

# Training:

We also offer bespoke training, tailored specifically for your team or organisation's training needs. Please contact us for more information.

# Contact us

We are based in Portadown but offer services across Northern Ireland.

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SEXUAL TRAUMA AND RECOVERY SERVICE FOR  
CHILDREN AND ADOLESCENTS

## Our Story:



We are a not-for-profit Community Interest Company. We are a group of social workers who are specifically trained and qualified to provide therapeutic support services to children, adolescents and their families who have been impacted by sexual abuse. As a team we have over 53 years of collective experience.

Our teams' mission is to create a safe and nurturing environment where young people feel comfortable and safe enough to explore their thoughts and feelings. We are passionate about providing high quality therapeutic support that reduces the harmful effects of sexual abuse on children and their futures.

## What we offer:



STARNI provides assessment and tailored therapeutic intervention to:

- Children and young people who have made a disclosure of sexual abuse between the age of 4 – 17.
- Children and young people aged 8–17 where there are concerns regarding their engagement in problematic or harmful sexual behaviour.
- Children and young people, aged 4–17, who display developmentally inappropriate sexual behaviour.
- Parents, carers and families.

Intervention is flexible and strategies will be tailored to the needs of the child, drawing on theories of child development, attachment and existing research based on the latest neuroscience and trauma informed practice.

We work collaboratively and holistically with children, young people, their families, carers, schools and other professionals.



## What happens in a session?



Sometimes words are not big enough to contain all the feelings you are trying to pour into them



We understand that when children and young people have been impacted by sexual abuse they may be experiencing a wide range of emotions. Some of these may be: feeling angry, guilty, sad, frightened, ashamed or embarrassed. We facilitate opportunities to explore these feelings further. We understand that it can be hard to find the words to express or communicate thoughts, feelings and experiences, but we will ensure the child or young person is made to feel as comfortable as possible throughout this process.

We utilise different creative and therapeutic approaches, which are tailored to the individual needs and preferences of each child/young person. Some of these approaches include art, play, narrative therapy and psycho-educative materials. This allows opportunities for children and young people to express themselves and work toward making sense of their experiences, through a safe and trusted therapeutic relationship.

The worker will treat all information shared in sessions with confidence. However, we believe all children and young people have the right to be safe and feel safe. If the worker is concerned that the child/young person or someone else is at risk, then this will be passed on.

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