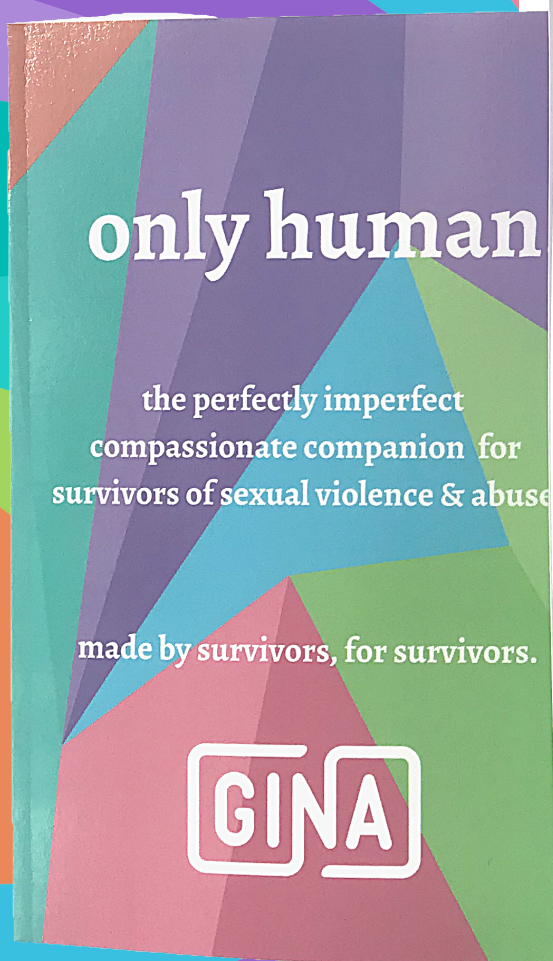


OVER 700
COPIES SOLD!

ONLY HUMAN

the workbook

an imperfectly perfect compassionate
companion for individuals subjected to
sexual violence & abuse.



CUSTOMISATION
AVAILABLE

CONTACT US

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Grosvenor House,
14 Bennetts Hill, Birmingham, B2 5RS



We never have to be anything more than the whole, beautiful beings that we are.

We're only human, after all.

only human

We think you're an extraordinary human doing the best you can with some really tough things right now. We hope the workbook carries some of the weight when things feel heavy, helps you trust it will pass & invites you to be gentler with yourself to bring you home to the truth that you are enough.

Find space between these pages to take power back, reclaim our magic, care for ourselves & explore normal human responses to trauma. Under the themes of:

- Mind
- Body
- Creativity
- Social
- Check-in



Access to specialist support can be limited for individuals subjected to sexual violence & abuse. Sometimes, counselling isn't always the support that people want or need. Other times, individuals need support but attending a counselling session isn't possible. We recognise support is often needed while people are waiting for counselling or even after they have finished it.

The workbook was created to address some of these themes and offer activities that individuals subjected to sexual violence & abuse can explore at their own pace - picking up, putting down and revisiting them as needed. Only Human explores responses to trauma, while simultaneously providing a space that supports individuals with these diverse impacts.

The workbook becomes unique to its owner as they move through pages and activities, turning into an embodiment of compassion by the end. Only Human creates a space for a shared understanding, unified through a workbook created by individuals with lived experience of sexual trauma.





add your organisation's logo, foreword & a bespoke message.

customisation



Below is an example of RSVP's customised *Only Human* workbook, with a special foreword from the organisation to survivors and the addition of RSVP's logo throughout the cover.


foreword by RSVP
 This workbook has been gifted to you by our sister organisation, RSVP.

We hope this gift can offer a compassionate haven to explore ways we can care for ourselves while experiencing human responses to trauma.

We know this can be a difficult time while waiting for support. We're doing everything we can to reduce this wait. In the hours that we can't be with you, we hope this workbook will allow for self-care exploration at your own pace, in a way that works for you, to pick up & put down as needed.

For the moments when everything gets too heavy for your back to carry, let the spine of this workbook bear the weight instead.

We give you this gift in compassion, hope & unity. We'll see you soon.



- The RSVP Team

we think you're an extraordinary human doing the best you can with some really tough human things right now.

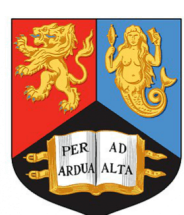
we're all doing our best... surviving & muddling through. It can be messy.
 you're allowed to be messy.
 you're allowed to feel it all.

this workbook will be with you when it feels heavy.
 it will carry some of the heaviness, it will help you trust that it will pass and when you can, encourage you to lean into moments of your magic.

we are enough.

we never have to be anything more than the whole, beautiful beings that we are.
 we're only human, after all.





UNIVERSITY OF BIRMINGHAM



organisations who've found their compassionate companion:



First impressions... I think it's really bright and positive and stands out. A lot of survivor resources can be quite heavy so bright colours help engage creativity and draw you into the book. Back blurb is empowering message something you don't hear a lot as a survivor... most importantly the section on trauma was well presented. It's what we want to hear, that somebody understands us.

contributor comment

The workbook looks great. I really like the layout and the paper folding in the middle is a lovely idea. I am happy with my contribution... I really like all the content - I think it's going to be such a useful resource and it's really creatively laid out, which I like.

comment from an individual who contributed to the workbook

I just wanted to let you know how much I love the workbook. I have found it really helpful and inspiring... seeing my piece in print was really powerful for me, so thank you again!

comment from an individual who contributed to the workbook

That looks an amazing workbook and is a reminder of how far I have come over recent years. Thank you so much for the opportunity to be able to add some of my writing and pictures as they are very much part of my recovery.

comment from an individual who contributed to the workbook

I love the positively, I love the brightness of your products and I love that not everything is referring to sexual violence, but more about self-care and that side of things. I think there has to be a real balance.

contributor comment



I think it's a really good idea because one my RSVP clients asked me and said I'd love to do a diary or a workbook or something to work through these things, so I think it's a really good idea.

**counsellor
comment**

I really like the layout and the paper folding in the middle is a lovely idea. I am happy with my contribution...I really like all the content - I think it's going to be such a useful resource and it's really creatively laid out, which I like.

**comment
from an
individual
who
contributed
to the
workbook**

I've just gone through the workbook and love it!"

**contributor
comment**

The GINA workbook is an amazing resource, with an aesthetic which is appealing and engaging to our student audience. The workbook encourages self-care exploration under the themes of Mind, Body, Creativity, Social & Check-in. We will be using the workbook to enhance the support we can offer to our survivors. We really value our partnership with GINA and we cannot recommend these workbooks highly enough. Thank you GINA for your creativity and enabling our community to benefit from your brilliance.

University of Birmingham



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if you have recently purchased *Only Human* and would like to leave a testimonial or review for us, please do not hesitate to get in touch.

we love hearing your comments, and each bit of feedback helps us to develop our service & tailor our products to suit the needs of the individuals we support.