

F.A.B. Freeing Abuse and Bullying

A not for profit registered Social Enterprise providing qualified volunteer therapy for any aspect of childhood trauma.

Our focus:

- I. Children and families affected by bullying
- II. Children traumatised by abuse
- III. Adults still affected by childhood abuse



All Sessions are free of charge and now available online via Skype or Zoom.

Professionally led sessions from specially trained therapists use and teach a unique holistic trauma release process. The sessions offer recovery and empowerment in a safe, friendly, compassionate environment without a need for repetitive dialogue.

All sessions are guided using the **5 Awakenings Trauma Release Sequence®** -

A professional, British Complementary Medicine Association validated therapy created with focus on childhood trauma. The founder of the Sequence is a professional healer with over 30 years' experience and has recently received a Lifetime Achievement Award for services to healing and complementary medicine. www.the5awakenings.co.uk

Our aim in the therapeutic session is to free the energy of the trauma, establish progress and bring **personal freedom, empowerment and choice**. The session includes self help guidance and tools for any time use at home.

We aim for survivors of abuse to regain confidence, self-worth, self-respect and dignity.

All practitioners listed are fully qualified in the technique and provide the online FAB therapy sessions free of charge for abuse, bullying and childhood trauma. All adhere to the project's constitution, safeguarding policy and hold DBS checks.

All have a commitment to care, offer empathy and compassion and are skilled in the application of the Sequence.

The project is a Registered Social Enterprise UK; Associate Member of the Anti-Bullying Alliance and Associate Member of The Survivors Trust.

Founder and Director Rena Guttridge SRN.



Rena, a former nurse, is a professional healing practitioner and teacher with over 35 years' experience in the treatment of childhood trauma and abuse. Her working experiences exemplify that trauma and abuse do not have to be on-going or limiting, lifetime experiences. Her approach and teachings offer a catalyst for change and bring an enduring, healing process of freedom and release.

To get in touch with Rena: Email: rena.g@colinguttridge.plus.com or fabgroup4@gmail.com
Or Telephone 01422 825772

Our professional support and advisory team:

Dr Alweena Awan PhD; Di Wilson B.Ed; M.Ed; Cathy Presto Cert Ed; RSHom;
Anne Huckerby at Freedom Therapies; Carole Watts Dip Youth & Community Work;
Lorraine Murray at Connected Kids; Liam Hand BAHons; Sarah Moore B.Ed;