

# Counselling Adult Survivors of Sexual Violence

For counselors, therapists, and mental health practitioners new to working with survivors of sexual violence, or already working with survivors who would like to more deeply inform their counselling practice.

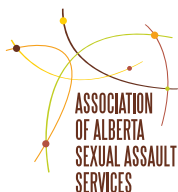
You will learn to:

Articulate theoretical frameworks for understanding sexual violence and trauma.

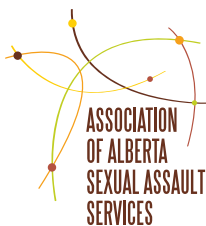
Draw on evidence-based approaches to working with sexual violence and trauma.

Co-create, sustain, and mindfully bring closure to a therapeutic relationship.

Strengthen self-care practices, increase practitioner resilience, and minimize burnout.



[aasas.ca](http://aasas.ca)  
[ContEd@aasas.ca](mailto:ContEd@aasas.ca)



The primary work of the Association of Alberta Sexual Assault Services (AASAS) is to provide leadership, coordination and collaboration of sexual assault services in Alberta.

As a provincial support organization, AASAS focuses its efforts in these key areas:

**Awareness:** AASAS works to increase public and government awareness of issues involving sexual abuse and sexual assault and the impacts they have on Albertans.

**Access:** AASAS strives to ensure that all Albertans affected by sexual abuse and sexual assault have access to healing and recovery programs, services and supports

### **Local Specialized Support Services**

AASAS member agencies and services are responsible for day-to-day front line delivery of services within their local communities and regional areas. Find the specialized sexual assault support services available in your area by visiting the AASAS website or calling Alberta's ONE LINE for Sexual Violence 1-866-403-8000.

aasas.ca  
mailbox@aasas.ca