

Child Sexual Abuse Healing Trauma Therapy

**"I was given a voice to talk
about what happened and
express my feelings"**

**"The things we talked
about helped me feel
better"**

**"I felt safe talking
about my nightmares
and flashbacks"**

Support for Children and Young People 3-19 yrs

A structured 12-session therapeutic healing intervention for children and young people who have been affected by Child Sexual Abuse. A verbal disclosure is not required for referral. Please consider behaviours as a form of communication. Therapists meet each child's individual needs, interests, and preferences.

We work in multi-agency buildings such as Family Hubs, CAMHS, GP surgeries and also online.

Contact Us

sunrisetherapyservice@barnardos.org.uk

T 01642 300774

Scan the QR to get Support



BARNARDOS

SUNRISE THERAPY SERVICE

HEALING



Healing Sessions to Process Sexual Abuse Trauma

Our therapists use a pluralistic approach, drawing on a range of methods to meet each child's unique needs. Building a trusted therapeutic alliance is essential, as it creates a safe foundation for processing trauma. Therapy is reviewed at session six and can extend beyond the initial 12 sessions if needed. Some children may need additional time to revisit parts of their journey.

Our CSSO Principles

Child Directed: We listen to how children want us to support them and things that need to happen while they are with us.

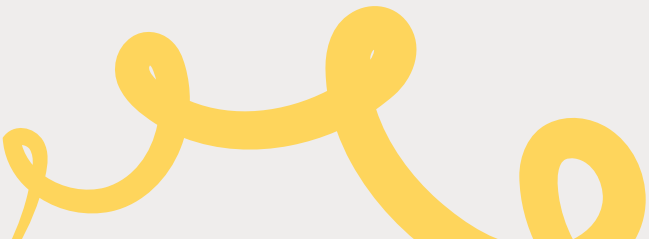
System Focused: We support each child to reach out to trusted people who understand them and have a positive influence in their life.

Strengths Based: We set goals that are grounded in the child's unique strengths, interests and preferences.

Outcome Informed: We listen to what children say about how well things are going and set goals with them to make sure working together is helping.

Why are we Here?

We're here to empower children and young people to feel safer, happier, healthier, and more hopeful from the moment we meet.



Delivering CSA therapy work for over three decades

This reflects our unwavering commitment to supporting children and young people affected by childhood sexual abuse. Over time, we have developed and refined evidence-based approaches that prioritise safety, trust, and empowerment. Our interventions are grounded in trauma-informed practice, shaped by the voices of children and young people, and tailored to meet individual needs. This work demonstrates resilience and expertise in creating safe, supportive spaces where healing and recovery can truly take place.

What We Hope to Achieve

A Ray of Sunshine at Sunrise Therapy Service, bringing warmth and light into the darkest moments, supporting children and young people to discover hope, strength, and a brighter tomorrow even in the toughest situations.

