

AFTER THE SEX TRADE



*Understanding &
Moving On*

Mental Health Recovery Course

You My Sister www.youmysister.org.uk
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Testimonies

This Course was designed by and for women who have exited the sex industries. This is what women who have been on the course say ...

"I felt able to disclose to my family for the first time"

"Lives will be saved through this "

"'Humanity' is crucial in recovery and that is what the trainers gave us"

"You My Sister has really helped my mental

"Simply being able to talk with other was amazing"

"I have entered part time work. You My Sister has undoubtedly helped as I feel so much better about myself "

About the Course

Who is it for?

This course is for women who have experienced **any form of the porn or sex industries** & seek support in processing their experiences and moving on. It was created by, and is delivered with, women who have experienced the industries. It is run online so is accessible to women anywhere. Although it is **not formal therapy**, it can be very therapeutic in helping manage mental health and, ultimately, recovery.

How does it help?

We **explore your journey** before entering the sex industry, surviving within it and exiting & look to the future. We help you understand and process what happened whilst in the industry and its impact.

We help shift perspective **away from self-blame & shame**. We help you explore your emotional needs, start to like yourself again and reclaim your identity - so giving the chance to truly move on. Perhaps most importantly, we are a **safe space** to help break isolation and be with others with similar experiences who truly understand.

After the course, we help attendees set up their own **support group**, if they wish, so you can continue to meet online, be with each other and support each other.

Nuts & Bolts

- ✓ Online via Zoom*
 - ✓ Open to anyone in the UK or beyond
 - ✓ 6 weeks, 1 session/week of 2-2.5hrs
 - ✓ 8-10 women on the course
 - ✓ 2 Trainers
 - ✓ At least one trainer is a peer (who has experienced the sex trade)
- *We can assist with internet access if needed

How do I enrol?

Our trainer meets everyone individually in the weeks before the course to help 'break the ice', talk through the course and answer any questions you might have and to make sure the course is right for you at this time.

To find out more or enrol contact us at i@youmysister.org.uk

Course Sessions

1

Session 1 – Feeling Safe & Making Connections

Introduction to the course and getting to know each other

2

Session 2 – Understanding Why

Understanding why we entered the sex industry

- The Sexual Exploitation Process
- Power and Control
- Healthy Relationships

3

Session 3 – Understanding our Feelings

- Differences/similarities/confusions between work and sex
- How we expressed and hid our feelings and why
- The long term impact of this

4

Session 4 – Leaving

- Exploring why and how we left
- Acknowledging how hard it is to leave
- ‘Fight or Flight Response’ – impact and managing it

5

Session 5 – Moving On

- Work vs Sex
- Healthy Work and Sex
- Telling Others

6

Session 6 – Your Future

- Liking yourself without it meaning ‘be sexy’
- (Re)discovering what you like to do and how to make it happen

Students say

- ✓ Course ‘Excellent’
- ✓ Trainers ‘Excellent’
- ✓ Reduced Isolation & Self Blame
- ✓ Increased Self Confidence & Hope