
HEALING THROUGH EMPOWERMENT

Empowerment forms the basis of RASASC therapeutic model and runs through each and every way we work alongside survivors of sexual violence. When anyone experiences a sexual violation, all of their choices have been stripped away in a moment of sheer terror because another human being decided that they will get their power needs met without any consideration of the impact on the person they victimised.

At Rape Crisis South London (RASASC), women and girls are identified as survivors of sexual violence. Whilst we recognise someone has had moment/many moments of victimisation at the hands of a perpetrator, we also recognise the strength it takes to have survived in that moment and every day after. The empowerment model is a holistic model which aims to facilitate survivors' ability to take back choice and to develop trust in their selves. For this reason, women are invited to make choices as soon as they make contact with our organisation.

Empowerment:

- Gives each person control of their own direction.
- Facilitates someone in finding their own power.
- Trusts each person to make the right decision for them.

Empowerment Is About:

- Exploring options, without providing direction.
- Believing that someone can care and nurture themselves.
- Challenging stereotypes and valuing each person's strengths.
- Enabling each person to identify and draw on all resources available to them.
- Believing that each person is the expert in themselves and can make decisions which feel right at that time.

We Use the Empowerment Model By:

- Creating space for someone to connect with their own power
- Supporting survivors to identify they have choices and they are able to decide on the choices that feel right.
- Exploring choices in a non-directive way – we don't advise or tell someone what to do.
- Demonstrating belief in each person's ability to know what is right for them.
- Creating a safe space where survivors can explore what they want and how this can be achieved
- Sharing information and resources that are helpful and that have been asked for, whilst encouraging someone to find and develop other tools, either through them, us and/or others, so they can use all the resources at hand.
- Validating experiences, thoughts and feelings, giving support to each person's process through lots of encouragement and feedback, whilst creating an opportunity where someone can clarify and explore how they perceive their experience.
- **Recognising the many strength, abilities, ideas and achievements women have – giving positive affirmations.**