Level 1 Adult Sexual Assault Support Group

We support all genders and identities.

This is a 6-8 week psychoeducational support group designed for those recovering from sexual violence. What does psychoeducational mean? The primary focus is to provide support, information, and education to increase knowledge and coping skills. For example, support group is not about WHY survivors have flashbacks but how to GET THROUGH flashbacks. This group focuses on creating a safe place to meet fellow survivors within their community while illustrating they are not alone in their experiences. We process emotions surrounding sexual violence while building healthy coping skills and grounding techniques. Through discussions, activities, and videos this safe environment helps survivors move on to the next phase in their healing. The psychoeducational group is different from the Level 2 therapy group in that we don’t change behaviors and we don’t do open trauma narratives/ stories. We can briefly discuss our experiences but we try to stay away from too much detail to prevent any triggering of other group members. Again this is a safe place to focus on what emotions are common after trauma.

During each group we check in with one another to see how everyone is coping thus far. We will do some reading, discussion, occasional videos, a group activity, self-care activity, and then check in/out with everyone one more time before we end for the week.

Some of the discussion topics include:

Week 1 Introductions

Week 2 The Brain and Sexual Assault Awareness

Week 3 Triggers & Flashbacks

Week 4 Self-Esteem and Confidence

Week 5 Fear & Anger

Week 6 Healthy Boundaries

Week 7 Shame, Sadness, & Guilt

Week 8 Closing

For more information please reach out to Brigitte the Support Group Coordinator at (509) 343-5039 or at supportgroups@lcsnw.org