



Patient, Family & Caregiver Information

Sexual Abuse Treatment Program



The Sexual Abuse Treatment Program (SATP) is dedicated to providing comprehensive crisis support, counselling, therapy, information, and/or advocacy services to individuals who have been sexually assaulted. The program promotes a person-centered approach to service delivery, and respect for the person's self-determination.

The program coordinates with other community resources whenever possible to support our clients. The program also provides education and training regarding sexual assault to community agencies.

Philosophy of Stabilization

The Sexual Abuse Treatment Program utilizes the Philosophy of Stabilization as the first step into treatment, followed by safely reprocessing trauma for healing and recovery.

The Solid Ground group is the first step in the program and focuses on expanding the client's window of emotional tolerance, and enhancing grounding skills, self-care skills and emotional regulation. The client does not share their story of sexual assault in this group as this can be emotionally disruptive to their stabilization.

Once they have completed the Solid Ground group, the client may choose individual therapy to work on their personal trauma and heal more deeply. Interventions such as Eye Movement Desensitization and Reprocessing (EMDR) and Emotionally Focused Therapy are offered at this stage of healing.

Increased skills in Mindfulness and Meditation are also offered through a group format to continue the client's skills in relaxation, being in the present moment and reducing stress through breathing techniques.

Services Provided

- **Assessments:** An initial assessment is completed once an individual joins the SATP to identify treatment goals and issues. Ability and readiness to engage in treatment are mutually determined.
- **Group Counselling:** The Solid Ground group is a 10 session, weekly group that provides tools to help participants learn how to lessen the symptoms experienced after having experienced a sexual assault. Individuals may also attend the Mindfulness and Meditation group to deepen their skills in these techniques which are introduced in the Solid Ground group.
- **Individual Counselling:** Once this initial group is completed, deeper therapy is offered through individual treatment if the client is interested. In general, clients access between 12 to 24 sessions depending on their needs.
- **Advocacy:** Connection with and referral to other service providers and resources are provided as necessary to address the varying needs of clients.
- **Education:** Sessions are available to increase the community's awareness of the systemic and gender-based nature of sexual assault and to provide training for professionals regarding sexual assault.

Eligibility

- Individuals 16 years of age or older who have identified as experiencing a sexual assault
- Resident of Perth County

For more information or to make a Referral

Please call 519-272-8210 ext. 2570 or 1-888-275-1102 ext. 2570.

The Sexual Abuse Treatment Program referral form is also available on HPHA's website

www.hpha.ca/sexualabusetreatment

Referrals to the program can be made by individuals, physicians, health care professionals and community agencies.

Resources

For individuals who have identified as experiencing a sexual assault under 16 years of age: Huron Perth Centre for Children and Youth, www.hpcentre.on.ca

Updated: February 16, 2023