

How can Aurora help? Whatever form of childhood abuse endured by a victim - sexual, emotional, psychological, physical, neglect or any other form of trauma - the aftermath can be extremely traumatising and confusing for the child. Sometimes because the pain and trauma wasn't dealt with properly in childhood or later on, the wounds can stay locked up inside long after the child becomes an adult.

If you have suffered abuse/trauma in childhood, it is natural that you might feel desperately unhappy at times but be unsure how to deal with such overwhelming pain. You may also have periods of calm where you feel OK only to feel 'horrible' again for no reason that you can work out by yourself. This does *not* mean you're 'weak' or 'weird'.

In fact, many adult victim/survivors are very strong resilient people who may be successful in many parts of their lives but privately, intimate relationships with others and themselves may be fraught with fear and confusion. It can be like being somehow stuck in the past so that sometimes reactions to present adult situations can be like a hurt and confused adult/child.

By sharing your pain with professionals who specialise in helping people abused in childhood such as at Aurora can help you to make sense of your past trauma. Sadly nothing can change what happened to you back then but getting the right kind of help can change how you feel about the past so you can go on to live a more positive, happy and fulfilling life.

How do I book sessions? You can email or ring us to see if Aurora is for you. We then arrange a longer phone call and if mutually agreed that Aurora can help you an appointment will be made at the Centre as soon as possible. If there are no vacancies you can ask to be put on Aurora's waiting list but we will chat with you first to establish if Aurora could help you and if agreed with you, we will contact you once a place becomes available.

AURORA is a trauma recovery service and therapeutic community that helps adult men and women who have suffered any kind of childhood trauma/abuse. Aurora, founded in 2006 by Susannah Faithfull-Gauntlett shown below aged 5, is the first therapy centre in the country exclusively for adult victims of childhood abuse that combines psychotherapy / counselling, bodywork therapy and therapeutic social activities particularly geared to help clients work through childhood trauma. Services are within a community setting so you can meet others who are also in recovery. At Aurora, you are not alone. As you heal, you see others also move on. The whole ethos is about working hard on your recovery so you can have a life worth living.



The service uses a unique specialised recovery model the 'Aurora Approach' based upon Susannah's own personal recovery as a child victim and her professional experience of working successfully with survivors for more than thirty years. Basically, Aurora offers a combination of personal therapy (Trauma Recovery) with the opportunity to meet other survivors before and after therapy in the client sitting room and at the social events (Therapeutic Community).

Meeting others who are going through similar experiences can help you to deepen and integrate your recovery. Using the skills you learn in personal therapy and practising this in the Aurora community. Learn how to regain trust, hope and the ability to truly be yourself.

AURORA FOUNDATION

FOR PEOPLE ABUSED IN CHILDHOOD



***Trauma Recovery &
Therapeutic Community***

Founded by a Survivor for Survivors

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Est. 2006**

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Aurora is an organisational member of the British Association for Counselling & Psychotherapy and fully adheres to their ethical guidelines

(Updated 2023)

Will I be able to come to Aurora for help? You can ask for help from Aurora as long as you are 18 or over and have suffered childhood abuse. You also need to realistically be able to get to the Centre every week to attend your therapy and, depending on what amount is agreed in the first appointment, or later on if your circumstances change, you need to be able to regularly pay a contribution towards your sessions.

Sobriety: Aurora does have a policy that requires anyone with a serious addiction problem to be two years sober/abstinent. This is because we see that engaging in deep therapy can be painful and put high demands on a person's ability to cope. It is therefore vital that you do have a sustained period of sobriety/abstinence. If you feel you might qualify then contact us to see if we can help.

Why do we ask for contributions? Aurora simply would not have existed since 2006 without client contributions. Despite what you may read in the media small charities like Aurora are not getting core funding so we have to find ways to pay our rent, utilities and the general upkeep of the service. It costs approximately £90 per hour to provide one hour of therapy. No Team member receives a living wage. Basically, without our own extensive fundraising, generous donations and client contributions there service would have to close.

Your contribution to therapy varies and entirely depends upon your ability to pay. All contributions are based on a sliding scale according to income and necessary outgoings. Generally if you are working you will be asked to pay the full amount (£50 at time of writing) or a reduced amount if you are unemployed or in genuine financial difficulty. We have some clients in desperate need who through our fundraising receive free sessions but contribute to the service in a different way. However, it is always best to contact the Aurora office for current information on contributions.

"The atmosphere is something I have not come across before...compassionate in form and content. Everything about the place, the sessions and all the staff make it all about support and kindness. It is the therapeutic equivalent of unconditional love - which is the only real way of changing people's lives."

(Aurora Client)

Aurora's Trauma Recovery combines Clinical Therapy, Therapeutic Community Support with Out-of-Hours Services

Clinical Therapy is provided by qualified, fully insured, registered counsellors/psychotherapists. At times we may also have one or more 'Clinical Trainees' who are specially selected to provide services to our clients.

Community Support has experienced Team members who provide support before and after your therapy sessions and throughout your time at Aurora.

Out of Hours Service: There are also therapists and volunteers who provide "Meet-Up's" and Social Events where clients can be with other victims/survivors who all fully accept and respect one another for who they are without fear of reprisal or judgement.

It may seem hard to imagine that therapy could ease the pain. Past and present Aurora clients tell us that making a full commitment to recovery by attending therapy sessions every week and engaging in the therapeutic community aspects of the service is what really works.

Where will counselling take place? Therapy sessions can take place "in person" at the Aurora Centre (based in Kingston-Upon-Thames in South West), or they can be done **online** or by **telephone** as long as you have access to a confidential and private space.

The Aurora Centre is a protected space where clients can feel comfortable and safe. It has been described as 'warm and homely' - a peaceful and healing setting where clients are supported to develop coping strategies, reduce stress, seek recovery from their trauma and gradually rebuild their lives.

If you prefer a more 'clinical' setting Aurora probably isn't for you. It is a question of where you feel safest. Clients are encouraged to spend time before and after their appointment relaxing in the tranquil surroundings. As a therapeutic community the Aurora Team are on hand to support clients throughout their time at the Centre and also at external social events.

How long will it take for me to recover? Many adult victims/survivors suffer deep and painful wounds so Aurora finds that the most effective therapeutic work generally needs to be specialised and long-term. This might sound scary and leave you thinking you'll be in therapy forever, but this doesn't have to be the case. It may take a year or longer. Try not to compare your 'insides' with others 'outsides'. Everyone is unique so the time taken to recover varies according to each person.

Some clients come for a short time then leave to return later on or sustain their recovery in other ways. Our services are individually designed for each client. We do our best to ensure everyone is individually catered for so you won't necessarily have the same experience as another client. Aurora's doors are open to help if you feel we are what you need and we feel we can help you and you're prepared to prioritise your recovery.

*Since 2006 Aurora has had the privilege to successfully help clients aged from 18 to 80 years and older so we firmly believe in **GEORGE ELIOT'S WORDS:***

"IT IS NEVER TOO LATE TO BE WHO YOU MIGHT HAVE BEEN"