

## Who are we?

One in Four exists to give voice to the experience of people who have experienced sexual abuse and/or sexual violence and to provide a space that by its very existence challenges feelings of shame and self blame. In the often perceived hopelessness and despair of such trauma the possibility of meeting another, one who has undertaken that journey themselves, offers hope and encouragement.

One in Four actively seeks and welcomes at all levels of the organisations work the involvement of people who have experienced sexual violence.

The creation of a community that bears witness to the isolating and silenced reality of sexual violence fundamentally changes and moves beyond that reality.

Registered Charity Number CHY 15289



For more information or to arrange to meet with us please call:

01 662 4070

There is also a 24 hour answer machine or you can fax or e-mail us.  
info@oneinfour.org

**One in Four**

2 Holles Street Dublin 2

www.oneinfour.ie

# One in Four

Support and resources for women and men who have experienced sexual abuse and/or sexual violence.

### Open Evenings

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 allow an opportunity to talk about personal issues if appropriate or simply give a chance to be in an environment which holds these issues without requiring that they be dealt with in any way.

These evenings offer a "way in" for people considering confronting issues around abuse, an opportunity to feel safe and held. For those in therapy or some other process they provide a safe space that can both hold and offer respite from this work. Open evenings are held weekly, please contact the office for further information.

### Psychotherapy and Counselling

One to one therapy offers an opportunity to each individual to explore and work through and beyond their experiences of sexual abuse and sexual violence. One in Four offers a holistic approach to therapy, meeting each person for the unique individual that they are. Therapy can be with either female or male therapists all of whom are qualified and experienced in the area of sexual abuse and sexual violence. Appointments are available for both daytime and evening and there is no fixed limit on the number of sessions available.

### Group Therapy

Group therapy is available for those who have experienced sexual abuse and sexual violence. We offer a wide range of groups in order to meet particular needs, groups for women and men only as well as groups that are mixed. These groups offer the space to discuss and share experiences in a caring, supportive environment. They are a powerful way to break silence and end isolation. All groups are facilitated and run by experienced therapists for varying time scales depending on the needs and the type of group.

### Advocacy Service

One In Four is a "needs responsive" agency, we are here to help our clients in whatever way might be necessary. Our advocacy service works to meet each individual's needs. We can arrange services through referral or co-operation with other agencies, provide access to legal services, make contact with health and or social care services and if appropriate the Gardaí. We can source medical services that are sympathetic to the needs of those who have been sexually abused and seek any other service or resource that might be necessary in each individual case.

Our advocacy service has one simple and clear aim: to work for our clients in order to empower them by providing safe and clear contact with the necessary services. The client decides what steps to take and our advocates act only under their direction. Our role is to determine and discuss the options.