

# COUNSELING SERVICES

At Safe+Sound Somerset



## ADULT

Counseling helps survivors heal from the trauma of domestic abuse and/or sexual violence. In a supportive and non-judgmental environment, survivors gain insight into the impact of violence. Our counselors work with survivors to develop an individualized plan to increase safety, build healthy coping strategies, and develop techniques that empower survivors to build a life free from abuse.

Counselors are highly trained in various modalities including Cognitive Behavioral Therapy (CBT), Prolonged Exposure Therapy, and Eye Movement Desensitization and Reprocessing (EMDR).



## GROUP: K.I.T.E.

Group Counseling provides a safe space where survivors learn they are not alone. Our weekly K.I.T.E. Group may be what you're looking for! K.I.T.E.: Knowledge as a powerful tool, Inspiration to heal from the impacts of abuse, Togetherness with fellow DV and SV survivors who truly "get it," and Empowerment to be the healthiest version of yourself. The KITE group is a 16-week curriculum that adult survivors are welcome to join at any time.

## YOUTH



We provide counseling services to youth ages 3-17 who have experienced or witnessed trauma related to domestic violence and/or childhood sexual abuse. Our youth counselors are highly trained to help children heal from trauma and abuse, build coping skills, express feelings appropriately, and explore healthy relationships. Evidence-based counseling and creative play interventions, including Trauma Focused-Cognitive Behavioral Therapy (TF-CBT), are offered in a safe setting to families impacted by abuse.

**If you or your family members are interested in our counseling services. Call or text our 24/7 helpline for a referral and to begin the intake assessment.**

**866-685-1122**





# K.I.T.E. Group

Knowledge. Inspiration. Togetherness. Empowerment.

**EVERY TUESDAY**  
**5:30PM - 7:00PM**



## Support for survivors of Domestic and Sexual Violence

### **Topics::**

- Power & Control and Consent
- Safety Planning and Community Resources
- Coping Skills and Self-care
- Common Reactions to Trauma
- Warning Signs for Abuse and Stalking
- Grief and Loss
- Shame and Guilt
- Self-esteem & Self-compassion
- Boundaries
- Assertiveness
- Healthy Relationships
- Wellness
- Living our Values
- Foundations of CBT
- Goal setting and Decision making
- Creative Expression

**To participate in group, please call the 24/7 Helpline at 866-685-1122.  
You can join virtually or in-person.**