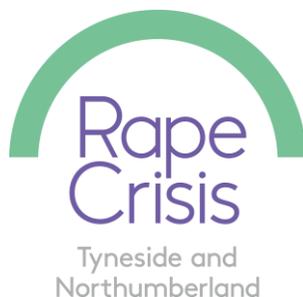
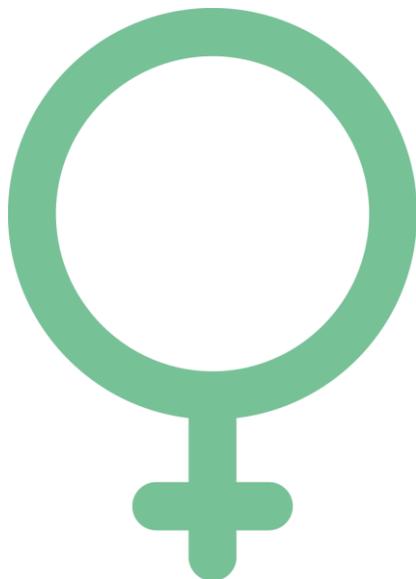


# Mindfulness Tool for Survivors



## **Rape Crisis Tyneside and Northumberland, in partnership with Mindful Therapies and women who have experienced sexual violence will be creating a Mindfulness for Survivors Tool.**

This will be a self-help tool that women who have experienced sexual violence can use for free. Women will be able to use the mindfulness tools created independently of services, either on the internet or via CDs or memory sticks.

Mindfulness is “deliberately paying attention to our moment-by-moment experience, with an attitude of friendliness and curiosity” (Mason-John and Groves, 2014’).

Mindfulness can be used as a self-care strategy in the short and long-term. It involves the development of several skills and attitudes that can benefit people who have experienced sexual violence. This includes the development of self-awareness, which can lead to the ability to make positive choices about self-care and wellbeing.

People who have experienced sexual violence can feel a sense of being stuck in the past or worrying about the future. Mindfulness is present moment awareness and has the potential to reduce these feelings by providing increased choice about how to respond to traumatic experiences.

The emphasis on non-judgement and friendliness can support survivors in letting go of feelings of self-criticism when triggered and experiencing flashbacks. Mindfulness can also support the development of positive self-esteem for those who are experiencing shame and guilt.

## Help to create the Mindfulness for Survivors Tool

Your contributions are important. We want to co-produce Mindfulness exercises and techniques that are responding to the views and needs of survivors. We are asking women survivors of sexual violence (aged 16+) to join a co-production group supported by Rape Crisis Tyneside and Northumberland and Mindful Therapies.

You do not need prior experience of Mindfulness.

The group will run in the spring of 2018. We will meet four times.

The first three of these four meetings will be about discussing what potential benefits mindfulness has, looking at current mindfulness exercises and giving feedback on suggestions on how to improve and adapt them for the specific needs of survivors of sexual violence. After feedback has been incorporated into the exercises the fourth and final session will discuss the changes and our new Mindfulness for Survivors Tool will be finalised.

As part of the final session you can contribute to producing anonymised sound-bites that speak about your use of the tool. You can also contribute 'hints and tips' for other women to listen to. The use of a confidential anonymised booth shall be used to collect these soundbites.

All expenses will be reimbursed.

## Getting in Touch

If you would like to take part in creating our Mindfulness for Survivors Tool please initially contact the Group Facilitator at Rape Crisis Tyneside and Northumberland. Call or email using the contact details below.

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[enquiries@rctn.org.uk](mailto:enquiries@rctn.org.uk)

This leaflet is available in large print on request.



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