

Library & Resources

We have a selection of books & materials on a wide range of issues surrounding sexual abuse. You would be welcome to pop in to Kirkcaldy & have a look through the books if you feel it would help you.

Support for Partners, Family & Friends, Parents

We offer support and information to people who support survivors of childhood sexual abuse.

We also offer individual or group support for non-abusing parents of young people who were sexually abused in childhood.

The counsellor would be willing to spend a short time with you explaining a bit about counselling. We hope you understand that we cannot tell you what is being discussed between the counsellor and the person in counselling.

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Kirkcaldy
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website: www.kasp.org.uk

Opening Times:

Monday & Tuesday 9am-8pm

Wednesday & Thursday 9am-5pm

Friday 9am-2pm

Out with these opening times and hours an answering machine is available where you can leave a contact number and someone will get back to you as soon as possible.

The information in this leaflet is available in large print and on tape. Translations into community languages are available on request.

Charity No. SC023079

Company No. SC524668

Kingdom Abuse Survivors Project



Information leaflet for
those who are supporting survivors
of childhood sexual abuse



Who are we?

KASP is an independent voluntary organisation offering a range of free confidential support services to survivors of childhood sexual abuse (male and female). We offer:

- Individual counselling
- Support to partners and friends
- Support for non-abusing parents of children who have been abused
- Support to other workers & organisation

What is counselling?

Counsellors in KASP will aim not to offer advice or solutions to the person having counselling. Instead, counselling

can be an opportunity for the person to talk about whatever is upsetting or concerning them and to work through those problems in their own way, in their own time. The relationship the counsellor aims to offer can be an important element of how able a person feels to do this.

Sexual Abuse can mean a wide range of experiences—the most important thing is for survivors to identify the experience as sexually abusive.

What can you do to help?

The part you play as a significant person in the survivors' life and the support you can offer may be invaluable. If the person has decided to come for counselling or support this can be a very important first step and we welcome any support that you can give the person.

It may be important that the person feels free to talk about their experiences or to tell you what happened in the counselling session and it matters that you can listen and offer your acceptance that the person is having counselling.

Let the person know that you will listen if they want to talk to you or tell you about the counselling.

Equally, try not to press them to let you know what is being talked about. This can be really hard to do. When we care about a person we have a natural interest in how the counselling may be going and you may be understandably concerned to know that the counselling is working. It is tempting to ask them immediately after the session how it all went.

What if I don't want the person I care about to have counselling?

It is not always easy to accept that the person would want to talk to someone aside from friends or family. The counsellor is not there to judge you, family members or the person – the counsellor is really there to help the person manage their feelings and problems.

Will the counsellor tell you what the person talks about?

KASP is highly aware of the need for confidentiality for people who are survivors. We do not pass on information to any individual or agency unless the person asks us to. The counsellor will talk to the person about confidentiality during the 1st session of counselling.

This will mean that the counsellor will not be able to tell you, as a supporter of the person, what is discussed in counselling and we understand that this can be hard and sometimes frustrating for you.