

## Childhood sexual abuse - the silent crime

Sexual abuse, particularly incest, is a taboo.

Childhood sexual abuse is the silent crime: the perpetrators will not speak of it and their victims cannot speak out.

The majority of perpetrators know their victims: in many cases the victim is in their care. The crime is often cloaked in terms of affection and secrecy. Where the abuser is a parent, the child is trapped between the need to seek redress and the ensuing effect upon the family. Often the victim remains silent, but her behaviour will indicate her suffering. This makes the crime difficult to quantify.

**The crime of childhood sexual abuse has no attachment to affluence, race, creed, or environment.**

## About the Quetzal name

The Quetzal Project was the brainchild of Jenifer Anthony Black, beginning in 1989 as a self help group and then developing into a more formal range of professional support services. Sadly, Jenifer passed away in March 2009, but her vision remains.

A quetzal is a South American bird which, according to legend, dies when caged. The Quetzal Project offers counselling, a helpline and information to break the bars of psychological cages for women who are recovering from the trauma of childhood sexual abuse.

Quetzal has worked with hundreds of women aged 16 and over in Leicester City, County and Rutland.

*Production of this leaflet is supported by the Home Office (Office for Criminal Justice Reform) through the Victims Fund.*



# COUNSELLING

**Helpline 0116 253 3383**

*Quetzal Helpline is open:*

*Monday, Wednesday and Friday*

*7-9 pm and Wednesdays 10am-12pm*

*Answer phone at other times.*

July 2010

14-16 Talbot Lane, Leicester LE1 4LR  
Office 0116 253 9103 • Fax 0870 705 9993

**Helpline 0116 253 3383**

Email [help@quetzal.org.uk](mailto:help@quetzal.org.uk) • Web [www.quetzal.org.uk](http://www.quetzal.org.uk)

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*Supporting women  
recovering from the trauma of  
childhood sexual abuse*

*Patron: Sue Townsend*

# COUNSELLING

**Quetzal provides counselling to support women recovering from the trauma of childhood sexual abuse.**

## **How Quetzal helps:**

- Quetzal supports women victims of childhood sexual abuse who are aged 16 or over regardless of status
- All these women are victims of crime
- The youngest self-referral is 16 years old

## **Face-to-face counselling with Quetzal can be:**

- Short term crisis counselling for between two and six weeks
- Long term counselling for between six months and one year, depending on the needs of the individual client

## **Services for individuals include:**

- *Helpline*
- *Face-to-face crisis counselling*
- *Long term face-to-face counselling*
- *Information*
- *Web site*

## **Who are the Quetzal counsellors?**

Quetzal has a range of counsellors, some of whom are widely experienced and others who are students at an advanced level in their studies with respected universities and colleges. All counsellors are cleared by the Criminal Records Bureau (CRB) and are properly supported through supervision.

***All our counsellors are female and have specialist training in counselling.***

## **What about confidentiality?**

Quetzal abides by confidentiality guidelines which are contained in a separate leaflet. Please request a copy if needed.

## **What if you're not happy with the service at Quetzal?**

Quetzal has official procedures for dealing with any complaints about the service. This is outlined in a separate leaflet. Please request a copy if needed.

## **Quetzal also supports professionals:**

- *Talks*
- *Consultation*
- *Training*
- *Advice*
- *For professionals who support women*

## **Who refers clients for Quetzal counselling?**

About one-third of our clients refer themselves for counselling at Quetzal, while about two-thirds are referred by health care workers, social services and psychiatric teams.

Waiting lists operate for our counselling services. Please call the office to check our waiting list times.

Payment is expected for counselling according to your means. We believe that even if you can only afford £1 a week, you should pay this to show your commitment to the counselling process, just as Quetzal is committed to you.

However, nobody is ever turned away because they cannot pay for counselling.

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