



Nexus

aims

1

Gain an understanding of sexual abuse and the presentations of clients

2

Gain insight into the work of Nexus

3

Be able to refer and signpost clients to our services

Who is Nexus?

Supporting Survivor's of sexual abuse & trauma for over 35 years across Northern Ireland

Nexus means 'connection' or 'link'

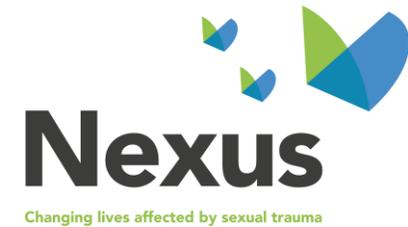
Provides information and support, specialist counselling and therapeutic interventions to anyone affected by any form of sexual abuse

Aims of Nexus

Help change perceptions of sexual abuse & trauma through counselling, education, leadership and interdependencies with other agencies and wider society

Drive forward change, championing the needs of individuals affected by sexual abuse & trauma by helping them find their voice

BREAK THE SILENCE





OUR SERVICES

OUR SERVICES

COUNSELLING

PBNI

NIPS

YOUR CHOICE

PACE

DOMESTIC AND
SEXUAL ABUSE
HELPLINE

FAMILY
SUPPORT

Approaches

Person centred

Psychodynamic

CBT

Somatic

integrative

What is sexual abuse?

“Any behaviour (physical, psychological, verbal, financial, virtual/online) perceived to be of a sexual nature which is threatening, controlling, coercive, exploitative, harmful or unwanted that is inflicted on anyone (irrespective of age, ethnicity, religion, gender, gender identity, sexual orientation or any form of disability.)”

Coercive, exploitative and harmful behaviour includes taking advantage of an individual’s incapacity to give informed consent.

“Stopping Domestic and Sexual Violence and Abuse in Northern Ireland” Strategy 2016

Fewer than 1 in 6 (16%) reported the assault to the police and of those that told someone but not the police, 40% stated embarrassment as a reason, 38% did not think the police could help, and 34% thought it would be humiliating

More than 4 in 10 (44%) were victimised by their partner or ex-partner

Nearly 1 in 10 (9%) were victimised on the street, in a car park, park, or another open public space compared with over one-third (37%) in their own home

Over half (54%) said the perpetrator used physical force, such as holding them down, to make them have sex with them, and 6% said the perpetrator had threatened to kill them

Trauma responses

Most responses are normal in that they affect most survivors and are socially acceptable, psychologically effective, and self-limited.

Most survivors exhibit immediate reactions, yet these typically resolve without severe long-term consequences.

Trauma, including one-time, multiple, or long-lasting repetitive events, affects everyone differently

How one reacts is individual to their own experiences and resilience

The amygdala

When a person experiences a traumatic event, adrenaline rushes through the body and the memory is imprinted into the amygdala, which is part of the limbic system. The amygdala holds the emotional significance of the event, including the intensity and impulse of emotion.

The amygdala stores visual images of trauma as sensory fragments. It holds the reactions of the 5 body senses at the time the event occurred.

Presentations of victims

Changes in appearance

Sexual health issues

Inappropriate sexual behaviour

Secretive use of phone or internet

Bruises

Other injuries

Chaotic and aggressive behaviour

Fidgety behaviour

Tears

Examine wider family issues

Anxious

Paranoid

Scared to stay at home

Wanting a transfer

Aggressive language

Language of anxiety

Silence

Lack social skills

Housing issues that are not there

Few friends

Unexplained changes in behaviour or personality

Moving around all the time – no permanent base

Issues our clients face

These can include but aren't limited to;

False self-blame

Depression

Suicide ideation

Substance misuse

Anxiety

Disengagement from school or work

Risk taking behaviour

An inability to make long term plan

Isolation

Trouble forming and maintaining healthy relationships



Nexus

PATHWAYS

Referral Pathways

ONLINE:

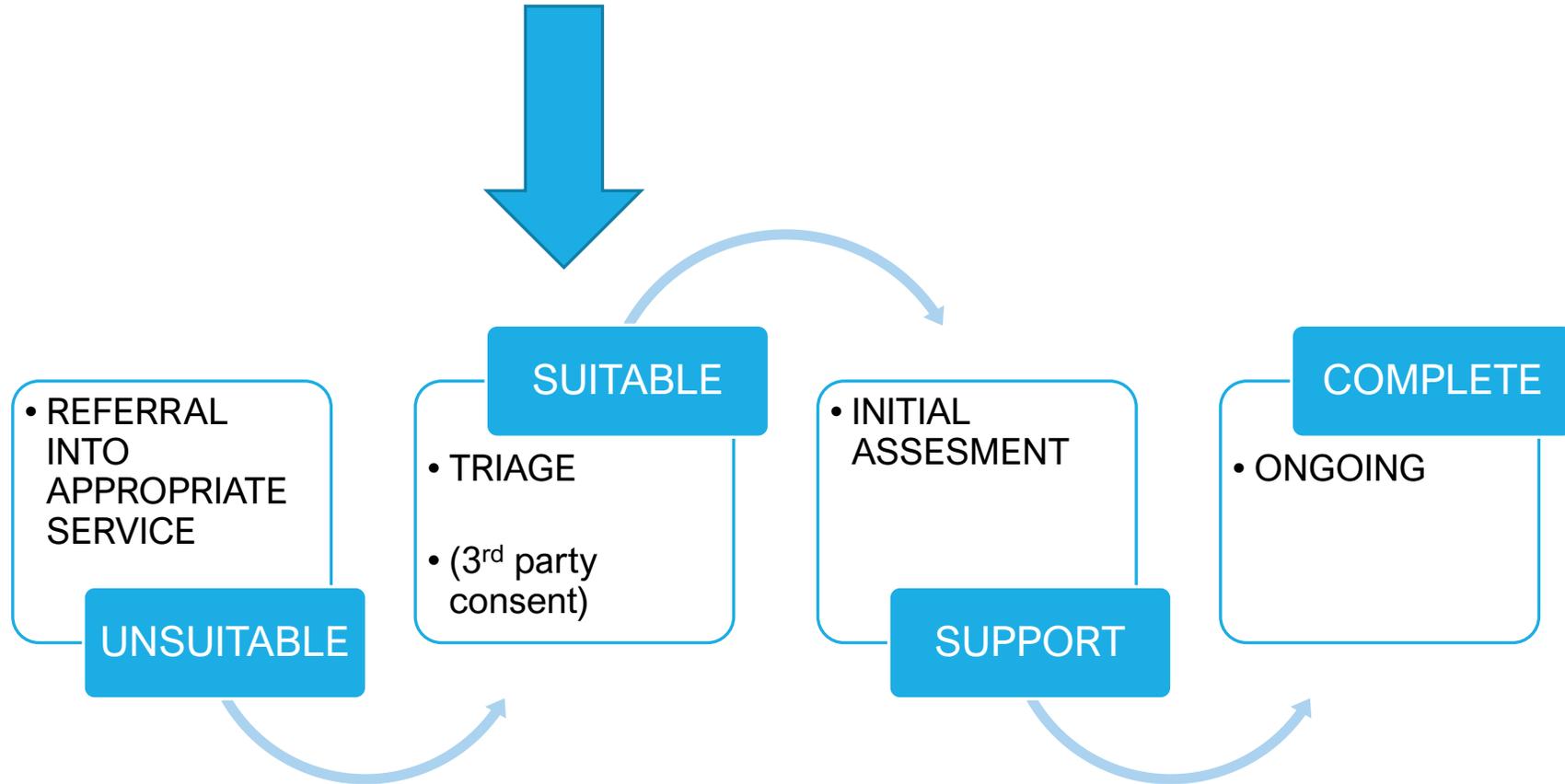
<https://nexusni.org/counselling/>



VIA TELEPHONE:

02890 326803

REFERRAL
RECEIVED



The role of the helpline

Free and confidential service, operates 24/7, 365 days of the year

In 2020/21:

19383 inbound and outbound calls made

18,397 webchats

112.2% increase in the number of users to the new website

**domestic and
sexual abuse
helpline
0808 802 1414**



info@nexusni.org

THANK YOU