

NSW Rape Crisis Centre Community Based Counselling Service

About the Service

The Community Based Counselling Service is a newly funded service.

The target population will be adult survivors of childhood sexual assault.

The Service will be offered in partnership with NSW Women's Health Centres.

The Sexual Assault Counsellors will provide therapeutic interventions focusing on the establishment of safety, trauma processing and resolution counselling for adult survivors of childhood sexual assault. Counsellors to be employed one day per week in the following locations:

Women's Health Centre	Day on which the Service will be provided
Bathurst	Monday
Central Coast	Wednesday
Leichhardt	Friday
Lismore	Wednesday
Liverpool	Friday
Penrith	Thursday
Albury	Friday

Counsellors, in consultation with the project co-ordinator and the client, will develop individual treatment plans for clients. Achievement of treatment goals will be linked to timeframes and there will be regular reviews of progress. Generally it will be expected that progress will be identified within three months of the commencement of service provision and progress on more challenging goals should be evidenced at six months post commencement. The maximum service delivery period will be two years. It is envisaged that most clients will exit the service in a shorter timeframe.

The partnering with other Women's Health Centres is an important aspect of the Community Based Counselling Service for two reasons:

- 1 Those who are experiencing complex trauma resulting from childhood sexual assault often have a range of needs. Women's Health Centres are best placed to provide a holistic response.
- 2 Therapeutic work with those who are experiencing chronic or complex sexual assault trauma is difficult, confronting and specialised work. It is therefore important for reasons of worker safety, and to reduce the impacts of vicarious trauma on counselors, that they be located in complementary and supportive work environments.

The counsellor client work will be guided by the NSW Rape Crisis Centre policies and procedures and clients will be clients of NSW Rape Crisis Centre. Outside of the counselling relationship Counsellors will abide by the partner Centre policies and procedures and seek to integrate service provision into the Centres established practices. Eg in making appointments and accepting referrals.