



# Psychotherapy

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## Psychotherapy

The Therapy Programme is one of the core services of One in Four. The programme aims to meet the needs of service users in a variety of ways, offering: one-to-one counselling and psychotherapy, group therapy and open nights.

The clinical team comprises of a clinical director, two full-time psychotherapists, three sessional psychotherapists, one sessional counselling psychologist and two placement psychotherapists who together form a dynamic multidisciplinary clinical team with a broad spectrum of therapeutic and professional approaches and experience. One in Four adopts a professional approach in recruiting for the clinical team and all full-time and sessional therapists are trained to the highest standards and are accredited members of the appropriate governing body for their particular therapeutic approach. The two placement psychotherapists are valuable members of the clinical team and bring a refreshing energy, reminding those with more experience that there are always new skills, new approaches and new theoretical perspectives to consider, open up to and embrace.

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One-to-one therapy began in February 2003 and since then over 136 individuals have engaged in weekly one-to-one therapy. While some of the therapy has been short-term, research indicates that therapy with individuals who have experienced childhood sexual abuse and/or sexual violence is predominantly long-term. Each individual who enters into therapy in One in Four is assured that they determine how long their therapy will go on for and that endings are at their discretion. Therapy is offered on a weekly basis, though this can be negotiated to fortnightly should a client's particular circumstance require this.

One in Four also offers Group Psychotherapy, since September 2003 two different groups – a Mixed Group and a Allies Group have been up and running, meeting the needs of a further 20 individuals. The Mixed Group is a deep process group that runs on a weekly basis for two and a half hours and is co-facilitated by two psychotherapists. It is attended by 12 clients, who are in one-to-one therapy either in One in Four or elsewhere. It is a requirement for the Mixed Group that each client has the additional support of one-to-one therapy.

The second group is the Allies Group which has proven to be a wonderful extension of the work of the organisation. It offers support to individuals who have been or who are supporting someone who has experienced childhood sexual abuse and/or sexual violence. It runs on a weekly basis and is facilitated by one psychotherapist and is attended by eight clients.

The need for different types of groups continues to present a challenge to the organisation in meeting service users' needs. Currently under consideration for the forthcoming year is the establishment of an Art Therapy Group, and an Eating Disorders Group and/or a Self-harm Group.

Open Evenings were established on a weekly basis in February 2003 before the first therapy clients began being seen. On any one evening, between 8 and 12 people might attend an open evening. Open Evenings offer a space that does not demand discussion, work or thought but is simply a space to be free to connect with others in similar circumstances. They offer an opportunity to talk about personal issues if desired and offer individuals the experience of an environment that holds the issues surrounding sexual abuse and/or sexual violence in a mindful way, acting as a container for the broader, collective experience. These evenings also offer a 'way in' for individuals considering engaging with their issues around an experience of sexual abuse and/or sexual violence.

Thérèse Gaynor  
**Clinical Director**

# Psychotherapy: Data & Analysis

Figure 1.0. Number of Psychotherapy Enquiries.

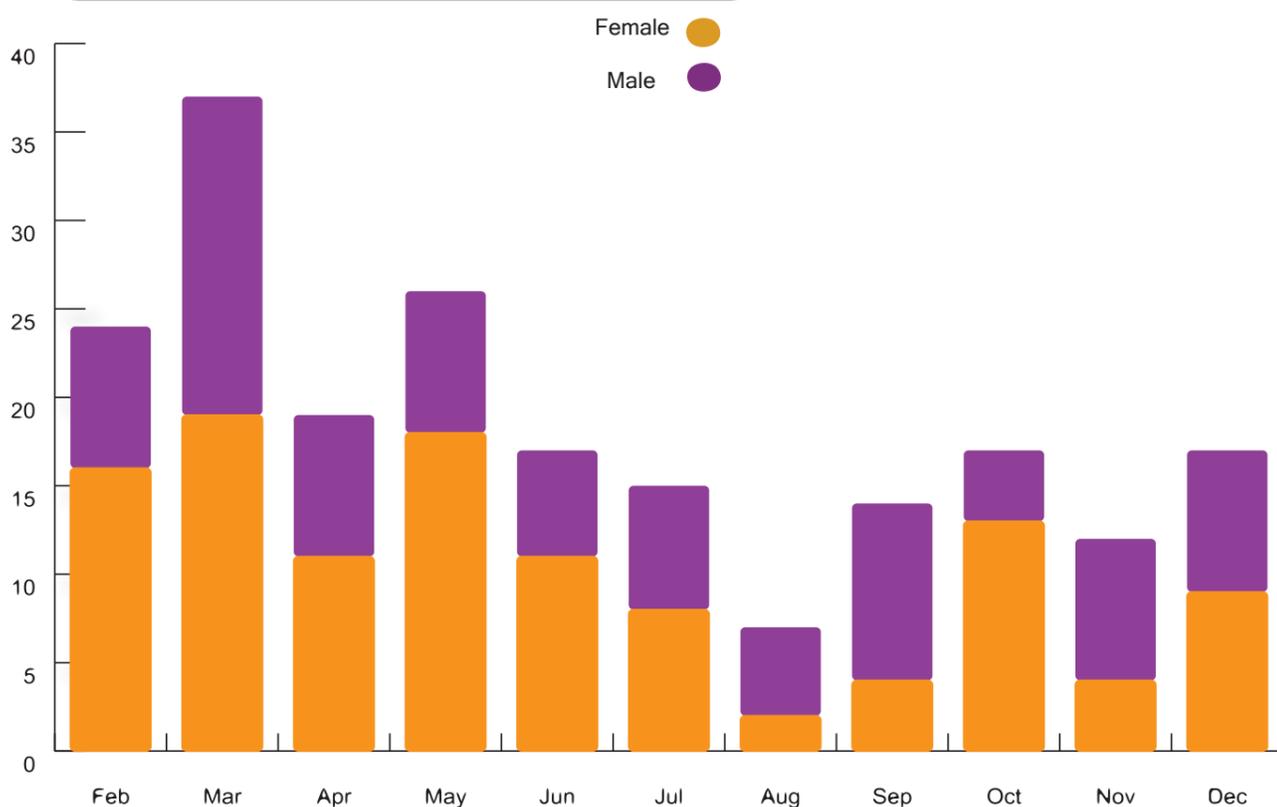


Figure 1.0 shows a breakdown of enquiries to One in Four for therapy in the period February 2003 to December 2003.

It highlights female and male enquiries and the consistent trend that has been experienced throughout the core services of the organisation, i.e. the high percentage of males accessing the service.

Figure 1.1. Breakdown of Psychotherapy Enquiries.

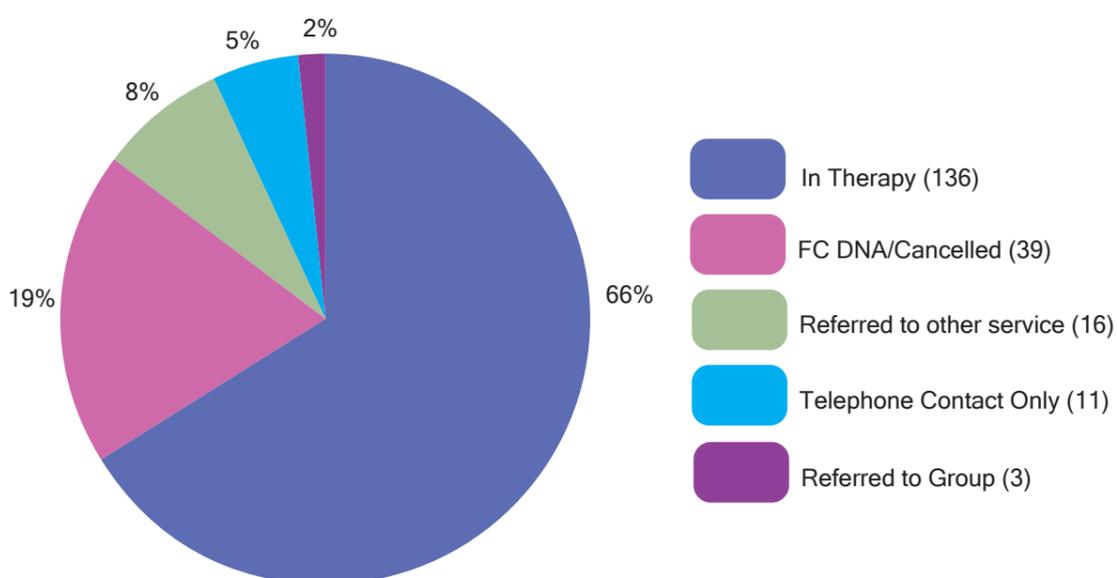


Fig 1.1 shows a further breakdown following an initial enquiry to the service.

The breakdown of the 205 therapy enquiries is as follows; Individual In Therapy (136), First Contact Did Not Arrive/Cancelled (39), Referred to Other Service (16), Telephone Contact Only (11), Referred for Group (3).

Fig 1.2 shows a breakdown by gender of the total number of individuals who entered into one-to-one therapy from the period February 2003 to December 2003.

It highlights the number of females (77) and the number of males (59).

This diagram again illustrates the high percentage of males who have engaged in therapy.

Figure 1.2. Breakdown by Gender of individuals in therapy.

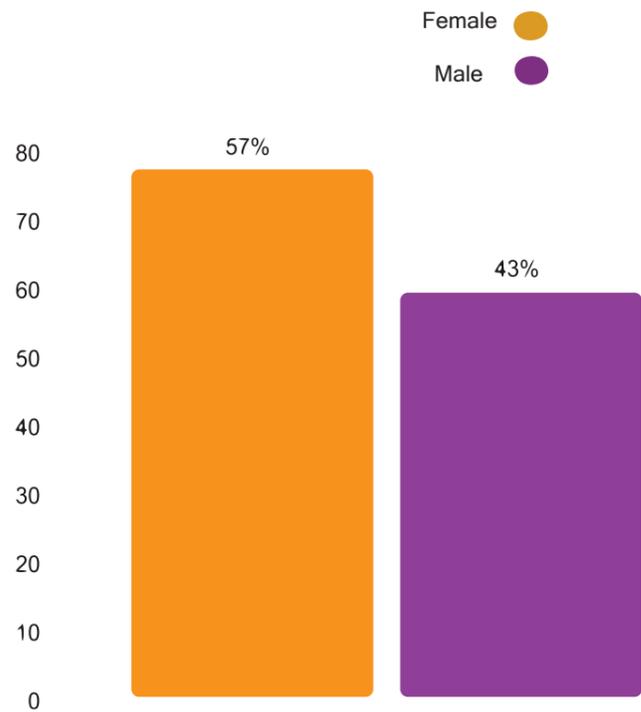


Figure 1.3. Breakdown of Psychotherapy Sessions.

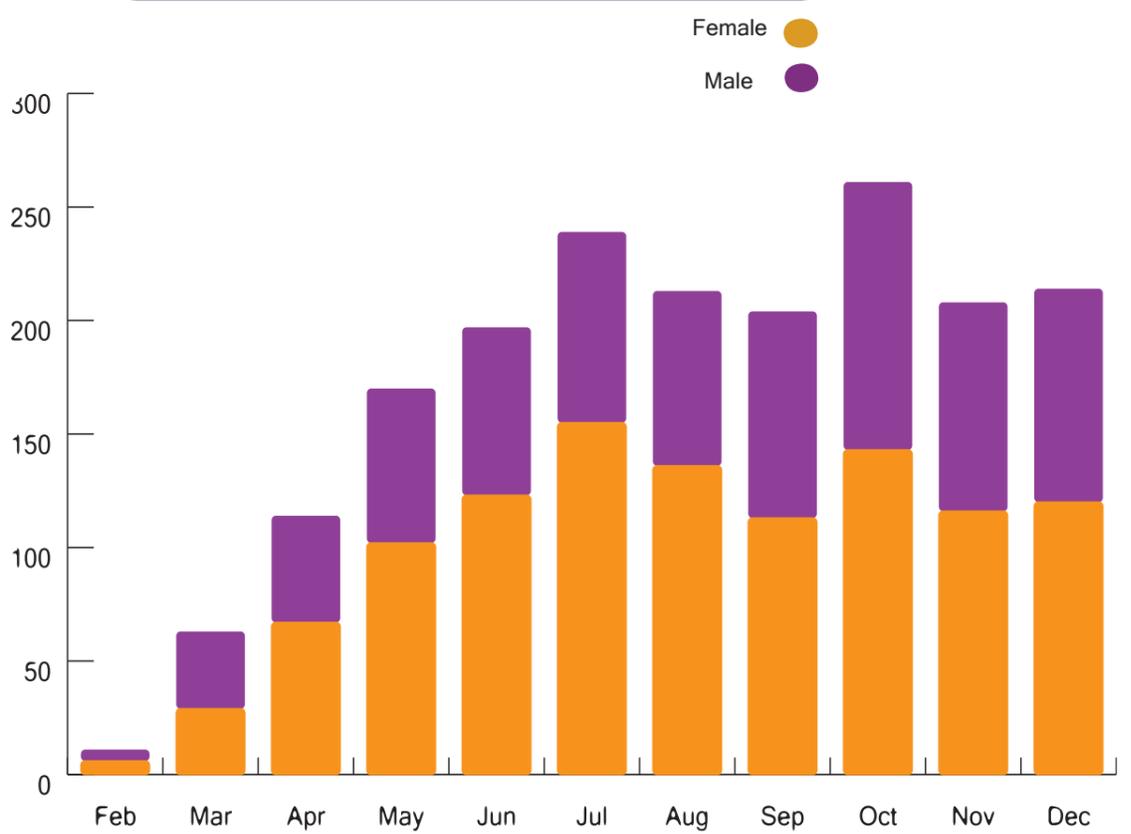


Fig 1.3 shows a breakdown of one-to-one therapy sessions provided in the period February 2003 to December 2003.



## Group Therapy

## Group Therapy

Group Therapy is available for those who have experienced sexual abuse and/or sexual violence. One in Four offers a range of groups in order to meet the particular needs of service users. These groups can be for women and men only or they can be mixed. Group Therapy offers a space for individuals to discuss and share their experiences in a caring, supportive environment and are a powerful way to break silence and end isolation. All groups are facilitated and run by experienced therapists for varying time periods, depending on the needs and the type of group.

Two groups began in September 2003 and have been on-going since then, these are; a Mixed Group and an Allies Group.

### Mixed Group

Participation in the mixed group is offered to clients who are in one-to-one therapy either in One in Four or elsewhere. The group is facilitated by two psychotherapists and runs on a Tuesday evening from 7.00 p.m. to 9.30 p.m. It is an on-going group that runs for fourteen weeks, followed by a two week break, followed by fourteen weeks and so on. The break allows for intake of new clients and for any client who may wish to finish in group to do so. New participants and on-going participants are asked to commit to a fourteen-week period.

### Allies Group

The Allies Group is facilitated by one psychotherapist and currently runs on a Monday evening from 6.30 p.m. to 8.00 p.m. It is an on-going group that runs for ten weeks, followed by a two week break, followed by another ten weeks and so on. The break allows for intake of new clients and for any client who may wish to finish in group to do so. New participants and on-going participants are asked to commit to a ten-week period.

Both groups began in September 2003 and have continued on an on-going basis since then. The table below shows the breakdown of group hours in the period September 2003 to December 2003.

Table 1.0.

Group	Hours per Week	Duration	Participants	Total Client Hours
Mixed Group	2.5	14 Weeks	12	420
Allies Group	1.5	10 Weeks	8	120



# Psychotherapy: Context of Abuse

Figure 1.4. Percentage of female and male perpetrators.

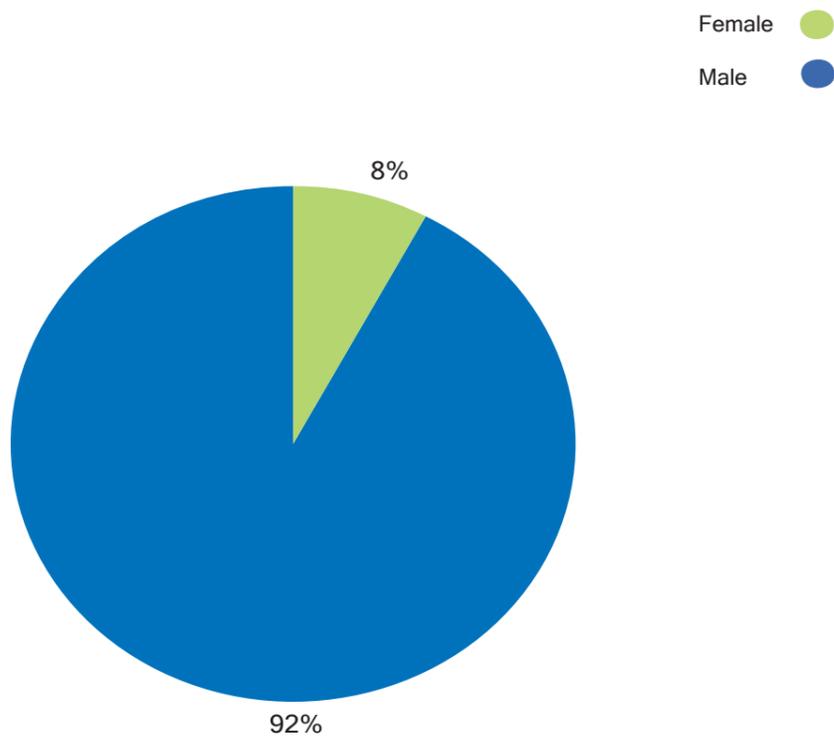


Fig 1.4 shows the overall percentage of female and male perpetrators as indicated through psychotherapy client disclosures.

Figure 1.5. Context of sexual abuse and/or sexual violence.

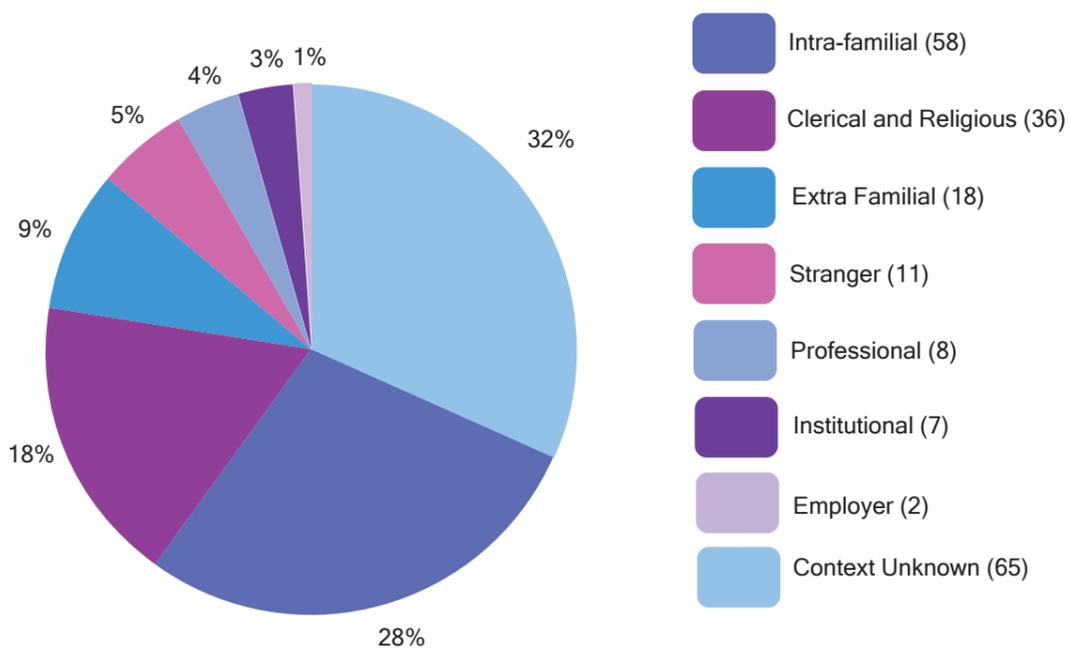


Fig 1.5 shows a breakdown of the context in which sexual abuse and/or sexual violence occurred as disclosed in all psychotherapy enquiries.

Fig 1.6 shows a breakdown of the context of sexual abuse and/or sexual violence by perpetrator.

The size of each chart reflects the scale of the number of perpetrators within each of the categories.

It is broken down by percentages of female and male perpetrators.

Figure 1.6. Gender of perpetrator within each context.

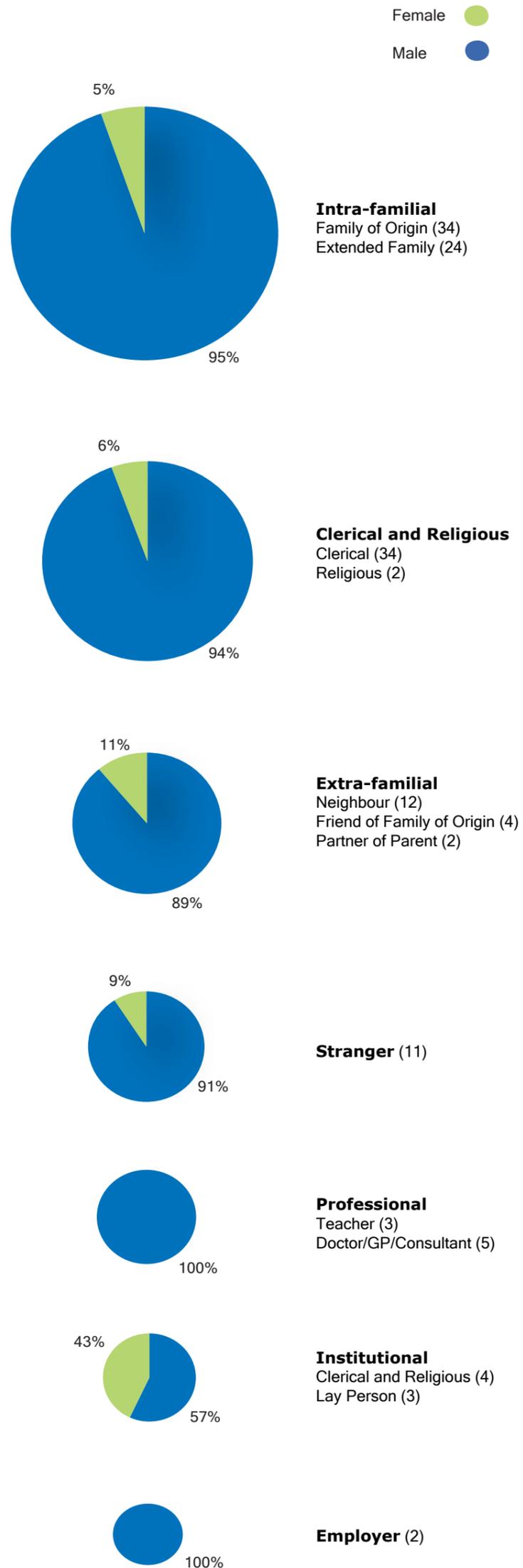


Figure 1.6 excludes the context unknown category featured in Figure 1.5 as neither the context of abuse nor gender of perpetrator has been disclosed.