



Trauma Recovery CIC

SEXUAL, DOMESTIC & RELATIONAL TRAUMA

Trauma Recovery CIC's journey so far...

2011
Hertfordshire Therapy
Centre created by
Rebecca Fox

2015
TRCIC founding Directors, Rebecca Fox
and Sandra Lewin meet and form a partnership between
Herts SARC and Hertfordshire Therapy Centre, offering
free trauma therapy to adults who have experienced
sexual violence

2017
Rebecca and Sandra secure
funding from Herts Police
Commissioner to expand the
project

2018
Hertfordshire Therapy Centre receive
funding from NHS England to expand the
project further, including
children and young people

2022
TRCIC grows the team and expands to work with partner
organisations across the East of England

- Hertfordshire Police Commissioner awards TRCIC funding for "lightbulb" schools healthy relationship and sexual violence project
- TRCIC and CGL begin a joint working partnership
- TRCIC and YouTurn Futures begin a joint working partnership

2021
TRCIC are nominated for a
Women in Business award
and go on to win an Inspiring
Hertfordshire award for
community work

2020
Rebecca and Sandra
form Trauma
Recovery CIC

2023

- TRCIC and Safer Places partner to offer therapeutic groups in refuges in Hertfordshire
- TRCIC are awarded Ministry of Justice funding to expand therapeutic support for people who have experienced sexual violence

2024

- TRCIC are awarded Lived Experience Charter Gold status
- TRCIC's Helix project is recognised as "Outstanding new initiative" at the 2024 Beacon Awards
- TRCIC launch Butterflies Lived Experience Community with support from The National Lottery
- Sandra retires and Sally Beckford and Zoe Collins join the TRCIC team as Directors

Trauma Recovery CIC

Trauma Recovery CIC is a female founded not-for-profit organisation. Since 2020 TRCIC, as we are widely known, have supported people in Hertfordshire, Bedfordshire, Essex and Cambridgeshire who have experienced sexual trauma, domestic abuse and other traumas that have impacted their everyday life.

Ethical behaviour is integral to TRCIC, along with corporate governance and accountability to our partners and stakeholders.

As an organisational member of The National Counselling and Psychotherapy Society, we integrate the NCPS ethical framework into TRCIC company ethos.

Many of our team members have lived experience of trauma and as an organisation we strive to embrace and learn from the lived experience of others. In 2023 this was recognised nationally, and we were awarded Gold Status from the National Lived Experience Charter.

Our Values

Honesty: We work openly and honestly with our stakeholders - partners, clients and team members included. Honesty is necessary to build trust which is integral to TRCIC.

Accountability: All stakeholders are encouraged to be accountable for their choices, actions and behaviour. Being accountable for oneself reduces blame and increases transparency, allowing a culture of support and openness and fostering personal, professional and organisational growth.

Respect: Unconditional Positive Regard is at the heart of person-centred, individual support. Respect at TRCIC means that everyone is accepted for who they are and given space to be from a place of non-judgment.

Giving back: Many of those who work with TRCIC have had lived experience of trauma. We create and support an environment where lived experience is seen as positive thus reducing stigma and supporting lifelong recovery.



Vision

To empower individuals affected by sexual, domestic, and relational trauma to embark on a path of lifelong recovery, drawing on a blend of professional expertise, lived experiences, and research. Our vision is to help survivors reclaim control of their lives, break free from the limitations of trauma, and live authentically and confidently, free from the shadows of their past.

Mission

To provide compassionate, informed, and holistic support for those recovering from trauma. We aim to educate and guide survivors in a way that fosters healing, self-discovery, and empowerment, enabling them to remove the “trauma glasses” and see the world with clarity. Through personalised resources, practical tools, and continuous learning, we strive to create a safe space where individuals can rebuild their lives, embrace their strengths, and create the future they deserve.

Trauma Recovery's framework



Safety

- A safe and confidential environment
- Support for clients to feel and be safe
- Trauma-informed service
- Informed consent
- Partnership working with professionals to support safety
- Commitment to local safeguarding procedures
- Reflective practice for all team members
- Designated safeguarding leads



Accessibility

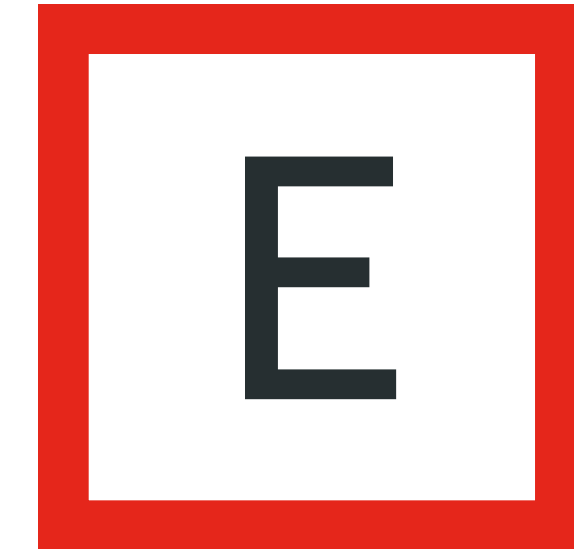
- Flexibility of access
- Funded services
- Self-funded services at rates to meet client need
- Short term support
- Long term support
- Support services co-created with stakeholders
- Commitment to the importance of lived experience
- Encouragement for those who are experts by experience to use their skills and knowledge



Freedom

Services focused on supporting clients to:

- Gain a sense of freedom from their traumatic experiences
- Understand the impact of their experiences
- Be involved in shaping services
- Create their own future
- Design services that meet their needs



Education

Support for clients to:

- Understand themselves in the context of their experiences
- Understand their own patterns and make informed choices
- Understand their individual emotional, psychological and physical responses to their experience
- Co-create and knowledge share

Our Services

We offer a compassionate and holistic approach to healing, providing a range of services that cater to the unique needs of each individual



Trauma-Informed Counselling

Compassionate, person-centred counselling service that prioritises safety, trust, and understanding. Our trauma-informed approach ensures that every session is grounded in empathy and sensitivity, creating a space where individuals can explore their feelings, process their experiences, and begin their journey of recovery with dignity and respect.



Trauma Focused Therapy

Specialised therapy designed to address the deep-rooted effects of trauma on the mind, body, and spirit. Our trauma-focused therapy integrates evidence-based techniques tailored to each individual's needs, helping survivors regain a sense of control, heal emotional wounds, and rebuild a healthier relationship with themselves and the world around them.

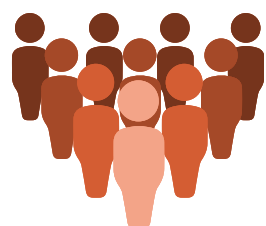


Butterflies Lived Experience Community

Supportive, non-judgemental space where individuals can connect with others who have walked a similar path. By sharing stories, insights, and coping strategies, members of our Lived Experience Community find strength, healing, and solidarity. This empowering community fosters a sense of belonging and serves as a reminder that no one has to walk their healing journey alone.

Through these interconnected services, we provide a comprehensive and supportive environment that nurtures recovery, resilience, and empowerment, helping individuals reclaim their lives and move forward with hope and confidence.

From 1st October 2020 to 31st December 2024 Trauma Recovery CIC have:



Provided Therapeutic
Support to

3562

People

We have supported people from the East of England both online and in person.

Some have funded their own sessions, others we have been able to offer free counselling by securing funding to work with.



Received Awards and
Accolades

7

Organisation membership of the
National Counselling and
Psychotherapy Society

Silver Award - Women in Business
2021

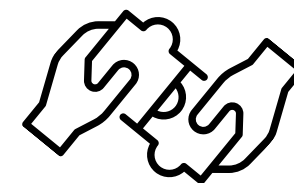
'Community Champion' winner in the
'Inspiring Herts Awards' 2022

Finalists in 2 categories in the
'Inspiring Herts Awards' 2023

'Outstanding New Initiative' 2024
awarded for our Helix service.

Achieved Gold Status in the 'National
Lived Experience Charter' 2024

'Disability Confident' Status 2024



Fostered Partnerships and
Joint Working Relationships

15+

organisations

Hertfordshire OPCC
NHS England
Essex, Herts, Cambs & Beds SARC's
Essex, Herts, Cambs & Beds ISVA
teams

YouTurn Futures
Safer Places
The National Lottery
The Co-Operative
Hertfordshire Community
Foundation

Herts Young Homeless
Beacon Victim Services
CGL
Hertfordshire Probation Service
Ministry of Justice
Hertfordshire schools



Offered Counselling
Sessions totalling

20,159

Over 4 years our team provided 1-2-1
Counselling to people of all genders,
ages and backgrounds across the East
of England.

This includes both time limited and
open ended therapy.

Kind Words



NHS England and the team at Career Matters would like to thank you for your involvement in the Lived Experience Charter. You have been an important part of this project. Your input has made a difference to the open and inclusive recruitment of people with lived experience and has contributed to an agenda that has significant potential for system and policy changes moving forward.

Sameer Iqbal Career Matters

After a few sessions I started seeing small differences which all amounted to significant change. I am now able to be the parent, friend and partner I wanted to be and am feeling like my old self armed with important life tools I am still learning to implement.

Adult client

What a warm, genuine and collaborative team. It's a joy to be part of it.
TRCIC Counsellor



I felt heard and valued

Client aged 15 years

This is the first time I have felt I met a therapist on a collaborative playing field.

Adult client

The Helix Funded Therapy Project demonstrates exceptional creativity and originality in addressing the needs of victims in Hertfordshire...The Helix Funded Therapy Project has made a significant positive impact on victims' experiences, well-being, and access to support services. By providing consistent and confidential therapy sessions, the initiative has shown tangible improvements in the lives of victims, helping them understand their reactions, cope with the impact, and achieve emotional stability.

Anonymous nomination to the Beacon Victim Service Awards 2024



Kind Words

Things are so different now and I have the tools needed to feel safe and stable. My own personal goals I had with therapy when I started have all been achieved along with some other things extra on top.

Adult long term trauma therapy client

A really positive experience!

Long term client

in a world where
you can be anything
BE KIND

From my experience over the past 10 years with professionals in regard of my mental health my therapist was the best person I've ever worked with. It's the first time I've felt safe, listened to and not judged. She took me seriously and I felt heard for the first time. She's really helped me in a variety of ways and I'm glad I gave the sessions a chance.

Adult client working through TRCIC Trauma Focused Programme

She helped me feel at ease while also finding ways to help me to open up without it feeling forced or scary. I looked forward to talking to her each week.

12 week trauma client

"I joined TRCIC in January 2023 and what a breath of fresh air it is to work in such an openly diverse and supportive environment working towards a profound cause. It's an absolute privilege to be a part of this wonderful team"

TRCIC Team Member

Whole team training days give me the opportunity to meet, share and learn with colleagues, develop professionally and come away feeling resourced and supported to continue my practice.

TRCIC Counsellor

How you can work with TRCIC

Visit our website
or
email:
hello@trcic.co.uk

Book 1-2-1 Counselling or
Trauma Focused Therapy
Sessions

Apply for a role as an experienced or
student counsellor, join our operations
team, or join us as a volunteer



Join our Lived Experience
Community

Partner your organisation
with TRCIC and join
forces to support others