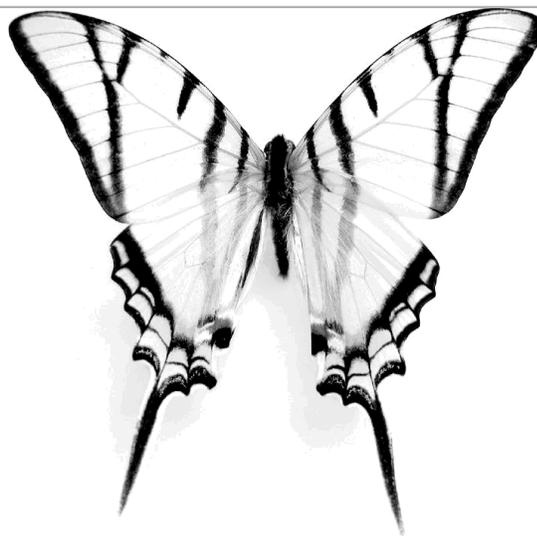


Therapeutic 8 Week Programme for Female Survivors of Childhood Sexual Abuse



28 women attended the Butterfly Programme during 2010. The programme was run from various locations across Suffolk, primarily in Children's Centres. The programme is user led which promotes empowerment and retention. The women meet for 2 hours every week and cover a variety of relevant topics including validation, flashbacks, memories, anger, relaxation, inner child work, art therapy and effects on parenting. The programme promotes independence and aims to achieve a number of outcomes such as helping women find the confidence to return to employment or education; reducing the number of professionals women access as a result of their abuse and encouraging autonomy and necessary tools to cope with the effects of their abuse in daily life.

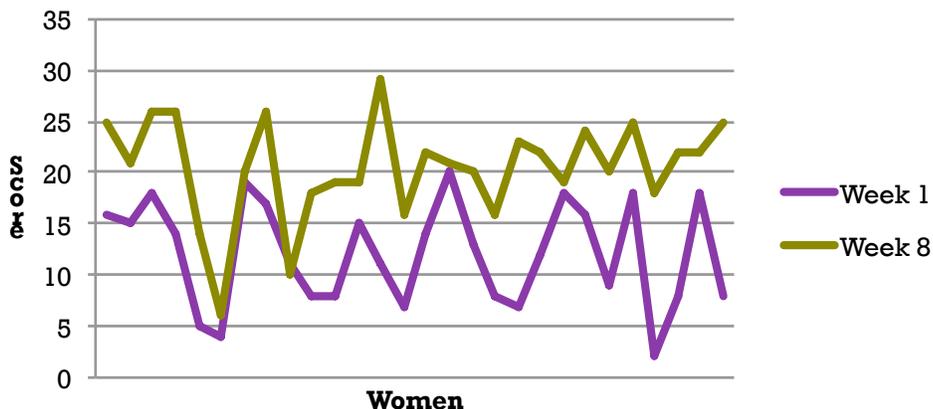
Some notable results

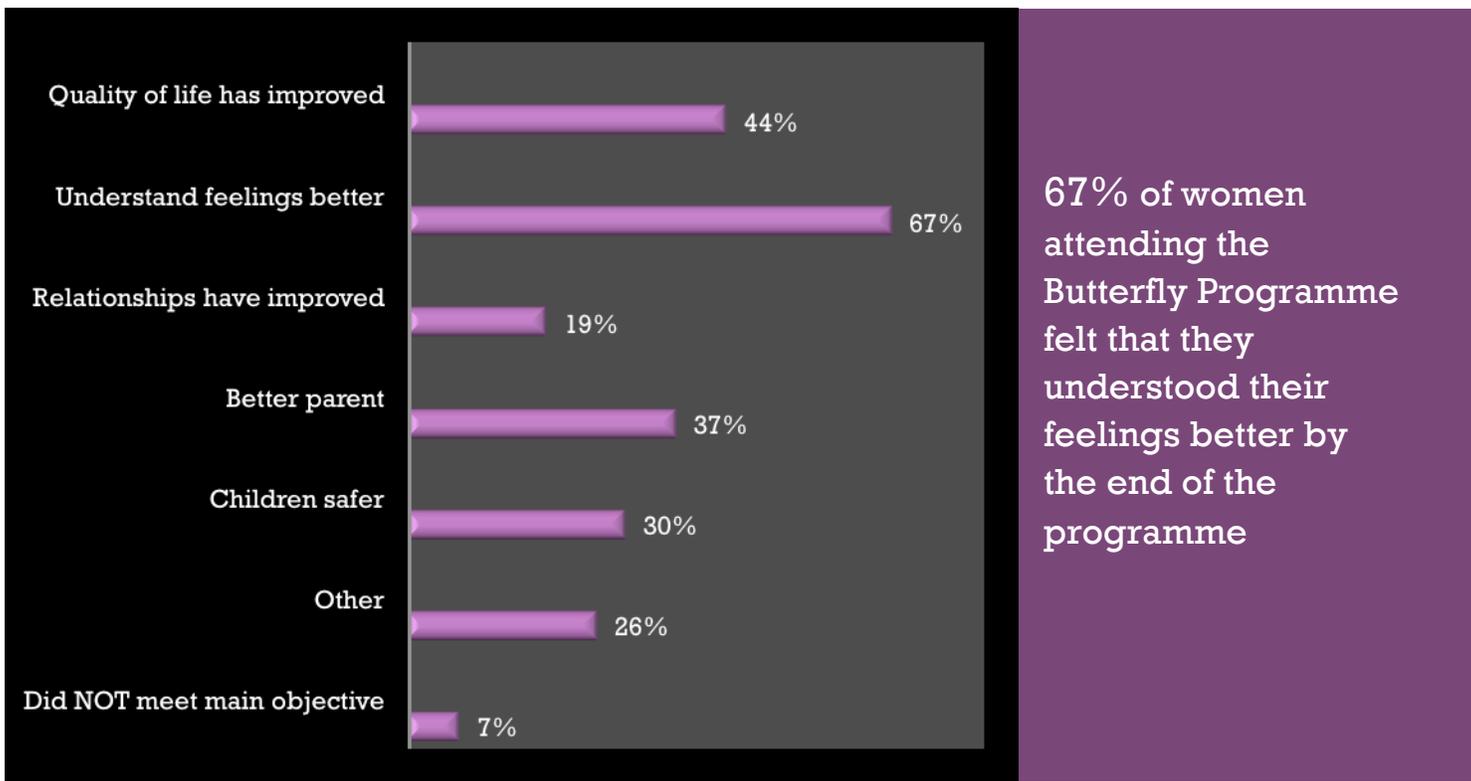
- 67%** Reduction in suicidal thoughts or feelings
- 57%** Reduction in self-harming
- 20%** Reduction in feelings of depression and hopelessness
- 18%** Women returning to education or employment
- 10%** Reduction in those experiencing nightmares and flashbacks
- 40%** Average increase in self-esteem from Week 1 to Week 8
- 0%** Drop out rate
- 72%** Have had prior treatment of some kind for their abuse

The Rosenberg Self-Esteem Scale is a 10-item self-report measure of global self-esteem. It consists of 10 statements related to overall feelings of self-worth or self-acceptance.. Rosenberg's Self-Esteem Scale is a brief and unidimensional measure of global self-esteem. The Rosenberg Self-Esteem Scale has demonstrated good reliability and validity across a large number of different sample groups. The scale ranges from 0-30.

Scores between 15 and 25 are within normal range

Butterfly Programme Rosenberg Self Esteem Scores Week 1 / Week 8





67% of women attending the Butterfly Programme felt that they understood their feelings better by the end of the programme

one in four women is affected by childhood sexual abuse

What some of the women had to say at the end of the Programme:

I used to not be able to leave the house but this has improved so much. I liked getting things off my chest

It has made me realise that I am NOT alone

Making me realise things are not my fault.

I can say without a doubt I have processed and healed because of this group

The Butterfly Programme has changed my view on life and has also saved me

I can cope better



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