

Sexual Assault Center of Pierce County
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Tacoma, WA 98406-1725
<http://sexualassaultcenter.com>



24 Hour Crisis/Information & Referral Line (253) 474-7273 or 1-800-756-7273

Therapy Services

New! Therapy Group for Adult Survivors of Childhood Sexual Abuse (ASCSA)

What? This group will provide a safe place to learn new ways of coping and relating to others.

Who? Adults, 18 years or older, who were sexually abused as children may be eligible to join.

When? The group will meet weekly for 1 1/2 hours for 6 months.

Where? Meetings will be held at The Sexual Assault Center of Pierce County.

How do I find out more? Call (253) 597-6424 to talk with Sarah Honig (ext. 17) or Kate Walker (ext. 18) if you have questions or are interested in joining the group.

Individual, Couples and Family Therapy

For clients ages 13 and older, master's level therapists provide counseling that addresses the issues and symptoms resulting from childhood or adult sexual assault or abuse. As with other services, therapy is also available to family members and friends of victim-survivors.

There is a fee for this service. A sliding-scale fee is available for those with limited incomes. We accept Crime Victims Compensation for those who qualify.

Counseling Services

We provide a safe, supportive and caring environment to heal from sexual violence.

We offer individual and couple counseling for survivors of sexual assault, abuse and harassment. We also offer counseling for friends and families of survivors. Counseling services are available to female and male adolescents and adults.

The length of treatment is determined by your need. We offer a very generous sliding fee scale. No one is turned away for financial reasons.

Therapy is provided by qualified professionals with a minimum of a master's degree in counseling or a related field.

We believe that you have the right to be treated with dignity and respect. The Sexual Assault Center of Pierce County provides services to any individual whose life has been impacted by sexual assault, regardless of race, ethnicity, color, religion, disability, pregnancy, national origin, sexual orientation, gender, age, income, veteran status, marital status, or any other basis prohibited by federal, state, or local law.

Consultation and Professional Training

Referrals List for Providers

We often receive requests for referrals to providers of all sorts. If you are interested in being on our Providers Referral List please fill out the providers' application and return it. We accept applications for substance abuse treatment providers, sex offender treatment providers, mental health treatment providers and psychiatric medication providers.

Therapy can help with:

- anger
- nightmares
- anxiety
- depression
- relationship problems
- trust issues
- parenting concerns
- poor concentration
- sleep problems
- sexual concerns
- flashbacks
- low self-esteem
- self-blame
- injury to self

and many other issues. For more information about counseling services please call our 24-hour Crisis Information and Referral line at (253)474-7273 or 1-800-756-7273.

Testimonials from some of our Clients

“Therapy made me look at the whole incident through different eyes and know that it wasn't my fault. I learned that I wasn't alone, that the feelings I had were valid.”

“My therapist at SACPC was very up front about therapy and what it could and couldn't do. Her honesty prepared me for what was going to happen during each step of the journey.”

“For the first time in my life, someone heard me, understood my pain and assured me it was okay to cry. Because my therapist was there for me, not against me.”

“For someone who trusts no one, it did take some time. My therapist, at times, felt like the only one I could talk to.”

“Therapy taught me how to cope.”

“I found out I do have hope for a future even though I’ll always have a past to deal with. I now realize I am worth something...I learned new ways to let go.”

Therapy Specific Questions

How do I get into Therapy with SACPC?

...Please contact our Crisis, Information and Referral line at (253) 474-7273 or 1-800-756-7273 and say you are interested in signing up for our therapy program. The advocate will let you know an approximate time before a therapist will call you to schedule an appointment; wait times vary greatly depending on the number of people currently requesting services. Typically wait times may range from one week to a few months. The advocate will offer you additional referrals for therapy outside our agency if you wish.

Who is eligible for therapy at the Sexual Assault Center of Pierce County (SACPC)?

...We provide therapy to any person over the age of 13 who is being negatively impacted by sexual assault/abuse issues and would like therapy to help address these issues. This includes victims of rape, sexual assault or sexual harassment, as well as adult/teen survivors of childhood sexual abuse. We also serve non-offending parents and partners of any sexual assault survivor. All therapy that we provide addresses issues related to sexual assault and abuse. If we assess that an individual could benefit from another type of treatment before beginning sexual assault related work we may suggest that occur before beginning sexual assault related work.

How much does therapy cost at SACPC?

...We do not want anyone to be turned away for financial reasons, yet we do ask that everyone pay **something**. We have a very generous sliding fee scale and your therapist will work with you to find a fee that you can afford. We are able to accept Crime Victim’s Compensation. We are not able to accept medical coupons.

How long will I be in therapy?

...Length of time in therapy at SACPC is based on the needs of the clients addressing sexual assault abuse issues to their satisfaction. Some clients are seen for a few sessions and others are seen for years.

What kind of therapy do you offer?

...We provide individual therapy and couples therapy for those wishing to address the impact of sexual abuse/assault on themselves or their relationship. Therapists who have a minimum of a Master’s degree in Psychology, Counseling or a related field provide all therapy. All therapists have substantial training in sexual assault/abuse treatment and receive additional up-to-date training each year. All therapists are either registered or licensed in the state of Washington.

What should I do while I am on the waiting list for therapy services?

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...While on the waiting list and while in therapy we encourage you to make use of additional positive supports. In addition to encouraging you to connect with supportive family and friends, we offer our 24-hour Crisis, Information and Referral Line at (253) 474-7273 or 1-800-756-7273 as a resource if you would like additional support at any time. Trained advocates who can offer support during difficult times answer this line. We also offer a list of useful books that may be helpful (*see a list under the Links to Resources button*).

How can I keep myself safe?

...There are many things we all can do to reduce the likelihood that we will be sexually assaulted. It is best that our harm reduction techniques are based in the reality of sexual assault and abuse as it really occurs. As an adult you are most likely to be assaulted by someone known to you. Only about 15% of sexual assaults happen to adults by strangers. Therefore it is important to understand that you are most likely to be sexually assaulted by someone that you trust to some degree, someone that you feel at least somewhat safe being alone with (co-worker, date, family member, friend, acquaintance, a friend of a friend, professional service provider i.e., doctor, teacher, attorney, minister, counselor, real estate agent...) in short potentially anyone.

Many victims do not know they are in a potentially dangerous situation until it is too late. When a person touches you sexually without your direct consent or after you express your lack of consent in some way (pulling away, saying no, etc...) and the person continually coerces or forces you into contact, you are being sexually assaulted. It is not uncommon that adults may have been alone many times with people who eventually assault them and have had no prior assault. Some times they were safe, sometimes they were not--all dependent on the actions of the perpetrator.

So what can be done to reduce your risk? Be particularly wary of people who seem too good to be true, they are more likely to have a hidden agenda. Avoid contact with those people who try to talk you out of your decisions or preferences. Attempt to be clear and direct in your interactions with others. Let others know if they are offending you or if you are uncomfortable and see if they respect your wishes about small things. Put your instincts and needs above offending someone else or appearing rude. Trust that you have a right to remove yourself from situations or people that make you feel uncomfortable.

If you have difficulty expressing limits and saying no to others in every day situations you may want to consult a helping professional or make use of books or other resources to help you. Self-defense classes can be useful but you must be able to use the techniques against people you know and may see again if they are to be effective in deterring sexual assault. Know that alcohol or drug consumption by the potential perpetrator increases the likelihood of them committing a sexual assault and that your consumption may also impact your ability to protect yourself.

Lastly remember that we cannot accurately predict how we will respond during a sexual assault. Like any trauma, we cannot know that we will be able to implement the course of action we now think would be best when we are at risk. If a sexual assault/rape occurs

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know that it was not caused by your actions or inactions. Perpetrators are the only people responsible for causing a sexual assault.