

Counselling service

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

Domestic abuse/childhood sexual abuse service

KASP has a dedicated service for female survivors of both domestic abuse and childhood sexual abuse. This can be both counselling and support.

Befriending service

Survivors who have completed their therapeutic counselling can access KASP befriending service.

Confidentiality

KASP is highly aware of the need for confidentiality for survivors. We do not pass on information to any individual or agency without your prior consent. We keep minimal records. Full information on our Confidentiality Policy will be discussed with you on your first appointment.



Opening Times:

Monday & Tuesday 9am-8pm
Wednesday & Thursday 9am-5pm
Friday 9am-2pm

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

We also have premises with disabled access.

Kingdom Abuse Survivors Project
182A The Esplanade
Kirkcaldy
Fife
KY1 1RE

Telephone: 01592 644217

Email: info@kasp.org.uk

www.kasp.org.uk

Charity No SC023079 | Company No SC524668



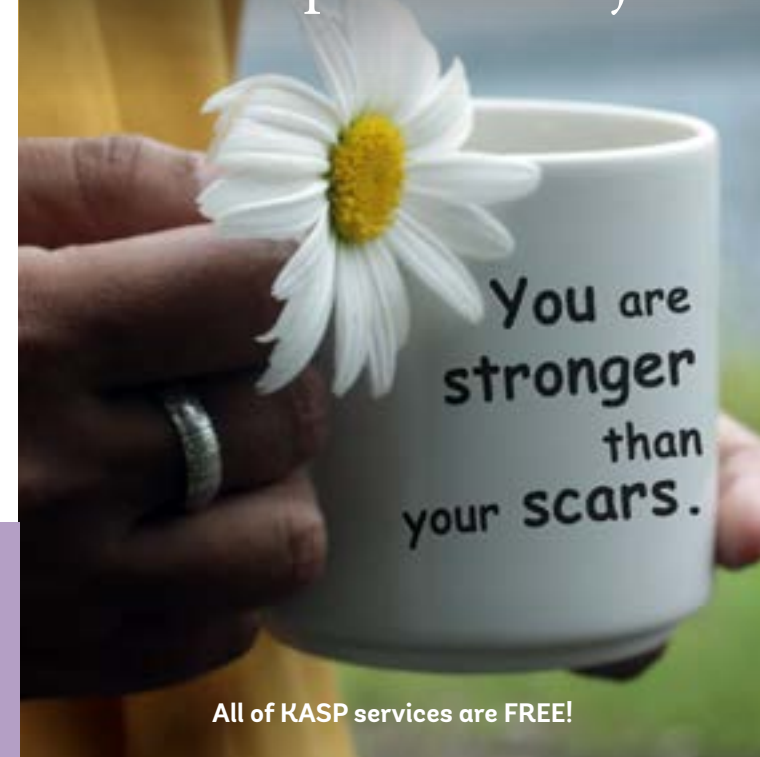
Training

KASP can provide a range of training and/or presentations to professionals working in Fife. Training will provide you with an understanding of the complexities of childhood sexual abuse. This will enable workers to stay alongside anyone who has been abused and to feel confident in their skills.



Supporting Adult Survivors of
Childhood Sexual Abuse
in Fife

Our Responsive Project



All of KASP services are FREE!

KASP will believe, support & listen
www.kasp.org.uk

Who is the project for?

This programme was initiated specifically for clients who need 1-1 emotional and/or practical support to deal with the 'here and now' to cope with their difficulties due to the trauma they have suffered.

The client is assigned a dedicated responsive worker who you can meet with on a weekly basis (this can be flexible) to talk through your difficulties in a safe and confidential environment.

The worker can offer a maximum of 12 weeks of support. Through building a trusting relationship, some clients find that this service is enough for them to continue with their day-to-day life having learnt some coping techniques and gained a better understanding of the reasons behind their difficulties.

Following the end of these sessions the client can be offered the opportunity to engage with KASP's counselling service, or be allocated a befriender via KASP's befriending service. Clients can also be referred onto other external agencies for additional specialised support if required.



“Sometimes we need someone to just listen. Not to try and fix anything or offer alternatives, but to just be there... to listen. An ear that listens can be medicine for a heart that hurts.”

What to expect from these sessions?

The responsive worker will begin by introducing themself, you will start to agree boundaries and the worker will tell you more about what to expect from your sessions.

Is the responsive worker a counsellor?

The answer is no. The responsive worker is there to provide you with short term practical and emotional support. The responsive worker will listen to you and if required will assist you to put in place tools which may help you manage your difficulties better.

What will the worker ask me?

The responsive worker is not there to tell you what to talk about, however, they will help you explore any supports that may help you. This is your space to use how you wish.

How long will a session last?

Sessions are flexible and take around an hour or more if required.

Will anyone know what we discuss?

You will have had a copy of the confidentiality and information leaflet at your information/assessment session. In addition, KASP has a confidentiality policy.



“I struggle to put into words how necessary a service like KASP is.

Since attending my initial 12 sessions with my worker, I have overcome a 2 decade long drug addiction, discarded toxic relationships and habits, gained a new confidence and passion for life and am well on my way to making a professional and personal success of my life.

For those who truly take advantage of it, the service provided by KASP can help to break that cycle and offer a light at the end of a very dark tunnel.”

