



*Safe place.
Safe families.
Safe future.*

Counseling Program

ROAD TO RECOVERY

What Counseling does TESSA provide?

- **70** individual therapy sessions open each week
- **15** group therapy sessions each week
 - Group support offered to all ages, including children
 - Group support for male victims
 - Group support for adult survivors of incest
- Support groups conducted by TESSA at **Mary's Home** and **Spring Rescue Mission**.
- TESSA's Safehouse has a designated clinician.
- TESSA has two clinicians to serve rural areas.



Why is Counseling so Important for Survivors?

Research shows that therapy interventions can mitigate the negative effects of domestic and sexual violence and improve survivors' capacity to overcome past traumas. Specifically, TESSA's Counseling Program provides specialized therapeutic services that address the emotional and mental trauma of victims and the unique issues that commonly result from this trauma, including depression, alcoholism, substance abuse, low self-esteem, social anxiety, eating disorders, and suicidal ideation.

