

INSIGHT & EXCHANGE INITIATIVES

LIVED EXPERIENCE INSIGHTS

Insight Exchange hosts de-identified lived experience insights of domestic and family violence, exploring what a person is having to do, or not do, to stay safe and well in the context of their relationship.

[Janine](#) - *'I wasn't going to get away unless I pretended I was gone'*

INVITING YOUR FEEDBACK | GUIDE TO SELECTING A COUNSELLOR (Next edition)



In Nov 2018 Insight Exchange released a **Guide to Selecting a Counsellor**. This publication has been reviewed and refined to create a 2nd edition with new content sections and lived experiences insights. The sections are:

- What is domestic/family violence informed counselling?
- Tips on deciding on a counsellor
- What will happen in the counselling sessions? Beginning, during and end of sessions
- After counselling
- Other Insight Exchange resources
- Counsellors Kit

If you have experienced domestic, family and sexualised violence and have thought about speaking to a counsellor, or have spoken to a counsellor, we would like to know what you think of our next edition of *Guide to Selecting a Counsellor*.

If you find the material distressing in any way, please stop the survey. You may wish to talk to someone you trust or to a service. A number of national services are listed in our resources - Follow My Lead, My Safety Kit or My Dignity.

 [Complete the survey](#)

We would really value your feedback about this incoming edition.

Please complete the **anonymous short survey** which provides a link to the confidential working draft and structured feedback questions. (Closes 20th Dec 2021) Thanks so much for generously contributing to this shared resource.

SHAPING WHAT GETS COMMUNICATED AND HOW – Status Update

A big thankyou to people with lived experience who helped to shape the audit checklist we used to review a sample of public facing websites of organisations that respond to victim-survivors of domestic, family and sexualised violence. With the generous Probono support of 30+ consultants (L.E.K. Consulting) we have been able to review 150+ websites, commence the development short guides and a digital dashboard that reveals the status quo. We will be sharing this picture in 2022 and working to support organisations with this uplift for the benefit of people who are experiencing domestic, family and sexualised violence.

