



# **‘Breaking the cycle of abuse’**

**The results of outcome research carried out on survivors of childhood sexual abuse and rape of all ages receiving counselling from specialist charity Family Matters**

**2004 to 2006**





**Family Matters** is a Gravesend based charity offering counselling and a helpline to survivors of childhood sexual abuse and rape of any age.

The service is available in SE London (Bexley, Bromley & Greenwich boroughs) and all of Kent down as far as Ashford (Medway, Dartford, Gravesham, Sevenoaks, Tunbridge Wells, Tonbridge and Malling, Swale, Maidstone and Ashford.).

The charity's work is almost solely maintained by charitable grants with only a small proportion of its income coming from statutory sources (Bexley, Greenwich & Medway).

Last year (06/08) we saw 479 clients and took some 3000 calls on our helpline. Demand for our services continues to be high with a current waiting list of 40 clients and a waiting time of 12 -16 weeks.

**The counselling** is time limited to 12 weeks initially, with extensions when a clinical need is identified. The client is put in the driving seat of their therapy and asked from the beginning to set personal goals and self assess their progress. The approach is integrative, using the core condition of empathy, congruence, unconditional positive regard & warmth. Given the time limits, the therapy has to be focussed.

Family Matters has a around 35-40 volunteer and sessionally paid counsellors who travel to by-the-hour rented, High Street locations, a deliberate policy to increase accessibility and make the setting non medical.

The whole operation is overseen by Clinical Manager through a team of 6 specialist supervisors and an on-going self assessment system which is completed by the client. The entire operation is covered by an extensive Policies and Procedures document and underpinned by the BACP Ethics and Guidelines. All counsellors with Family Matters receive in-house training in sexual abuse awareness and are tutored throughout their time with us by their supervisors.

In an effort to satisfy its funders in 2004 Family Matters began asking its clients to complete questionnaires towards the end of their counselling contracts with us. This usually takes place at the 10 week stage of our time limited 12 week counselling contracts.

The following report is a graphical breakdown of the results of those questionnaires.

Malcolm Gilbert  
General Manager.



**Do you feel that your counselling has enhanced your chances of employment?**

<b>Yes</b>	<b>155</b>
No	33
Not applicable/ not answered	86
Total sample	274



**82% of the clients answering this question felt their counselling with Family Matters had improved their chances of gaining employment!**



If already in employed, has your counselling helped in your employment life e.g. relationships with colleagues, management etc?

Yes	129
No	29
Not applicable/Not answered	116
Total sample	274

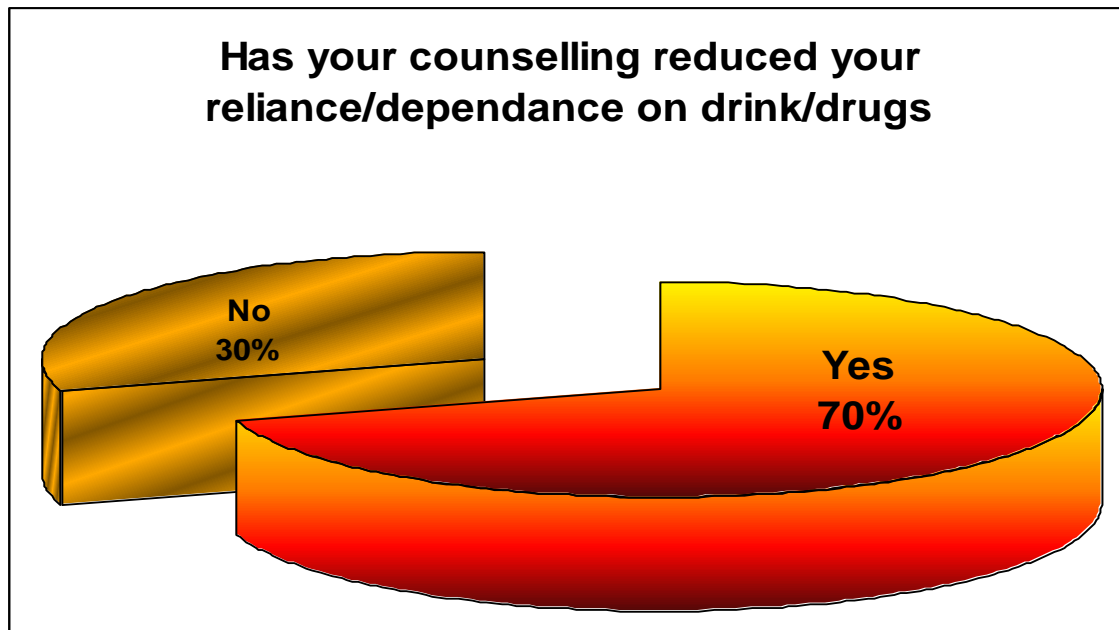


**82% of clients answering this question felt their counselling with Family Matters had improved their employment life!**



**Has your counselling reduced your reliance/dependency on drink/drugs?**

Yes	71
No	30
Not applicable/Not answered	173
Total sample	274



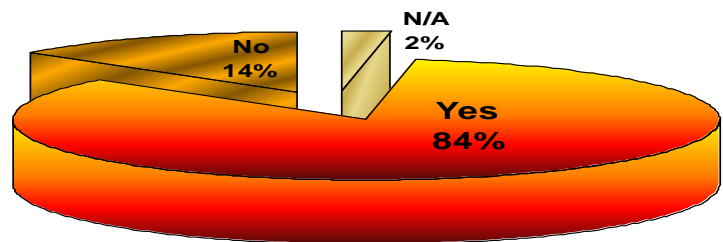
**70% of clients answering this question felt their counselling with Family Matters had reduced their reliance on drink or drugs!**



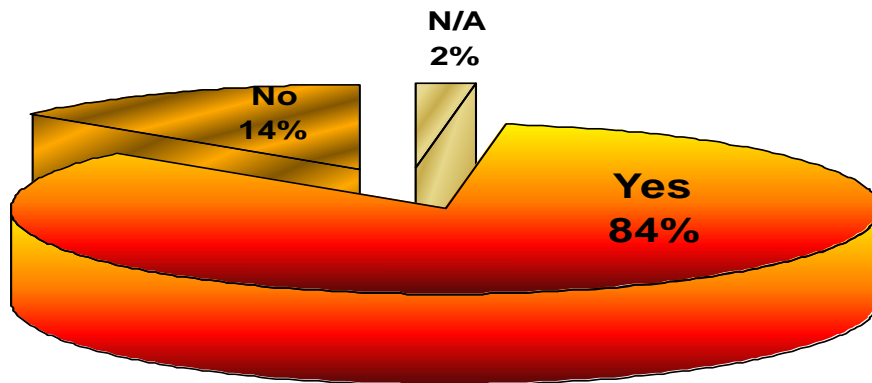
Has your counselling improved your relationships with others, especially family?

Yes	230
No	37
Not applicable/Not answered	6
Total sample	274

Has your counselling improved your relationships with others, especially family?



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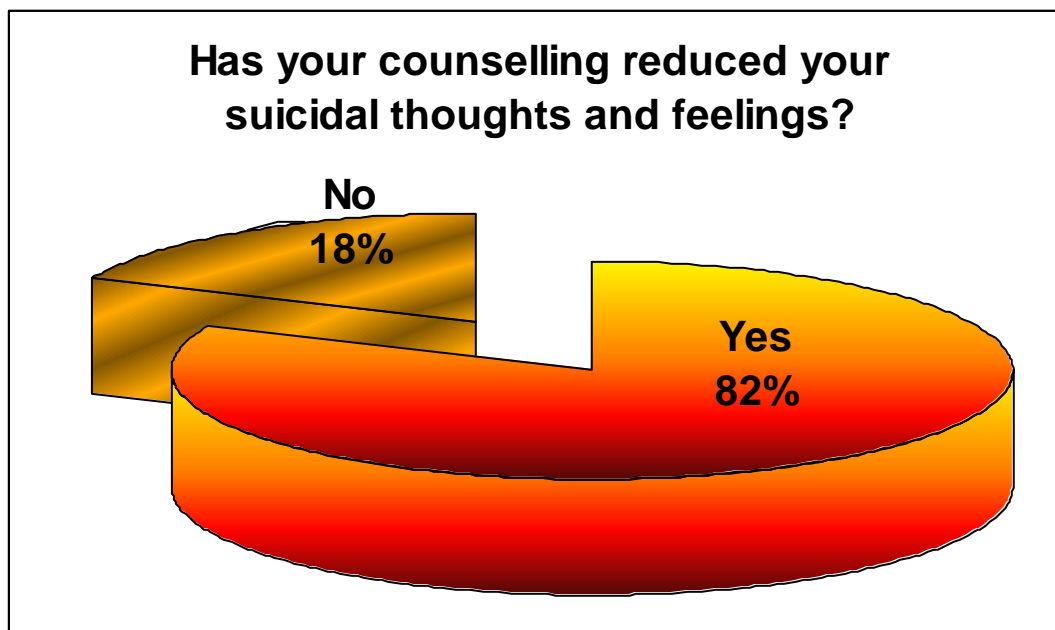
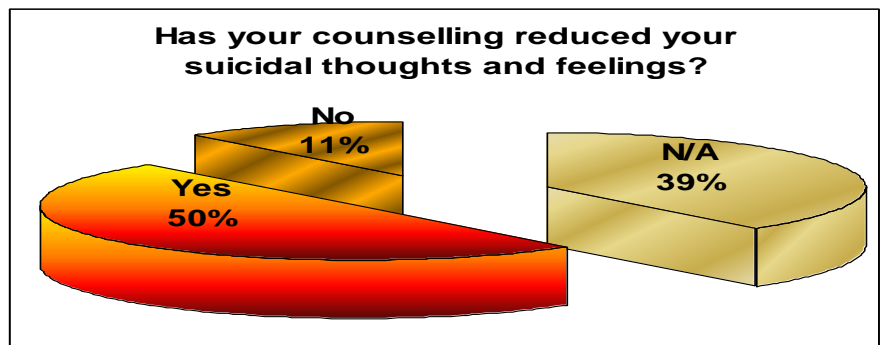


**84% of clients felt their counselling with Family Matters had improved their relationships with others, especially family!**



If you had suicidal thoughts/feelings has your counselling reduced these?

Yes	137
No	31
Not applicable/Not answered	106
Total sample	274



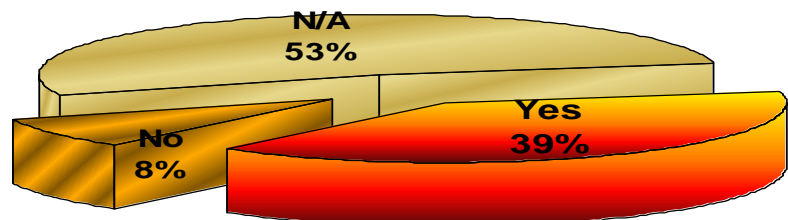
**82% of clients answering this question felt their counselling with Family Matters had reduced their suicidal thoughts and feelings!**



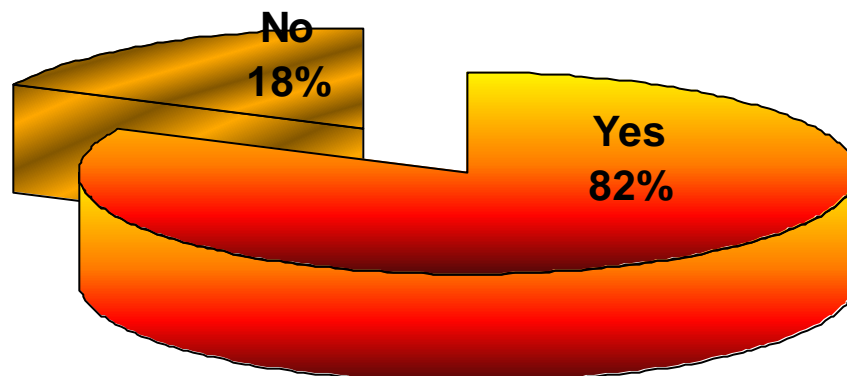
**If you self harm did your counselling reduce these feelings?**

Yes	107
No	23
Not applicable/Not answered	144
Total sample	274

**Has your counselling reduced your feelings about self harm?**



**Has your counselling reduced your feelings about self harm?**



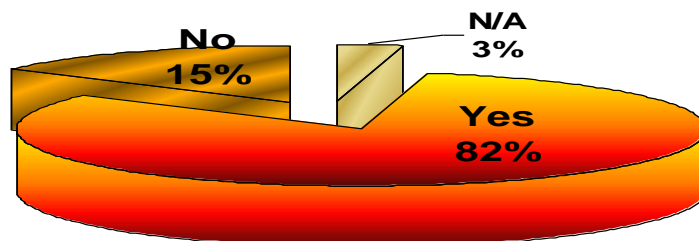
**82% of clients answering this question felt their counselling had reduced their feelings about self-harming!**



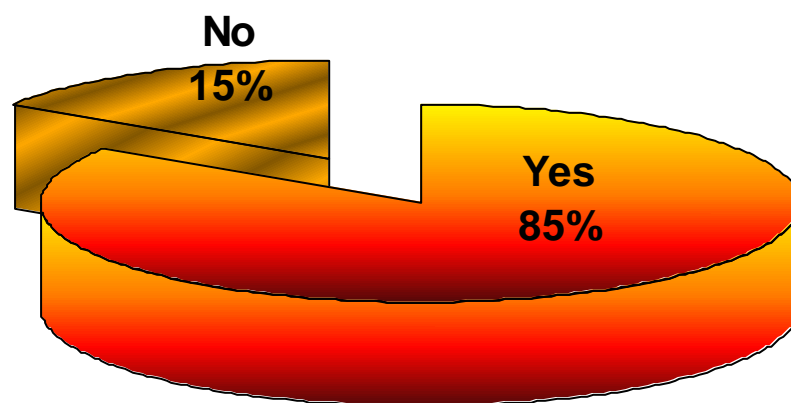
**Do you feel strong enough now to say NO to further abuse either present or future?**

Yes	224
No	41
Not applicable/Not answered	8
Total sample	274

**Do you feel strong enough to say no to any abuse now or in the future?**



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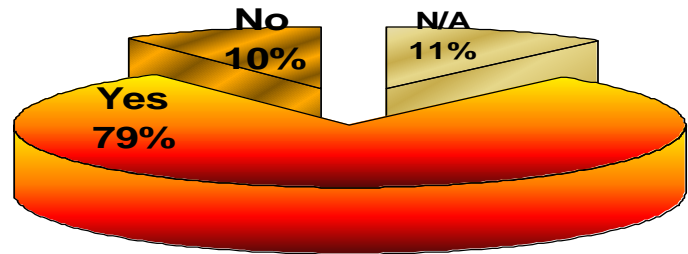
**85% of clients answering this question felt their counselling with Family Matters meant they were strong enough to say NO to further abuse present or in the future!**



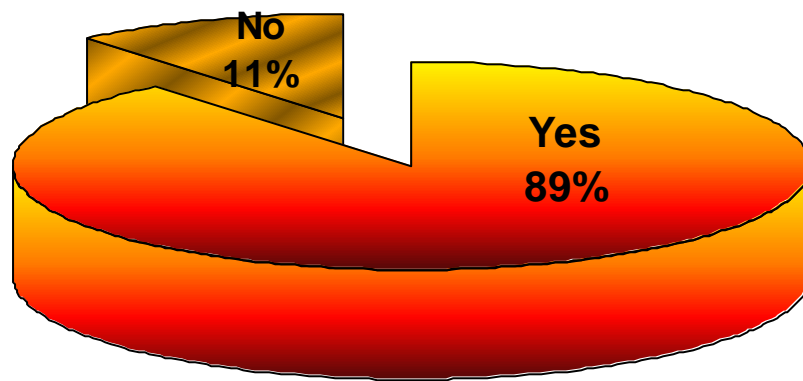
Do you feel more self-aware and skilled in passing your knowledge about abuse on to other members of your family in order to protect them?

Yes	217
No	27
Not applicable/Not answered	30
Total sample	274

Do you feel more skilled in passing on your knowledge to other family members to protect them?



Do you feel more skilled in passing on your knowledge to other family members to protect them?

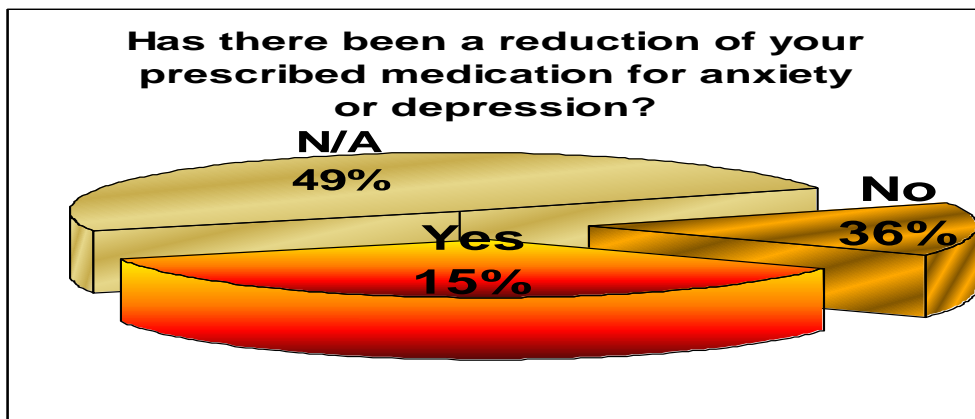


**89% of clients answering this question felt their counselling with Family Matters had improved their self-awareness and their ability to pass on knowledge about abuse to other family members to protect them!**

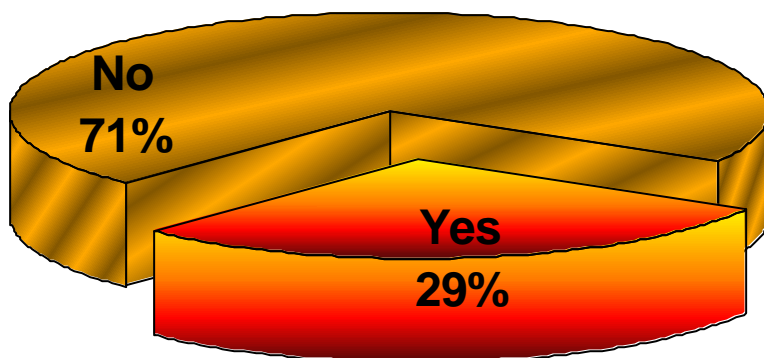


Has there been a reduction in your prescribed medication for anxiety or depression since counselling with Family Matters?

Yes	40
No	90
Not applicable/Not answered	135
Total sample	274



Has there been a reduction in your prescribed medication for anxiety and depression?

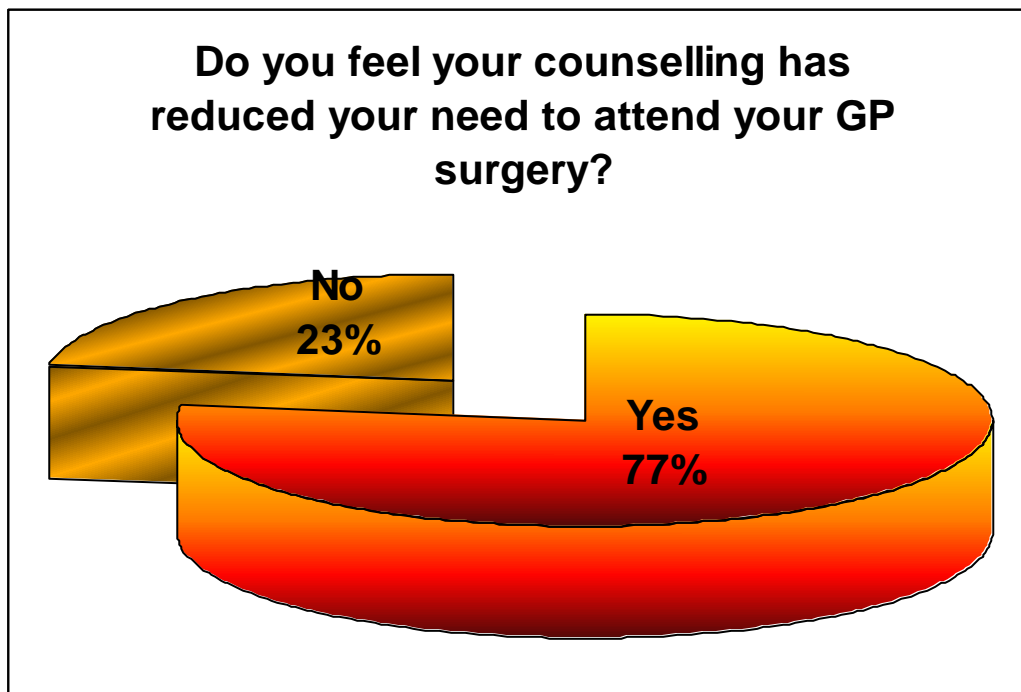
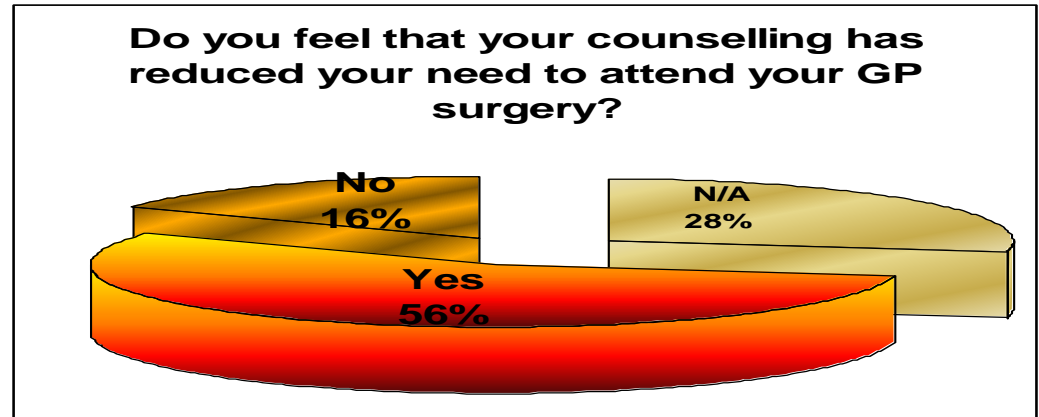


29% of those answering this question felt their counselling with Family Matters had brought about a reduction in their prescribed medication for anxiety and depression!



Do you feel your counselling has reduced your need to attend your GP surgery?

Yes	152
No	45
Not applicable/Not answered	76
Total sample	274



**77% of clients answering the question felt their counselling with Family Matters had reduced their need to visit their GP's surgery!**



# A Breakdown of Family Matters Client Statistics 2006 to 2007

The following is a graph breakdown of the statistics drawn from the 435 Family Matters clients seen in 2005/6. The graphs cover the areas of:

- Gender
- Age
- Ethnicity
- Referrer
- Borough
- Statutory referrals
- Abuser
- Abuser known/not known
- Abuser status
- 4 year comparison.

The overwhelming majority of those seeking help with Family Matters have been subjected to childhood sexual abuse and it can be seen by the ages of the clients that most of those are seeking help with historical abuse as adults. The figures give an idea of the scope and depth of the clients seen in a single year and an insight into the need that is, in the main, silent and hidden in our society. Given that over 315 of these clients were referred by statutory organisations, it is an indicator of the sorts of resources that survivors draw on to live and the cost of that indirect support to their communities.

Malcolm Gilbert  
General Manager





# Family Matters clients 2006/7

