

TKW

*The Kintsugi Way*



**KINTSUGI WORKSHOP & PRACTICAL THERAPY SESSION  
FOR WOMEN 18+  
WHO HAVE EXPERIENCED SEXUAL TRAUMA**

**MONDAY 9<sup>TH</sup> FEBRUARY 2026  
10AM-2PM**

**REFERRAL THROUGH LOCAL ORGANISATIONS OR  
'THRIVING NORWOOD'**

**PLEASE GET IN CONTACT FOR REFERRAL FORM**

**NORWOOD SOUTH LONDON**

**LOCATION ONLY SHARED  
WITH PARTICIPANTS FOR SAFETY PROTOCOL**

**[WWW.THEKINTSUGIWAY.CO.UK](http://WWW.THEKINTSUGIWAY.CO.UK)**

## **THE KINTSUGI WAY**

### Women's Healing Workshop & Follow-Up Support Sessions

#### What Is The Kintsugi Way Healing Workshop?

The Kintsugi Way offers a one-day therapeutic workshop for women (18+) who have been affected by sexual trauma and are now in a stable, post-crisis stage of their journey. Inspired by the Japanese art of Kintsugi, which repairs broken pottery with gold, our aim is to help women gently reclaim the pieces of themselves with compassion, strength and dignity. Participants are invited into a calm, nurturing environment where they can engage in creative expression, build emotional resilience, share space with others who understand, and learn practical coping strategies to support everyday wellbeing. The day also includes a shared lunch to encourage rest, connection and comfort. After the in-person workshop, women may join optional online follow-up sessions exploring therapeutic themes designed to support continued healing and empowerment. We also accept referrals from organisations whose mission aligns with our trauma-informed approach.

#### What Does the Workshop Offer?

- A safe, nurturing space grounded in compassion and respect
- A creative Kintsugi art class symbolising healing and restoration
- Practical therapeutic tools for emotional regulation
- Gentle opportunities for connection without pressure to talk
- Support from trained trauma-aware practitioners
- Follow-up online sessions exploring deeper therapeutic themes

#### Our Aims

- Restore a sense of inner strength and personal worth
- Build emotional tools that promote day-to-day stability
- Encourage healthy self-expression through creative practice
- Reduce isolation and increase connection
- Offer a hopeful, future-oriented path toward empowerment

#### What Happens in the Workshop

The workshop blends creative expression, gentle discussion and therapeutic learning. It includes a guided Kintsugi art session, grounding exercises, coping strategies, reflection time and a shared lunch. Participation is always optional and guided by personal comfort.

#### Follow-Up Online Sessions

Optional online sessions explore therapeutic themes and last approximately one hour. They build on the skills introduced during the workshop and offer ongoing support.

### Stability and Support Criteria

Participants must be emotionally stable, post-crisis, supported by someone in their life, and able to engage safely. Women currently experiencing acute crisis may be signposted to more appropriate support before attending.

### Confidentiality

All sharing remains confidential except in cases of risk of harm, legal requirements, or facilitator supervision. Whenever possible, we discuss these exceptions with participants first.

### Healthy Atmosphere

Participants are asked to avoid alcohol or recreational drugs for at least 24 hours before attending and to approach the space with kindness and respect.

### The Courage to Continue Healing

We encourage participants to have a simple support plan, including a safe contact, a grounding space at home, and a self-care menu to use after sessions.

### Fees, Donations and Access

Workshops are free of charge for women experiencing financial distress. For those able to contribute, we welcome voluntary donations of £3–£5. The charity pays approximately £75 per woman to run each workshop, and every contribution helps us continue providing these healing spaces.

### Recommended Reading

- Courage to Heal – Ellen Bass & Laura Davis
- The Body Keeps the Score – Bessel van der Kolk
- Eight Keys to Safe Trauma Recovery – Babette Rothschild
- The Warrior Within – Christiane Sanderson

- Healing the Fragmented Selves of Trauma Survivors – Janina Fisher
- What Happened to You? – Bruce Perry & Oprah Winfrey

### Follow-Up Session Discussion Themes

1. Introduction & The Kintsugi Metaphor: Understanding trauma, creative repair, and debunking healing myths.
2. Truth, Memory & Inner Narrative: Trauma and memory, reclaiming personal stories, managing intrusive thoughts.
3. Shame, Identity & Reclaiming Worth: Internalised shame, releasing misplaced guilt, rebuilding identity.
4. Anger, Boundaries & Emotional Expression: Anger as a protector, emotional regulation, healthy boundaries.
5. Betrayal, Powerlessness & Reclaiming Control: Trust, personal power, and respectful relationships.
6. Confusion, Relationships & Sexual Healing: Navigating intimacy, choice, and bodily autonomy.
7. Codependency & Healthy Connections: Over-giving patterns, boundaries, balanced relationships.
8. Emotional Pain & Self-Soothing: Flashbacks, unhealthy coping patterns, grounding techniques.
9. Confrontation & Forgiveness: Harm acknowledgment, reconciliation vs. forgiveness.
10. Moving Forward with Gold: New internal messages, hope for the future, ongoing support.

### We're Here to Support You

The Kintsugi Way is dedicated to creating compassionate spaces where women can rebuild their strength, rediscover their voices, and transform their pain into beauty — piece by piece, with gold.

### How to Apply & Contact Us

This course has been commissioned by [Thriving Norwood](#). Thriving Norwood is Health & Wellbeing community focused project run by Norwood Forum in partnership with our local NHS service providers and with support from Lambeth Together and Lambeth Council. We sign post the community to Health & Wellbeing resources, events and activities and especially support small scale organisations in providing these services.

Please contact Thriving Norwood: [thrivingnorwood@norwoodforum.org](mailto:thrivingnorwood@norwoodforum.org) for more information if you are interested in attending this one-day course.

