

**MAKING AN APPOINTMENT** - we use an **appointment-only system** so your first contact is usually a follow-up phone call with a senior counsellor to decide if Aurora is the most suitable place for you. If mutually agreed an Assessment appointment will be arranged for you to come to the Centre.

**ASSESSMENT** - an appointment with a senior counsellor to talk about your reasons for coming to Aurora. If mutually agreed to proceed then a further appointment is made with your primary therapist who will work with you in your recovery in collaboration with the Aurora Team. However, to achieve positive results it is **essential** that you have a firm, **unwavering commitment** to your therapy. "Aurora will invest in you if you can invest in your recovery."

**COST OF THERAPY** - Aurora is a **registered charity** and **not-for-profit** organisation. The cost of maintaining our quality service is considerable so we need to ask for a contribution towards the cost of therapy sessions.

The amount requested will vary depending on your circumstances. If you are working you will be asked to pay the full amount, or a reduced amount if you are unemployed or in genuine financial difficulty. Please contact Aurora for up-to-date information on contributions.

**NEXT STEP** - If you are not sure whether you would benefit from Aurora's specialist service then contact us for an informal chat.

**FOUNDED IN 2006** by our Chief Executive, Susannah Faithfull-Gauntlett, **AURORA** is the **first therapy centre** exclusively for adult victims of historical childhood abuse to combine **counselling and bodywork** therapies using the **unique** specialised **Aurora Approach** - based upon Susannah's own personal recovery plan as a child victim and her professional experience of working successfully with survivors for over 30 years.

**AURORA CLIENTS** - are those who endure substantial difficulties and distress in their adult lives due to **present effects of past traumatic experiences**. The abuse they have suffered in childhood may be of **physical, emotional and/or sexual** origin. Aurora has also developed a particular focus on helping adult survivors of **female sexual abuse** in childhood.

**FINAL WORD - IF YOU** are seriously **determined, committed and willing to prioritise your healing and recovery then Aurora may be for you**. The initial step can be the hardest so please do contact us for more information. Aurora is here to help you in any way we possibly can. In any event - take the very best care of yourself.

# AURORA HEALTH FOUNDATION

'Helping People Abused in Childhood'



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**WHY THE AURORA APPROACH?** Our unique body/mind approach, the Aurora Approach, is a model of care developed by our Founder - **a Survivor** of childhood abuse and qualified **Therapist**. These effective interventions arise from her breakthroughs and insights in her extensive **professional work** with adult victims of abuse and her own **personal recovery experience**.

Susannah found that although talking therapies were very helpful, the abused physical body often remained traumatised and unhealed. Once the **combination of specialist mind and bodywork** therapies were introduced client recovery became possible, effective and sustainable.

Each therapy **treatment plan is individually designed for each client's needs** to best help support them in their recovery, provide skills to utilise in their daily lives to help at times of crises and in the long-term help prevent crises from re-occurring.

**WHAT SERVICES ARE AVAILABLE?** Aurora provides a range of interventions exclusively to meet the needs of survivors which include various individual **talking therapies** to help alleviate the psychological and emotional consequences of trauma alongside **bodywork therapies** to help alleviate and heal psychophysical issues. We also provide group activities such as Support Groups and a range of Workshops and Classes with regular In-house 'meet ups' and External Social Events. Please check the website or contact Aurora for up-to-date information.

**WHERE IS AURORA?** We are based in a private house at a confidential address in south-west London. Clients describe the Centre as '**warm and homely**' - a safe, peaceful and healing setting where clients are supported to **develop coping strategies**, reduce stress, **seek recovery** from their trauma and gradually **rebuild their lives**.

Clients are **encouraged to spend time before and after their appointments** by relaxing in 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. Clients are encouraged to benefit from the Team's support alongside their therapy with their Primary Therapist.

Aurora encourages mutual respect and individual responsibility where **clients are the active participants in their own recovery**. **Therapists work alongside clients** to foster a sense of equality and empowerment. Particularly helpful to those abuse victims who have been historically **denied their most basic human rights**.

**PLEASE NOTE**

All Aurora services are subject to availability. Bodywork therapies are complementary to conventional treatment so should not replace any medical advice or treatment you are receiving.

**WHO DO WE HELP?** Those survivors who are **fully committed** to their healing process, **prioritising their recovery** with dedicated determination tend to do best at Aurora. If you are ready for **consistent hard work alongside Aurora's skilled therapeutic support** then Aurora may well be the service for you.

Aurora is a '**client focused**' service where clients, guided by their primary therapist and assisted by the Aurora Team, choose the services they feel would best help them. The **range of individual and group therapies** provide a balance of care and support for each client. The therapeutic community events have on-duty Team members to help clients ease their social isolation by building confidence in **safe, positive and respectful interactions** with others.

**THE AURORA TEAM** - some are survivors themselves or supporters of survivors. All are empathic, experienced and dedicated health practitioners. Aurora is an organisational member of the British Association for Counselling and Psychotherapy (BACP) and practitioner is also registered with their relevant organisational body - BACP or UKCP etc. The Team are all fully insured, hold enhanced CRB's and receive ongoing clinical supervision and training as Continuing Professional Development (CPD) at Aurora and encouraged to widen their knowledge externally in further CPD/training.

**SEE AURORA ON YOUTUBE**  
[www.youtube.com/watch?v=nD7n3pO1V5A](https://www.youtube.com/watch?v=nD7n3pO1V5A)