



SEXUAL VIOLENCE IS COMMON

Healing is possible.

SARCC offers trauma therapy to survivors and family members. Our staff includes licensed therapists. Trauma can have lasting effects. Our trauma therapists learn the most up-to-date practices for reducing trauma. Therapy may be billed through insurance, or may be fully paid through grant funding for victim services when available.

Am I ready for therapy at SARCC?

You might be ready for therapy if:

- you have trauma reactions that make it hard to live your life as you want to
- you have a desire to improve your quality of life
- are willing to learn and practice ways to manage your symptoms of trauma
- you are ready to commit to the tough, but rewarding, journey to healing.



EVIDENCE-BASED TRAUMA TREATMENTS

Trauma Assessments & Treatment Plans

Eye Movement Desensitization & Reprocessing Therapy (EMDR)

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Internal Family Systems (IFS)

Dialectical Behavioral Therapy (DBT)

Support groups

SARCC OFFERS NO-COST SERVICES

Overview of Trauma Therapy

What is Therapy?

Therapy is a specific, goal-oriented, and evidence-based treatment. "*Evidence-based*" is a fancy word for "*researched*". Therapy is conducted by a licensed professional.

Why try therapy at SARCC?

Therapy at SARCC focuses on helping survivors identify the wounds caused by sexual assault or abuse, and work to heal them.

How does Therapy work?

Therapy treatments available at SARCC include:

- Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

How does EMDR Therapy work?

EMDR Therapy helps client to process sexual assault memories using eye-movement. Internal processing allows for privacy. No talking about the specific memories necessary!

How do TF-CBT work?

TF-CBT is designed for children and their caregivers. It helps them to process memories of sexual assault along with their caregiver. The child and caregiver work together to create a space where the child can share thoughts and feelings about the assault.

Who can use therapy services at SARCC?

Children and adults who have survived sexual violence or abuse can access therapy at SARCC. Therapy is offered both in-person and virtually. Therapists may also work with you to provide services in the community or at schools. Clients can also use both therapy services and advocacy services together at SARCC.

Need more information?

Call our offices or email info@sarccheals.org to request an intake.

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sarccheals.org | [@sarccheals](https://www.instagram.com/sarccheals)

The SARCC logo features the letters "SARCC" in a large, white, serif font. Above the letters is a white, curved line that arches over the "A" and "R", resembling a stylized wave or a protective shield.

A United Way Agency