



One in Four

Sexual abuse. From surviving to living.



Our vision is an Ireland where all children are safe from the threat of sexual violence

OUR WORK

One in four people in Ireland experience sexual abuse*. It might be you, someone you care about or someone you're friendly with.

Our expert services, across counselling, advocacy and prevention are available to men and women who have experienced sexual violence. Our work is about intervention in the cycle of abuse. Our vision is an Irish society where children are safe from sexual violence.

This leaflet provides general information on our services and work. For more detail see how you can contact us on the reverse.

»» Therapy »

We offer a space where you can share your experience of sexual violence with a professional counsellor who will help you to face what has happened and to understand and address the impact sexual abuse has had on your life.

Everybody is unique so the journey through counselling varies from person to person. Some people attend counselling over a long period and for others it can be a lot less. Your counsellor will help you to figure out what you need.

* The SAVI Report, 2002

I am now living my life rather than suffering it. The memories are becoming just that... memories - instead of the chains and shackles they once were

We offer counselling in one-to-one and group settings. We also offer counselling support to families who are affected by sexual violence. From time to time we also offer groups dealing with special issues such as addiction.

»» Advocacy »

The professional advocacy team provides information and practical support to people who have been sexually abused. We offer an opportunity to explore your options in a safe way whatever your needs and goals are. As a client you call the shots and make the decisions, we simply help you along the way with clear and expert information. Each person will have their own individual questions and goals and we will work with you according to your own needs. Areas where we support people include:

- › Reporting Sexual Abuse
- › Child Protection Concerns
- › Accessing the Criminal Justice System
- › Accessing the Civil Justice System
- › General justice/mediation work
- › Attending Inquiries, Commissions & Redress Boards
- › General Welfare, Health, Housing and Education Information
- › Liaising with Gardaí, HSE, social or education services
- › Court accompaniment

»» Contact Us »

e info@oneinfour.ie

t 01 6624070, Mon to Fri 9.30am to 5.30pm

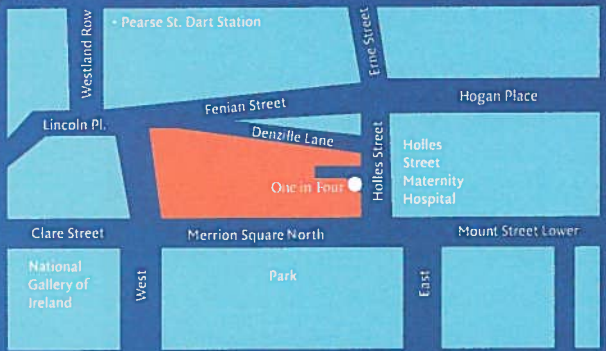
Post One in Four, 2 Holles St, Dublin 2

www.oneinfour.ie

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One in Four is a registered charity. CHY 15289



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**THERAPY.
ADVOCACY.
PREVENTION.**



One in Four have been the most positive aspect. I cannot overstate their value. Their emotional and practical support during the legal process was indispensable.

»» Prevention »

The Phoenix Programme: Sex Offender Treatment

At One in Four we view the treatment of individuals who exhibit sexually harmful behaviour towards children as an essential **child protection strategy**. Children First, the national guidelines for the protection and welfare of children, recognises the need for perpetrators of sexual abuse to have access to appropriate treatment services.

One in Four's sex offender treatment programme is structured around three group modules: 1) life history; 2) offending behaviour and 3) positive living. The aim is to help the sex offender understand the harm caused, to gain insight into the thoughts and behaviours which facilitated the abusive behaviour and to support the building of a lifestyle that keeps children safe.

The programme lasts on average 18 months, followed by a two year after-care programme. We also offer a support group for those who support the perpetrator in ensuring that the cycle of offending ceases.

HSE child protection services are automatically notified when a person registers with the Phoenix Programme.

»» Other work »

Influencing

One in Four works actively to ensure that our clients' needs and concerns are placed at the centre of public policy, legislation and procedures, including the criminal justice system. We regularly engage with government, media and the general public in raising issues and awareness regarding sexual violence.

Ways to Help Us

More than ever we need your support to continue our vital work.

- › Donate by post, call us on 01 6624070 or go to www.oneinfour.ie
- › Hold a fundraiser or do a sports challenge
- › Give a gift in memory or in honour
- › Leave a legacy, large or small
- › Create a win-win corporate sponsorship
- › Volunteer, a gift of your time can be just as precious as money.
- › For more information, ideas or support call 01 6624070 or email fundraising@oneinfour.ie

Keep in touch

Join our mail list to keep in touch on our work, blog and fundraising events. You can join our list on our website, our facebook page or simply call us.

»» Child Protection »

Child protection is at the heart of what we do. While our services are confidential, if you give us information that children may be at risk, it is our policy to pass that information to the HSE child protection services. Our work respects the principles of the Children's First Guidelines.

