

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. Quetzal began in 1989 as a self help group and then developed into a more formalised range of professional support services. Sadly, Jenifer passed away in March 2009, but her vision remains.

A quetzal is a South American bird which, legend has it, 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.



SERVICES

Helpline 0116 253 3383

Quetzal Helpline is open:

Monday, Wednesday and Friday

from 7 pm-9 pm

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

Patron: Sue Townsend

SERVICES

Quetzal provides a range of services to support women recovering from the trauma of childhood sexual abuse.

These services are available to women aged 16 and over in Leicester City, County and Rutland.

Quetzal offers:

- Helpline which women can call as often as needed
- Face-to-face crisis counselling for between two and six sessions
- Long term face-to-face counselling for up to a year
- Information and advice for women recovering from the trauma of childhood sexual abuse and those who support them
- Volunteer placements for counsellors, Helpline staff and other roles
- Specialist support for professionals

This leaflet gives a brief description of services offered by Quetzal.

Full information about each service can be found in specific leaflets, which are available on request.

Face-to-face counselling

Quetzal offers face-to-face counselling for women recovering from the trauma of childhood sexual abuse.

Crisis counselling provides between two and six once-weekly sessions.

Long term counselling provides weekly sessions for up to a year.

All Quetzal counsellors are female and have specialist training in counselling.

Information and advice

When you need information and advice about recovering from the trauma of childhood sexual abuse—or how to support others on their path to recovery—you can contact Quetzal.

Volunteer placements

Volunteering opportunities include:

- Admin work
- Helpline
- Counselling
- Committee member

All volunteers need CRB (Criminal Records

Referrals can be made in many ways, including:

- *Self referral*
- *From health care and psychiatric teams*
- *Through social services*

Bureau) clearance, because we work with vulnerable people.

All volunteers benefit from free specialist training and development. We offer mentoring from more experienced people in the team. Supervision is an essential part of support at Quetzal.

Because of the nature of our work, all Quetzal counsellors who work face-to-face with clients must be female. However, male volunteers can join Quetzal to work in other roles.

Specialist support for professionals

Quetzal offers support for professionals in issues surrounding recovery from the trauma of childhood sexual abuse. This can be tailor-made to meet specific organisational needs and may include:

- *Talks*
- *Consultation*
- *Training*
- *Advice*
- *For professionals who support women recovering from the trauma of childhood sexual abuse*

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Answer phone at other times.