

COUNSELING

Freedom House counseling services employ a client-centered approach. Our goal is to support the client in their recovery process through listening, encouraging, validating, reflecting, giving resources, and providing a safe environment. Counseling involves working with the client's current issues, normalizing and validating reactions to the trauma. Counseling is available in individual, group, or family settings.

A broad range of counseling techniques are used appropriate to the survivor's age, ability, language, learning style, and culture. Counseling may consist of talking about experiences, journaling, or expressing feelings through art and play.

TYPES OF AVAILABLE COUNSELING SERVICES

- **Crisis** – Professionals are available via telephone or in-person to provide an immediate, supportive response to the needs of people who have experienced domestic or sexual violence, sexual abuse, or sexual harassment.
- **Individual (Adult & Children)** – Provides an opportunity to work one-on-one with a counselor for guidance and support to resolve an issue, recover from an upsetting experience, explore thoughts and feelings, examine beliefs, and work toward making healthy choices. This can also be offered in school settings.
- **Adult Support Group** – A safe and secure environment for adults to discuss experiences and to share issues concerning domestic violence. It is a time where survivors can come together and empower each other.
- **Children's Support Group** – Informs youth about bullying, healthy relationships, feelings, and how to be a good friend.
- **Teen Groups** – Provides emotional support to teenagers who may be struggling with self-esteem, healthy relationships, and/or communication skills. This is also offered at local area high schools.



Domestic Violence & Sexual Assault Services

(800) 474-6031 | www.freedomhouseillinois.org

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