



GROUP COUNSELLING

Free counselling for adults aged 22 years+ who have experienced sexual assault.

- 6-week program starting 24 August 2026
- Mondays | 2:00 – 4:00 pm (including afternoon tea break)
- Separate groups for men and women
- Co-facilitated by experienced counsellors Carolyn and Tim

“Shame dies when stories are told in safe spaces”

-Ann Voskamp

Contact us to arrange an intake assessment to join the group.

☎ 08 8955 4500

Sexual Assault Referral Centre

Monday - Friday, 8am - 4pm



In this 6 week program, Alice Springs community members, who have experienced sexual assault, have an opportunity to share and heal with the support of others who understand.

Week 1 - Identity

After trauma, a sense of who we are can be challenged or ruptured. The first session looks at where we came from, to reconnect with our true self, never lost to trauma.

Week 2 - Change

Life continues to bring changes and our ability to engage relies on our adaptability. This week we look at chosen and unchosen changes in our lives after sexual assault.

Week 3 - Our needs and values

Aspects of needs and values can be violated (not only sexually). We look to a Greek mythology story of post-traumatic growth and leading a life aligned with our values.

Week 4 - The deep, red emotions

Emotional literacy, tuning in and listening to our internal navigation system (our emotions), can provide the vital tools to return to living as our true selves.

Week 5 - Revealing and grasping the coat of shame

Many people who experience sexual assault live with a deep sense of shame. This session we look at where the shame truly belongs and re-author our stories.

Week 6 - Our Tree of Life

In our final session we create a take-home Tree of Life which ties together our shared experience and brings light to our knowledge, skills and resources.

