

THERAPY GROUP



Are you struggling
with experiences of
domestic abuse?



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RECLAIMING LIFE: FROM SURVIVING TO THRIVING GROUP



**TURNING POINT
TALKING THERAPIES**

**TURNING
POINT**
inspired by possibility





RECLAIMING LIFE: FROM SURVIVING TO THRIVING GROUP

Domestic abuse can have a lasting impact on how you see yourself, your confidence, and your sense of safety. These experiences can affect thoughts, emotions, and relationships, often leaving women feeling anxious, low, or unsure of their own worth.

The group sessions work through an evidence-based programme of therapy interventions – all designed to help you understand, overcome and reclaim your life from trauma experiences, recognizing your personal strengths and improving your wellbeing and confidence.

What to expect in the sessions

Over 12 sessions, you will take part in a structured programme based on Cognitive Behavioural Therapy (CBT) for people with experiences of domestic abuse. Sessions include guided group discussions, brief teaching from experienced facilitators to help you understand how trauma can affect your thoughts, feelings, and sense of safety.

You will learn practical strategies to manage distress, challenge unhelpful patterns of thinking, and build confidence and self-worth. You can share as much or as little as you feel comfortable - listening is just as important as speaking.

The group is offered in a safe and supportive environment. While regular attendance is encouraged to gain the most from the sessions, it's completely ok to take some time to settle in and engage at your own pace.

Benefits of group therapy

- Share experiences in a safe space and feel supported by other women who understand the impact of domestic abuse
- Learn practical skills to help manage difficult emotions, build confidence, and strengthen self-worth
- Being part of a group can increase motivation and help you feel less alone in your recovery
- Regular sessions and gentle between-session tasks can support steady progress at your own pace
- Working towards personal goals can lead to meaningful improvements in wellbeing, resilience, and a sense of control

Who will benefit

This group is for women who have experienced domestic abuse and are looking for support in understanding and recovering from its impact. It may be helpful if you are experiencing ongoing effects such as anxiety, low mood, self-doubt, or difficulties feeling safe or trusting others.