



Pathways to Healing

**Information for Professionals
Making Referrals
2022-2023**



Considerations for Referrals

What is Pathways to Healing?

Pathways to Healing is a women-only 6-week programme of group workshops that support survivors of domestic abuse who are now safe and are no longer living with or in a relationship with a perpetrator.

The workshops cover understanding abuse, power and control, trauma, warning signs, healthy relationships, negative thinking, making positive changes, self-care and goal setting.

The programme aims to reduce isolation and improve self-esteem by building connections with other survivors and understanding domestic abuse, its impact, and how to take positive steps to build a new life free of violence.

Safety

This service would not be appropriate for a woman who has made a recent disclosure, who is at risk of harm or in regular contact with a perpetrator. In this instance, we refer you to our Domestic Abuse Case Worker for safety planning, advocacy and advice.

Mental Health

Discussions about abuse may be triggering for some participants, and we have implemented support measures. However, we want to stress that this programme **is not** group counselling or psychotherapy. If your service user is experiencing PTSD or requires additional emotional support, we advise that they seek help with a trauma-informed mental health professional first.

Commitment

Participants must be able to commit to attending the entire programme. There are six workshops in total, one per week. The workshops are 3 hours long (with breaks). We also require each participant to attend two one-to-one support sessions pre and post-workshop delivery. If a participant misses **two** workshops, we cannot continue their place on the programme.

This programme is now delivered in-person (covid permitting), so participants must attend the workshops in person. We can only provide location information to those who complete our registration form and attend their one-to-one appointment.

We hope to support your service user and look forward to receiving their referral via our **Professional Referral Form** on our website.