

# Taste of Recovery with AIS

COUNSELLING &  
ISVA SERVICES

RECONNECTED  
...  
LIFE

## *Taste of Recovery*

This programme has been developed by a survivor of sexual violence, for survivors; it provides you with information, tools, and techniques to help you avoid self-blame, feel more in control and create empowering rituals for yourself.

The programme has three modules, with five 20-minute sessions in each module. Each session is available as a video, audio file, or transcript, with a downloadable workbook for each module so you can record your thoughts as you go. You can dip in and out, and take as long as you like. There is no time clock on your progress.

*"Taste of Recovery will help you move beyond merely coping, one day at a time. It will help you take control of your reality, and become your own rescuer. I was where you are. This is what I needed."*

Emily Jacob, creator of Taste of Recovery and Founder of ReConnected Life.

### *Response*

You'll learn about how your mind and body might respond during and after being subjected to trauma. You'll also learn about how others might respond to you, and how to manage those conversations in a way to keep you safe.

### *Rescue*

You'll learn techniques and tools to enable you to effectively rescue yourself (and be your own hero). When you feel out of control, you'll be equipped with tools that will help you regain control and liberate you from panic and anxiety.

### *Resilience*

You'll build strength by introducing rituals into your daily routine that will facilitate reconnection between mind and body.

The modules will help you learn self-compassion for what you've been subjected to. You'll find yourself experiencing more of life, as you'll no longer feel the need to hide away from the world in an effort to protect yourself. You'll be tasting what recovery can look like.

*"I found the Taste of Recovery course a really helpful way to learn about responses to trauma and, most importantly, to feel empowered to build resilience every day... [it] made me very hopeful for the future."*

Claire

*"...it has given me language, knowledge and power to begin to start my journey of recovery... I feel different, like I am beginning to be able to face forward."*

Emma

Please note, this course is suitable for people aged 16 and over. For more information and to access Taste of Recovery with Axis programme, email us at [tasteofrecoverywithaxis@axiscounselling.org.uk](mailto:tasteofrecoverywithaxis@axiscounselling.org.uk) or visit [www.axiscounselling.org.uk](http://www.axiscounselling.org.uk) or telephone 01743 357777

## MindBody Foundations

MindBody Foundations complements the Taste of Recovery Programme, by taking five grounding practices, and exploring them in greater detail. Each ten-minute lesson is available as a video, audio or transcript, with an accompanying worksheet for each.

The Five lessons are: *Grounding, Breathing, Sleep, Mindfulness, and Music.*

### *Grounding*

By focusing our senses on our environment in the present moment, grounding can bring us back into the 'NOW'.

### *Sleep*

'Good sleep hygiene' will start to minimise panic attacks and flashbacks. This lesson guides us through finding sleep rituals that work for us.

### *Breathing*

If we can learn to control our breathing, slow it down, noticing how it feels going in and out... then we can know how to safely bring ourselves back into our body, just by taking a breath.

### *Mindfulness*

This lesson introduces mindfulness through a mindful eating exercise that will bring our mind back into our body.

### *Music*

Music has the power to transport us; it can lift us up and it can calm us down. This lesson explores creating our own playlists that can bring us calm and joy.