

journeys through GINA

journey 1: Clare, 45



hearing about GINA

through RSVP



why GINA?

I have received face to face support via RSVP but wanted something to continue self support and this allows me to do that

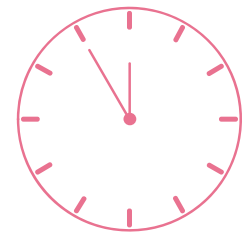


duration of support with GINA

journey through GINA

Really straight forward. All contact was of a good professional but personally tailored for you needs

4 months



comfort levels

extremely comfortable:

She put me at ease, let me lead the sessions. No pressure to talk about any one area. Was given the time to cry, get angry and really explore what I needed to look at. They gently guided me through the process, proving support and management techniques to deal with stressors that I had experienced



feelings before first counselling session

Nervous as talking about this is always emotional and I still struggle with it



JOURNEYS THROUGH GINA

Journey 1: Clare, 45



how effective?

extremely effective: counselling is not a quick fix but rather a process that allows you to slowly unpack your trauma at your own pace. The counsellor was brilliant but they are there to guide you at your pace



Counselling benefits

Counselling is a process and I have learnt that I do best at unpacking parts/layers of my trauma in stages



words of advice and wisdom:

The hardest part of this process is acknowledging you want and need help. If you are not ready to talk, use the resource library to start with. The talking sessions themselves are driven by you. No one is going to make you talk about anything you do not wish too



how else did GINA help?

I still to this day use the resource library as they help refocus my mind and help me



would you recommend GINA?

Yes. They put you at ease and provide a supportive environment to deal with the task at hand. They are specialists in this field and tailor their approach to each person's needs

and finally...

You are not alone.
You are believed. You
are a survivor.



journeys through GINA

journey 2: Hayley R. 37



hearing about GINA

through RSVP



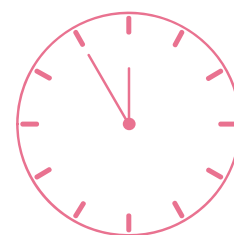
why GINA?

A traumatic experience at work that brought up unresolved, historic issues



duration of support with GINA

5 months



journey through GINA
I cannot put into words how wonderful the support has been. I have worked through my most difficult thoughts and feelings and I am well on my way to peace



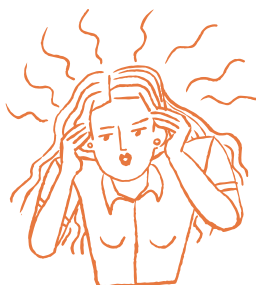
comfort levels

extremely comfortable:
Emma is an absolute asset to GINA. She has made me feel safe, believed and supported



feelings before first counselling session

Anxious



journeys through GINA

journey 2: Hayley R. 37



how effective?

extremely effective:
The style of the
sessions and the
techniques used put
my at ease



words of advice and wisdom:

It's never too
late to start the
healing process



what would you say to someone who is thinking of accessing support?

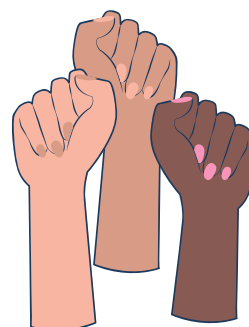
Please try it, even the
strongest of women
need support

Counselling benefits

I am now
accepting of what
happened, I am
moving forward
safe in the
knowledge that i
am not alone and
that I am not at
fault

would you recommend GINA and why?

For more than
20 years I have
tried to deal with
this alone
through fear and
embarrassment
but GINA has
taught me that
it's good to talk



journeys through GINA

journey 3: Anonymous, 18



hearing about GINA

through family
and friends



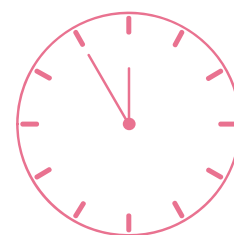
why GINA?

It was
professional
and specialised
support



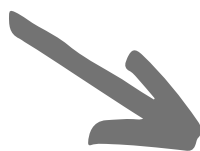
duration of support with GINA

1 month



journey through GINA

Good



comfort levels

very/somewhat
comfortable:
Asked all the
right questions
to make me feel
better

feelings before first counselling session

Stressed



journeys through GINA

journey 3: Anonymous, 18



how effective?

very effective:
Felt loads
better after

It Gets Better



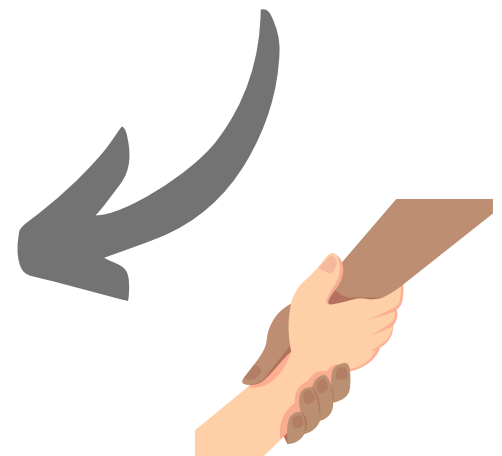
Counselling benefits

Made me feel
less stressed
after and
during
flashbacks



words of advice and wisdom:

Definitely encourage
because it helped me
loads



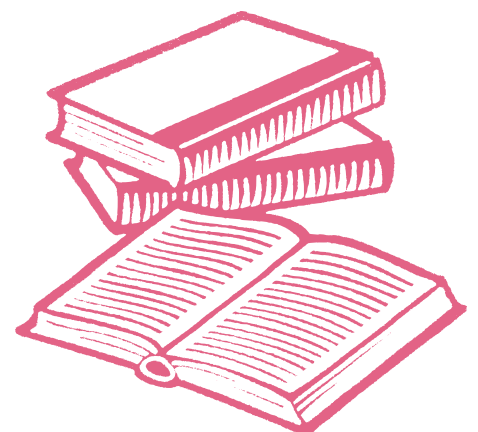
would you recommend GINA and why?

Yes, because
they are trained
and specialised
to help people
with specialised
assault



how else did GINA help?

The workbook



journeys through GINA

journey 4: Amanda, 39



hearing about GINA

through RSVP



what made you seek support with GINA?

Desperately trying to 'fix' me.

duration of support with GINA



currently ongoing, almost 12 months



feelings before first counselling session

Scared, really scared that I would be disappointed and that I would not be able to develop a relationship with the counsellor.

I had already had a positive experience with a previous counsellor, but as this was through the NHS and only allocated a certain number of sessions this ended. I think I had put up barriers to protect myself incase I didn't feel comfortable with the counsellor, this made me feel very aware that I may be perceived as being awkward and not willing to engage in therapy



journey through GINA

A complete roller coaster of emotions. With the help of my counsellor I have been able to work towards understanding why

I may have various thoughts, where these thoughts come from, what triggers them. We have then worked to find ways in which I can begin to accept myself and try to develop self care. At times I can look back and see how far I've come and this is as a result of being allowed to be 'me' I have been shown compassion which one day I may be able to give myself compassion. I am learning that therapy is hard...really really hard and that recovery comes with its challenges and that's not a reflection on me. I'm proud to have achieved what I have, and I will be forever grateful to those that are willing to work with me to 'fix' me

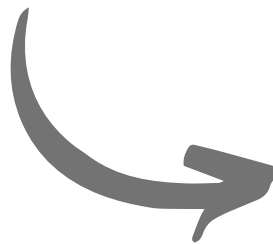
journeys through GINA

journey 4: Amanda, 39



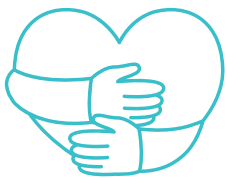
comfort levels

very comfortable: I now feel extremely comfortable, I respect and trust in her abilities, knowledge and understanding



How effective?

Very effective: I feel GINA is a service that is irreplaceable, Every person I've had contact with has gone above and beyond in what they do



words of advice and wisdom:

Accessing support from GINA is a choice that can only be made by the individual when the time is right for them, I would support the individual in whatever choice they make, accessing support takes bravery, courage, strength, determination and so much more, in understanding this I would like the individual to know that I respect them whatever choice they make...

how did counselling benefit you?

Counselling is still being a benefit to me. It is my safe place, a place where I can be me, learn about myself and continue to 'fix' me...



did you benefit from GINA in other ways?

I have not accessed any of the free resources or purchased products. However I would love to be involved in GINA's work.

journeys through GINA

journey 5: Alana S, 22



why GINA?

I wanted to access therapy and GINA seemed a good way in. It has no waiting list which attracted me to it over other options



comfort levels

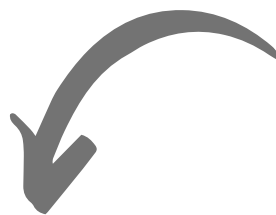
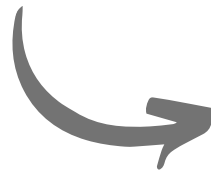


somewhat comfortable : I only had one session in person before we had to do phone call sessions. I didn't find this as comfortable as the in person sessions. My counsellor also didn't seem to be confident dealing with LGBTQIA+ people and issues so I didn't feel very comfortable discussing that.



hearing about GINA

search engine



journey through GINA

I started off by emailing GINA and a friendly person gave me a phone call to get the ball rolling. I met my counsellor and we got straight into the sessions. I put myself on the RSVP free therapy list a few months after starting with GINA



feelings before first counselling session

I was extremely anxious and scared, however, I felt like I was taking action against something that been keeping me down. It felt like a positive step



journeys through GINA

journey 5: Alana S, 22



how effective?

somewhat effective:
GINA therapy did help me, however, I didn't think the phone call sessions were as impactful as an in person. This was due to covid reasons and not GINA's fault



Counselling benefits

I felt it gave me a way into the scary, confusing world of counselling and I started to think about and explore things I'd like to continue therapy for in the future. On a whole it turned my world upside down but for the better.

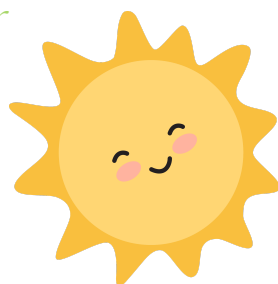


words of advice and wisdom:

Be mindful that it feels like your life gets so much harder and your emotions become bigger before they settle and you feel happier

did GINA help in any other ways?

I was supported to join the free waiting list with RSVP.



what would you say to people who are thinking of seeking support?

Go for it! It's scary but so important. It's great to take control of your trauma and empowering to begin to work through it.