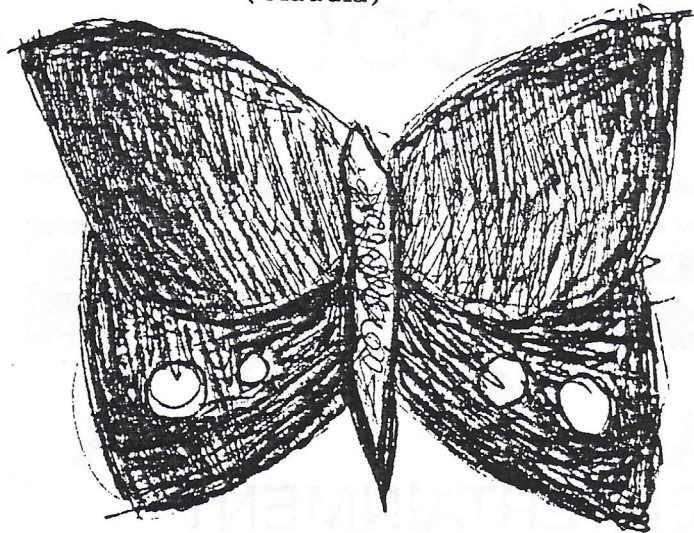


CURTAIN CALL

Swinging low and soft
Once under loock and
key,
Dare I open
the stage
See the curtain guides it's
velvety warmth.
Take my props
My head
My laugh
Loudly
In the face
of ridicule.
Thought you'd
won
Ten, twenty
thirty years

But I'm telling
You now.
Exit left....
right.....
Dissappear
And I wing
My way
Back
To me.
Centre Stage.

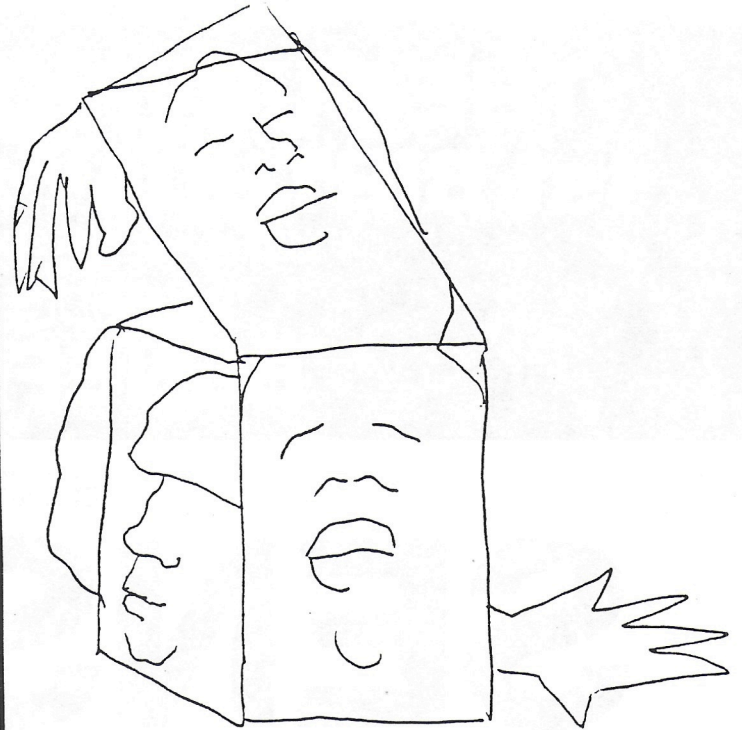
(Claudia)



LOVE POEM

From a survivor to her partner

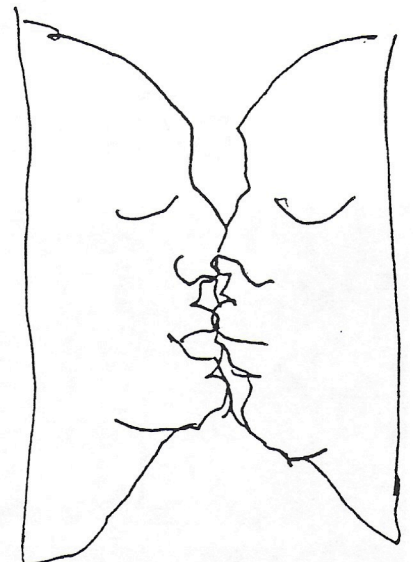
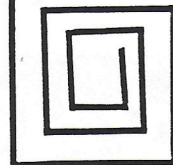
"THE CANDLE WAX IS HEAVING IT'S FLAME SOLIDLY-
FIRE-WATER IN THE EYES-NO COMMUNICATION
AS IF LIFE WAS EASY
LIPS RED AND BURNING FOR WHOOSE-
for yours and mine
SILVERY, SLIPPERY, LIKE HOT ICE IN A BIG ICE-CREAM
SPARKS?- NO SPARKS- JUST HARD SILVER HEAT."



She only wants to fly

Images of love
perpetually the same
slamming doors
like beating hearts
crying out the blame
listening above
to the whispers in the hall
realisation
many years later
when she hears that call
perfect as the dove
who washes away her tears
when she knows
it's he who tries
to wash away her fears
woman knows better
She's seen it all before
must replenish
her lost fields
Of hope, and life, then SOAR!

Jane Boreham



THE SURVIVORS NETWORK 1st BIRTHDAY CELEBRATIONS

FOR WOMEN WHO WERE SEXUALLY ABUSED IN CHILDHOOD

PROUDLY PRESENTS A
BENEFIT NIGHT

STARRING

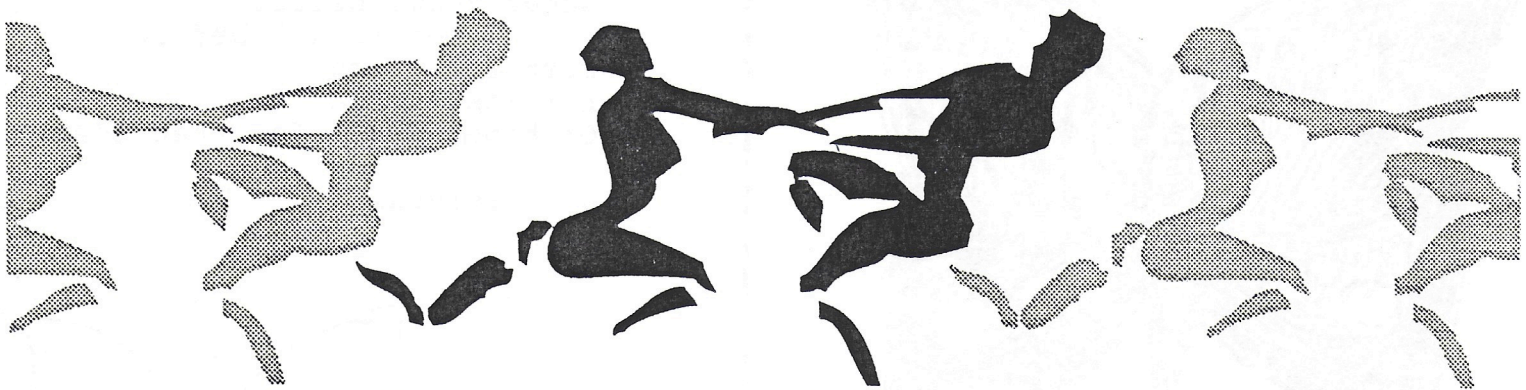
SENSIBLE FOOTWEAR

(FEMINIST COMEDY)

WITH LIVE MUSIC FROM

*the***papertracy** 

+ GUESTS & DISCO!



BAR TILL 12 - GREAT ENTERTAINMENT

FRIDAY 19TH APRIL

**8PM - 12PM PAVILLION THEATRE,
TICKETS £3.50 (£3.00 CONCESSIONS)**

IN ADVANCE FROM ROUNDER RECORDS, WORLD BEAT, UPSTAIRS AT JUBILEE SHOPPING HALL,
UNICORN BOOKSHOP OR ON THE DOOR.

THE SURVIVORS NETWORK

FOR WOMEN WHO WERE SEXUALLY ABUSED IN CHILDHOOD

IS HOLDING A 1ST BIRTHDAY CELEBRATION



AT THE BRIGHTHELM CENTRE
SATURDAY 27TH APRIL

10.30 AM - 5PM

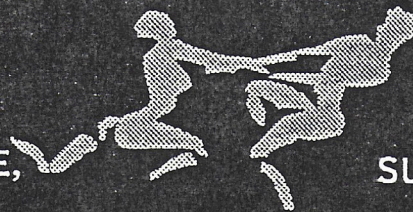
FUN, ENTERTAINMENT & INFORMATION.

SPECTACULAR STALLS

VIDEOS & DISCUSSIONS

WORKSHOPS ON MASSAGE,

DANCE, MOVEMENT, MUSIC.



POETRY AND SONGS

CHILDRENS PLAYBUS

SURVIVORS ART EXHIBITION

AMAZING RAFFLE-GREAT PRIZES!

COME ALONG AND LAUGH, SING & DANCE.
DISCOVER HOW TO SURVIVE & THRIVE.

ALL ARE WELCOME!

ARTWORKS NEEDED!

Does anyone have any art that they would like to exhibit in a group show at the AWARENESS DAY? Drawings, paintings, prints, photo's, sculptures, illustrations, cartoons, craftwork, written works, No need to frame or mount anything. Everything will be exhibited

No judges - No critics - Just your art

GO ON!

BE

BRAVE

A HUGE THANKYOU TO ALISON PLACKITT FOR HER PATIENCE AND DETERMINATION IN PRINTING THE NEW BOOKLETS FOR THE SURVIVORS NETWORK. THANKYOU!!!

LIBRARY NEWS

We now have 37 books in the library, thanks to many donations from members of the Survivors Network, and a particularly generous donation from Sharon Benedict at the Unicorn Bookshop. There are now a selection of books ranging from self-help therapy to women's health, and current issues. There are also available for reference; articles, leaflets, information booklets and backdated newsletters, all on child sexual abuse and related subjects. There are now two tapes (any more donations would be great!). 1) The Courage To Heal, which accompanies the book and 2) Meditations:- Healing the Inner Child and Forgiveness

There is still a lot of filing , reading and sorting to wade through but hopefully the library will begin to look like it's name!

P.S. It would be great to have a noticeboard in the library and some posters, so please contact the Network if you have anything to cover the walls. THANKYOU.

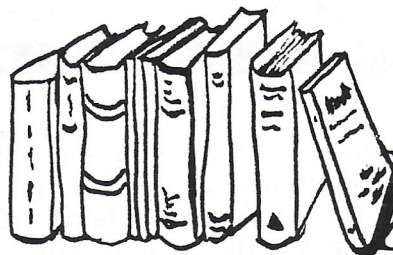
BOOKS in the library.....



- The Courage To Heal - Ellen Bass & Laura Davis
Beyond Codependency - Melody Beatie
Codependent No More - Melody Beatie
Child Sexual Abuse Within The Family - Ciba Foundation
Scream Quietly Or The Neighbours Will Hear - Erin Pizzy
Negaholics - Cherie Carter Scott
Art As Therapy - Tessa Dalley
How Can I Help - Ram Dass & Paul Gorman
Women On Rape - Jane Dowdeswell
In Our Own Hands - Shiela Ernst & Lucy Goodison
Betrayal Of Innocence - Dr Susan Forward & Craig Buck
My Father's House - Sylvia Fraser (2 copies)
Creative Visualisation - Shakti Cawain
You Don't Have To Live With Cystitis - Dr L. Gillespie
You Can Heal Your Life - Louise L. Hay
Escape From Childhood - John Holt
Victims Of Violence - Joan Jouker
I Couldn't Cry When Mummy Died - Ivis Galey
Women And Employment - Jane Macloughlin
For Your Own Good (The Roots Of Violence In Childrearing -
- Alice Miller
Thou Shalt Not Be Aware - Alice Miller
The Drama Of Being a Child - Alice Miller
Reclaiming our lives - Carole Poston & Karen Lison
Self Healing - Louis Proto
Tell Me Who I Am Before I Die - Christian Peters with Ted Short
For Your Childs Sake - Miriam Saphira
Families And How To Survive Them - Robin Skynner
Michelle Remembers - Michelle Smith, Dr Guy Abraham
and Dr Alan Stewart
The Colour Purple - Alice Walker
Shrunk To Fit - Eileen Walkenstien
Triumph Over Darkness - Wendy Wood M.A.
Surviving Child Sexual Abuse - Liz Hall
Toxic Parents - Buck Craig & Susan Forward
- The Courage To Heal Tape - Ellen Bass & Laura Davis
Meditation Taoe: Healing The Inner Child & Forgiveness

Come + browse through
the books + articles!
Borrow books any time.
They are for you.





REVIEWS

INCEST AND SEXUALITY A Guide to Understanding and Healing.

Wendy Maltz. Beverly Holman.

Lexington Books

"Incest and Sexuality helps us honour skills we developed to endure abuse so that we can transcend the fear of experiencing our sexual selves. It is gentle in guiding us through the vulnerable terrain of feeling warmth and intensity of sexual energy, free from abuse. This book validates our experiences, addresses our concerns, and respects our process of recovery."

Valerie Heller- National President of VOICES.

USA

(Victims Of Incest Can Emerge Survivors)

I can't improve on the above, taken from the 'blurb' of this book, but I can confess that I was apprehensive about reading a book which might be another dry sociological study far removed from my experience as a survivor. But I'm glad I took the risk. This book is written with compassion, integrity and a firm advocacy for survivors of child sexual abuse. Wendy Maltz and Beverly Holman work in one to one therapy, facilitate survivor's Self-Help groups, and in workshops. They draw from their wide experience of empowering adolescent and adult survivors.

As a survivor and sharing my life with a partner, I find this book invaluable in helping me towards an understanding of both our needs and fears. It has assured us that there is hope, and that we can grow together in trust and mutual understanding. But this book isn't just for survivors in a relationship. It is for anyone who is involved with survivors; partners, therapists, doctors, social workers. It also concerns teachers and those who work with children. Here the authors reveal the way that primary conditioning and education can create an environment for child abuse, and even collude to hide it. They tackle and deal with how the emotional, mental, and sexual wounding of the survivor can be detected; and healed. This is done responsibly; with a deep sensitivity for the readers- especially survivors. To quote from the authors' introduction:

"... we recommend that people reading this book have a support system, such as a friend or counsellor with whom they can discuss any feelings that may arise. We also suggest that readers give themselves permission to skip over any graphic descriptions contained in the book, and to stop and take a break from reading when needed."

The opening chapters provide a critique of the social and family influences which produce child exploitation and abuse. Further chapters encourage us, as survivors, to recognise our power- which enabled us to cope with the trauma of abuse. Also, the book helps us to understand our self concept and our anxieties in relating to others, before exploring how we may become the main agents of our own healing. Another chapter looks at survivors and partners working together, respecting the needs and experiences of both. There is also a full and penetrating chapter on therapy and therapists containing outlines of what might happen as sessions progress.

LIZ.

SEXUAL ABUSE AND YOUNG
HOMELESS WOMEN

CHAR has launched a research project on young women who have become homeless as a result of sexual abuse - a distinctive cause of homelessness. The project funded by Joseph Rowntree Foundation, is to run for twelve months covering England and Wales. CHAR has been concerned about the lack of public attention to the linkage between the two. It was through Women and Homeless regional conferences, which CHAR organised, that this issue came to light.

Mandana Hendessi has been appointed to the post of research worker. Through detailed consultations, she will be working towards empowering young homeless women to influence policy and procedure affecting them. Moreover Mandana will be developing policy and practical guidance for housing and other relevant organisations, inc. Social Services, Rape Crisis the Police, voluntary sector hostels women's aid refuges, and others who work with young homeless women to take on board the issues and improve cooperation in order to enhance their services to young women.

Mandana likes to hear from people in the housing or related fields who have experience of dealing with young women survivors.

Please contact her at :

CHAR,
5 - 15 Cromer St.,
London.
WC1H 8LS.
Tel: 071 8332071.

**MORE USEFULL ADDRESSES
AND CONTACTS IN LONDON**

OFF - CENTRE

A free and confidential service offering counselling for sexually abused young people, (thirteen - twentyfive yrs. old).
081 985 8566 / 9864016

DISTRESSLINE

For parents and carers of sexually abused children, giving emotional support, legal and medical information.
071 267 9260 11am - 3pm.

WOMEN AND GIRLS NETWORK

A confidential counselling and information service for women and girls who have experienced any form of male violence.
071 978 8887 weds. 11am - 3pm.

SCOSAC

Standing committee on sexually abused children. Offers consultancy to workers in voluntary and statutory sectors. Organises meetings, publishes a newsletter etc.
081 960 6376



CHAR

HOUSING CAMPAIGN
FOR SINGLE PEOPLE

5-15 Cromer Street London WC1H 8LS 01-833 2071

AN EXPERIENCE OF PSYCHOSYNTHESIS

"We are dominated by everything with which our self becomes identified. We can dominate and control everything from which we dis-identify ourselves." Roberto Assagioli.

Psychosynthesis was founded by Roberto Assagioli in the early part of this century and lays particular stress on the power of the "Self" to integrate the unique aspects of every individual's body, mind and feelings. As the above quotation suggests Assagioli believed that we have a central "Self", capable of overcoming and changing the way we live by learning to dis-identify from our experiences. Applied to Survivors of child sexual abuse this means that rather than allowing ourselves to become identified completely with the abused child - with our past - we accept ourselves as much more than this. We learn to honour our complete life history as a journey of survival, in which we have overcome what has been done to us. Psychosynthesis aims to enable us to become free to live richer, more independent lives, realising our full potential not only despite our abuse but also through it.

Therapists working in Psychosynthesis lay particular stress on the uniqueness of each individual's life journey. They describe themselves as "guides", helping each client to explore the origins of their mental, physical and emotional pain, and encouraging them to accept and integrate the reality of their own experience and recognise the power which has always existed at the core of their personality and by which traumatic events have been survived.

Exploration of a client's past and present is done through a variety of techniques depending on suggestions made by the guide with the agreement of the client. These are almost certain to include guided visualisation of the client's past thoughts, feelings and experience as well as what might yet be achieved in dealing with particular problems of feeling and acting in the present. Other techniques may include using art as a means to express feelings, keeping a journal to record reactions to past and present experience, which may be shared with the guide if the client feels it would be helpful, and learning techniques to deal with crisis situations and panic attacks.

Another part of Psychosynthesis theory is exploring the different facets of the personality and uncovering the ways in which we may react in different situations; for example becoming overcritical of our own feelings or needs. Psychosynthesis sees such conflicts as arising from the different needs of what it describes as "Subpersonalities" - different aspects of ourself which have their origin in our past and present experience with others. For example a tendency towards self criticism may be an internalisation of a parent or authority figure. Learning to recognise the different parts of ourselves, and their value, may lead to their integration or rejection, giving us a greater autonomy in living our own life.

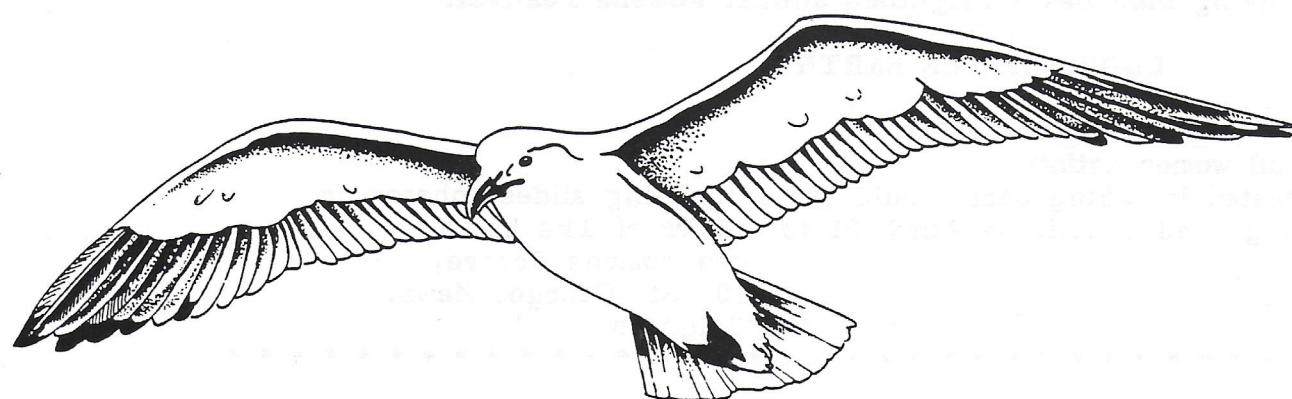
Today Psychosynthesis may best be described as eclectic. Individual therapists draw from a wide range of psychological and spiritual disciplines which they may integrate into a basic framework of standard psychosynthesis techniques. Therefore it is essential that a therapist and client are well matched. Psychosynthesis has been described as "a psychology with a soul" and in my own experience all guides place some emphasis on a spiritual dimension which transcends the individual. They place great value on intuition, creative insight and a "higher consciousness."

Psychosynthesis has something in common with other so called "Transpersonal" psychologies and Jungian concepts. Thus, while it may be very valuable to those who believe in a spiritual dimension to which they may turn for empowerment, it can create obstacles to the forming of a sincere relationship between a guide with a strong belief system - of whatever type - and a client who has no belief in the spiritual. From my own experience of working with a guide I would strongly recommend that a potential client is certain of the compatibility of their own views and the guides' - or at least the possibility of the guide being respectful of the client's own beliefs - or lack of them.

My own experience of Psychosynthesis is that it is not a short term therapy. While it has offered many techniques which have helped me to understand the effects of abuse and deal with some of the problems arising from it, it has not, after seventeen months, provided a complete resolution. I don't know whether any therapy can. My view of Psychosynthesis has changed as I have changed and I have had to accept that I no longer feel the close rapport which I felt with my "guide" at the beginning. This has led me to conclude that the selection of a therapist who is truly felt to be empathic and understanding of a client's changing needs is of primary importance. The list of questions provided in the last newsletter is an essential, if not exhaustive, guide to finding the right therapist, whatever the type of therapy.

If Psychosynthesis appeals to any who are seeking therapy but would like to know more before approaching a therapist they may get a good overview of the techniques used from the book The Elements Of Psychosynthesis, by Will Parfitt, or from contacting a guide for an initial free interview through The Natural Health Centre in Brighton which carries a list of Psychosynthesis guides.

Liz Hatton.



THERAPY GROUP FOR WOMEN WHO HAVE BEEN SEXUALLY ABUSED AS CHILDREN

We are setting up a group for 8 to 10 women which will run from mid-April to mid-July. We will be meeting on Monday evenings for two hours, though the first session will be held on a Saturday from 10am to 3pm.

The group will be led by Sue Berelowitz and Pam Nicholls.

Pam has a qualification in social work and has worked for ten years with children and families; she is presently working in a family centre. For the past five years, Pam has been doing both individual and groupwork with women and children who have suffered sexual abuse.

Sue is trained in Gestalt therapy and has particular experience in working with women who have been sexually abused in childhood. She is currently following a Masters degree in Social Work.

The cost will be £10 per session except for the Saturday session which will cost £15.

If you are interested in joining the group or wish for further information please contact us a.s.a.p.

Pam: 0797-270434 (answerphone)
Sue: 0273-553530 (after 8pm.)

PERSONAL COUNSELLING
at
SUSSEX UNIVERSITY
Starting in October 1991
there will be
ONE YEAR
POST-QUALIFYING
TRAINING COURSE
in
PSYCHODYNAMIC
COUNSELLING

For information and application forms
please contact,
Janet Ramsey,
Personal Counselling
Falmer House
University of Sussex,
Falmer,
Brighton. BN1 9QF.
Tel. 1273 678156
Application deadline June 1st 1991

BRIGHTON WOMENS OUTDOOR SCULPTURE EXHIBITION.
Part of Taking Liberties - Brightons annual Womens Festival.

DOORS OF THE EARTH

October 1991

Open to all women artists.

Women interested in taking part should write, sending slides, photos or rough drawing, and S.A.E. by April '91 to: Doors of The Earth,
c/o Womens Centre,
10, St. Georges Mews,
Brighton

Over one hundred women have contacted the Survivors' Network during the period March to December 1990 via the Telephone helpline (566555), the self-help groups, the monthly forums, or the newsletter.

The need for Women Survivors of childhood sexual abuse to have support, therapy and a voice at last, is undisputed. Indeed the statutory agencies who refer many women to our service, acknowledge that the need is ever increasing and that women deserve to be heard.

Currently the Survivors' Network is operating on a shoestring with the goodwill of many volunteers. In order to make the Network available to more women we need funding over a long period. So far we have initiated a telephone helpline, self-help groups, a partners' group, training for volunteers, a resources area, and a bi-monthly newsletter. We have had a small grant from Social Services and the Women's Committee have promised £200 but if we are to survive the next financial year we need several thousand pounds.

Please support us with a regular donation of a pound a month!

Standing order

to:THE SURVIVORS' NETWORK
BOX188, BRIGHTON BN1 7JW

I wish to contribute to the funds of the Survivors' Network. I undertake to pay the sum of £ each month/year, and have completed the Bankers Order Form below.

NAME: ADDRESS:

Bankers Order Form

The Manager.....Bank Plc
.....

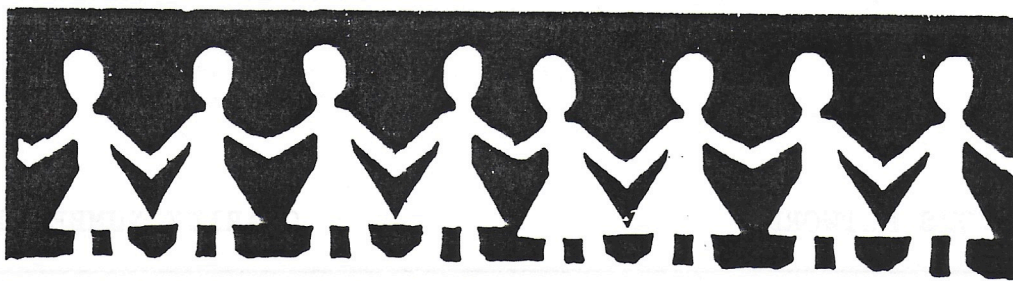
Please pay The National Westminster Bank, Castle Square Branch, 8, Pavilion Buildings Brighton, for the credit of the Survivors' Network (Account Number 53646835) the sum of £ per month/year ,making the first payment on (date)

.....
and subsequent payments on the same day of each month/year until further notice, debiting my current account number.....

name.....
address.....
.....

signed.....

make your donation today!



SURVIVORS NETWORK (SUSSEX)

APPLICATION FOR MEMBERSHIP

NAME.....

ADDRESS.....

.....

.....

TELEPHONE.....

OCCUPATION.....

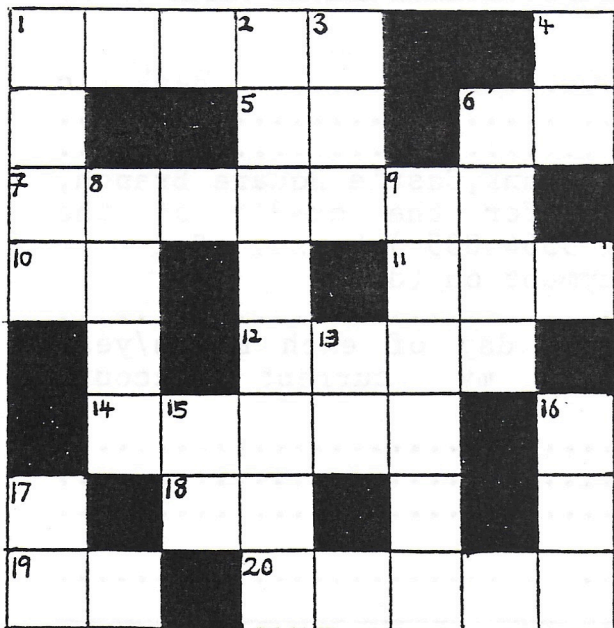
I should like to apply for membership of the Survivors' Network, and receive information about meetings and projects. I enclose a cheque for £15 (payable to the Survivors' Network).

signed.....

concessions only £5!

Survivors Network: P.O. BOX 188, Brighton, BN1 7JW.
Tel: (0273) 566555

CROSSWORD PUZZLE



ACROSS

- 1. To clothe oneself.(5)
- 5. Not down?(2)
- 6. see 4 down - joke(2,2)
- 7,18, and 6 down. Dessert island book!
(7,2,4,)
- 10. Peanut maker?(2)
- 11. Woman witch(3)
- 12. Worshipped object.(4)
- 14. A cat has nine.(5)
- 18. see 7.
- 19,17down...continue?(2,2)
- 20. Usually red where violets are blue.(5)

DOWN

- 1. Pack of cards.(4)
- 2. We are one because we are alive and kicking.(8)
- 3. Resorting to mineral water.(3)
- 4. see 6 across - joke(2,2)
- 6. see 7 across
- 9. Spirits (6)
- 15. Neither she nor he? (2)
- 17. see 19 across

- 8. A gemstone(of any colour).(4)
- 13. of France! (2)
- 16. Internationally recognised call for help.(1,1,1)