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Who we are

- women only centre dedicated to supporting women with a complex range of needs
- creative and supportive place
- welcoming family-feel environment where women have the time and space to access the support they need at their own pace



What we do

We provide services to women whose lives are affected by or at risk of being affected by prostitution. Most women who use our services have multiple and complex needs including:

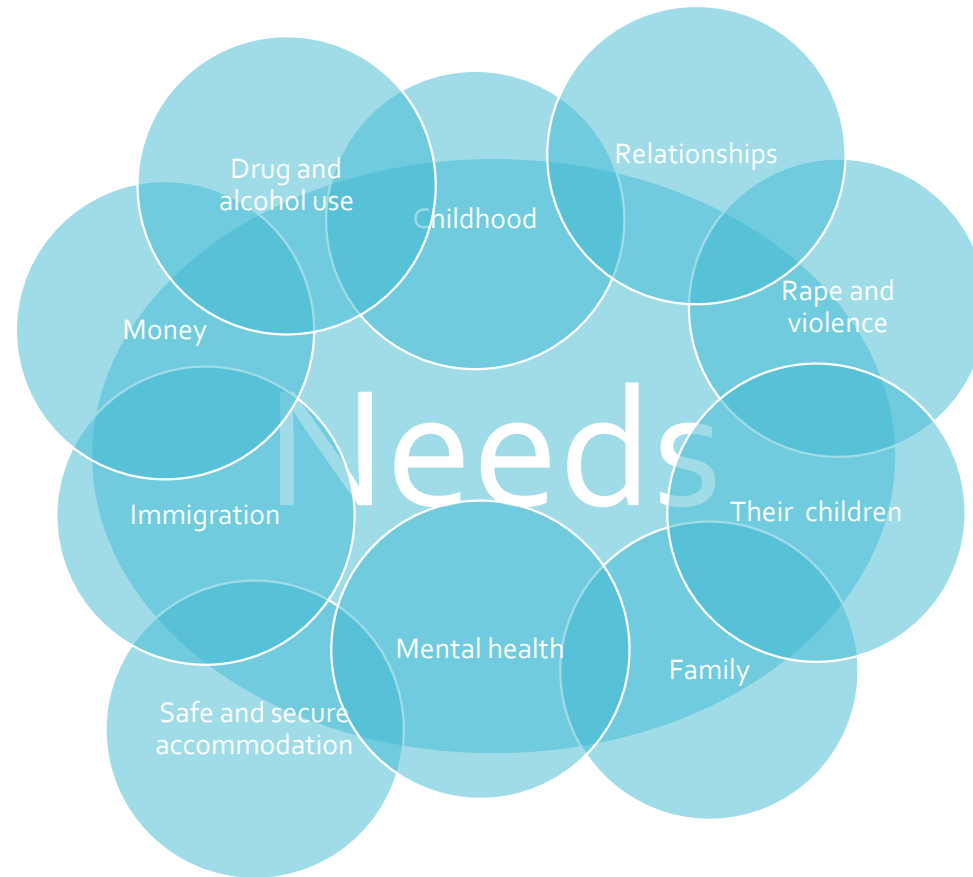
- problematic drug and alcohol use
- mental health issues
- rough sleeping
- trafficking



Our women



Women experience intersecting needs



Trauma

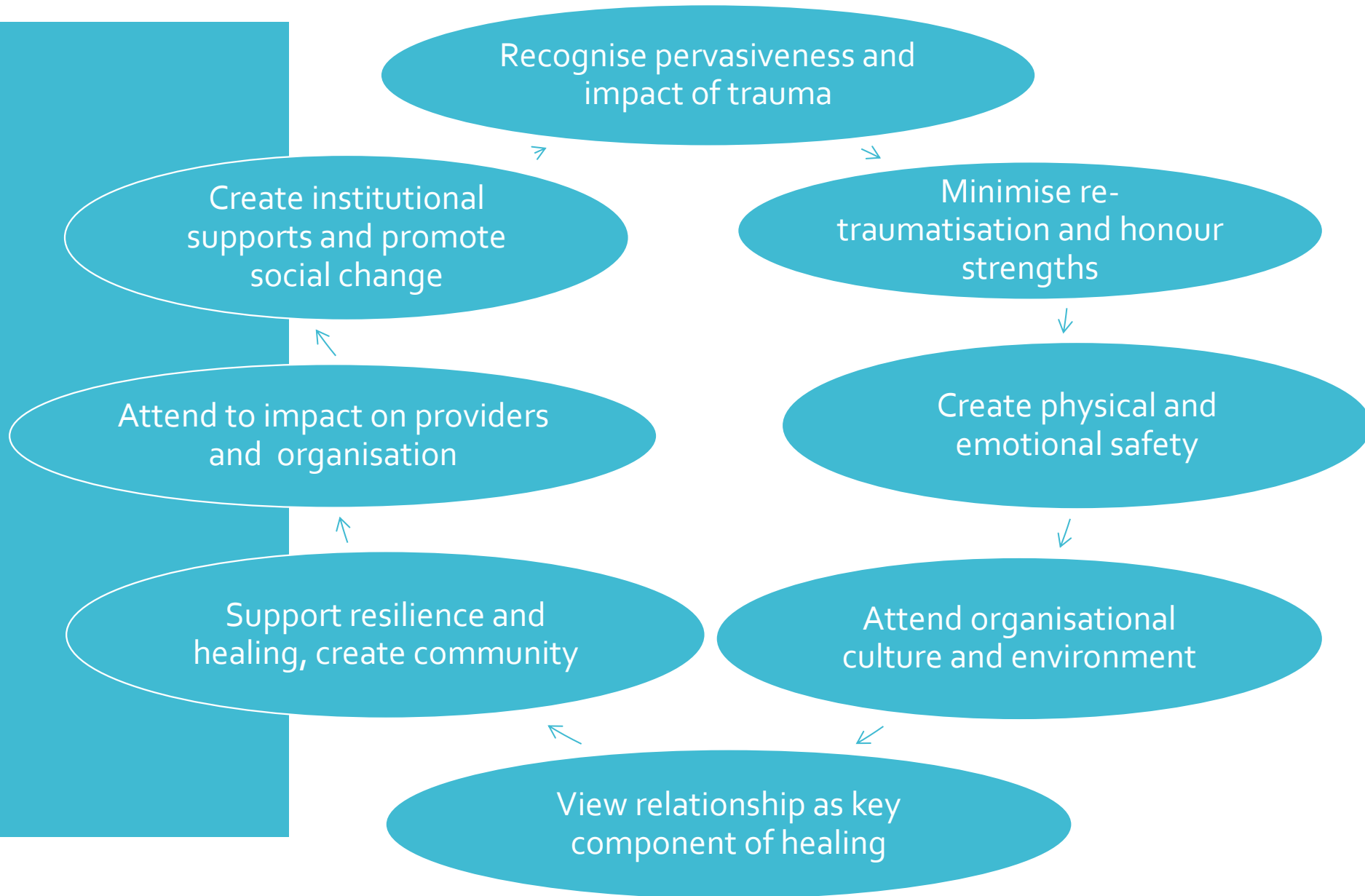


Facilitating healing, resilience and well-being

Healing from trauma often begins by:

- Restoring safety, connections, capacities, trust, meaning and hope
- Accessing empowering information
- Honouring strengths and resilience
- Emotional and interpersonal skill-building - Enhancing affect regulation and interpersonal skills, anticipate & prepare for trauma triggers
- Developing or reconnecting with supportive aspects of culture, community & spirituality and engaging meaningful activities.





Approaching help

- An individual's approach to help stems from their childhood experiences, where care-seeking behaviours are developed
- For women we must be aware of the trauma they have experienced as this will impact on help seeking
- To get a need met, one must first know they have a need.
- Women tend to describe experiences rather than needs



Practical issues

- Multiple appointments in different places across a town or a city
- Worries about meeting people in particular areas
- Returning to places they don't want to
- Split second ability to read people and make decisions about whether they will help them
- Finding a place of safety
- Staff behaviour
- Environmental factors



What hurts

- *When they don't listen*
- *When they manipulated my cooperation*
- *When they treated me the same way every time I had a re-admission*
- *When I am excluded from decisions*
- *When the different service systems I was in, didn't talk to each other*



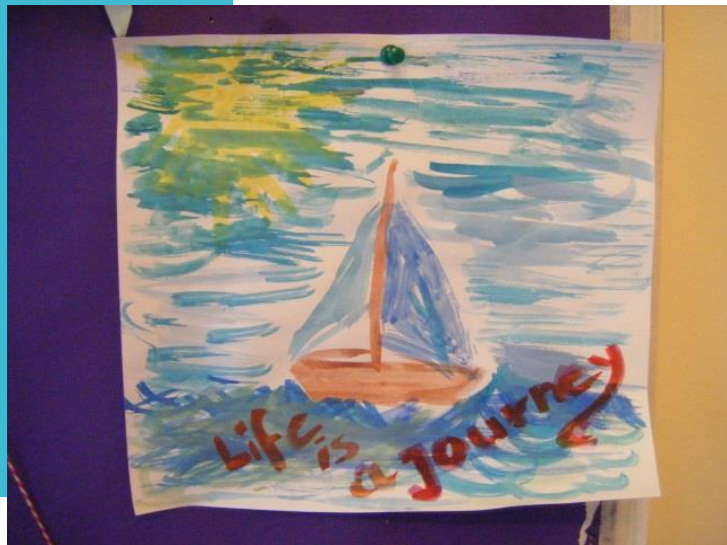
What helps

- *People doing what they say they will*
- *When I was shown respect & dignity*
- *When a rapport was establish with my helpers*
- *When they shared the power with me*
- *When they showed me how to, instead of telling me*
- *When I was given choices and alternatives*
- *When services followed me out into the community*
- *When they listened to me*



A positive outcome

- *'Hi, I just want to say thank you very much for your help. The house is nice, staff and the girls are very friendly. I am feeling home and safe now.'*



References

- Hodges K (2018) 'An exploration of decision making by women experiencing multiple and complex needs' Anglia Ruskin University.
- Matthews R, Bindel J, Young L and Easton H (2014) *Exiting prostitution a study in female desistance*. Basingstoke: Palgrave Macmillan.
- McCluskey U (2005) *To be met as a person: The dynamics of attachment in professional encounters*. London: Karnac.



Any questions

