

Our Group Therapy Programme

Group therapy forms a central part of our emotional support offer, providing survivors with a structured, **trauma-informed** environment to build **copng strategies, reduce isolation**, and **strengthen emotional wellbeing**. The programme has continued to evolve in response to participant feedback, facilitator reflection, and outcome data.

Participants are invited to complete wellbeing self-evaluations at the beginning and end of each programme, allowing us to track changes in key areas including optimism, emotional regulation, coping, clarity of thought, and social connection. These outcomes, alongside qualitative feedback, inform ongoing programme development.

TMOF have delivered multiple cohorts of trauma-focused group therapy (Groups 1–4), alongside psychoeducation workshops (Groups 1-2) since 2021 .

The psychoeducation workshops are designed to provide structured, lower-intensity group support.



Completion rates varied across groups:

- Trauma-focused group therapy cohorts recorded completion rates ranging from **66.7% to 83.3%**.
- Psychoeducation workshops saw **65.0%** of participants who completed a baseline evaluation also complete the final evaluation.

Tracking completion has been essential in understanding accessibility, engagement, and where additional support or flexibility may be required.

Wellbeing Outcomes

Analysis of matched start- and end-evaluation scores shows that group-based interventions led to meaningful wellbeing improvements for a substantial proportion of participants who completed programmes.

Varied outcomes in the individual groups has led to deeper reflection around **readiness, structure, and individual needs**, as we continue to develop, improve and adapt these services. It's critical each survivor is at the right place in their recovery journey to derive maximum benefit from the individual groups.

Learning and Programme Development

Outcome data and participant feedback together prompted a period of structured programme review recently. Rather than focusing solely on improvement percentages, we examined why different groups achieved different outcomes.



Key learning included:

- The need to better assess readiness for trauma-focused group therapy.
- The value of offering different levels of group intervention, rather than a single group-therapy pathway.
- The importance of pacing, grounding techniques, and emotional containment throughout sessions.

We introduced a robust process to ensure that anyone accessing any of our group offerings are in a place, where they will achieve better outcomes from the group work.

Anyone looking to access our group therapy, **must** complete the following process:

- **A minimum of 8 emotional support calls (1 cycle)**
- **Psychoeducation Workshops (4 week cycle)**
- **Group Trauma Focused Therapy (12 week cycle)**

Both groups **must** complete 'risk and suitability' questions and also the 'Short Warwick Edinburgh wellbeing form.'



Continual review

We continue to review wellbeing outcomes alongside participant feedback to ensure the programme remains responsive and survivor-centred.

Participant Voices

“Being in a group with others who understood what I’d been through made me feel less alone for the first time in a long while.”

“Having a regular space each week helped me make sense of things. I didn’t always feel better straight away, but I felt more able to cope.”

“Some sessions were hard, but the grounding at the start and end helped me feel safe enough to take part.”

“I realised I wasn’t ready for trauma-focused work at the time. The workshops gave me something useful without being overwhelming.”

Psychoeducation workshops

A four-week trauma-focused psychoeducation course, with sessions focused on raising awareness of trauma and providing an introduction to symptom management.

Topics will include:

i. Post-Traumatic Stress Disorder (PTSD): Impact of trauma on the brain, overview of symptoms (reliving symptoms, avoidance, alterations in cognition and mood, physiological arousal). The DSM-5 criteria for PTSD and an overview of how PTSD relates to memory.

ii. Complex PTSD (CPTSD): What makes PTSD complex, an overview of the additional symptoms (emotion dysregulation, negative self-concept, interpersonal difficulties), dissociation.

iii. Emotional awareness and strategies to help regulate emotions.

iv. Coping strategies (imagery, self-compassion, grounding, social networks) and trauma-focused therapy

Both the psychoeducation workshops and the group trauma focused therapy, are delivered online via zoom.

Both groups, require screening questions and wellbeing forms to be completed at the beginning and the end of the group cycles.

This is extremely important that these are completed, so we can evidence and monitor the impact of the group work on each individuals **wellbeing**, improve session content but also provide our funders with the impact these groups are having, on those who we support.

Who will be leading the group work?

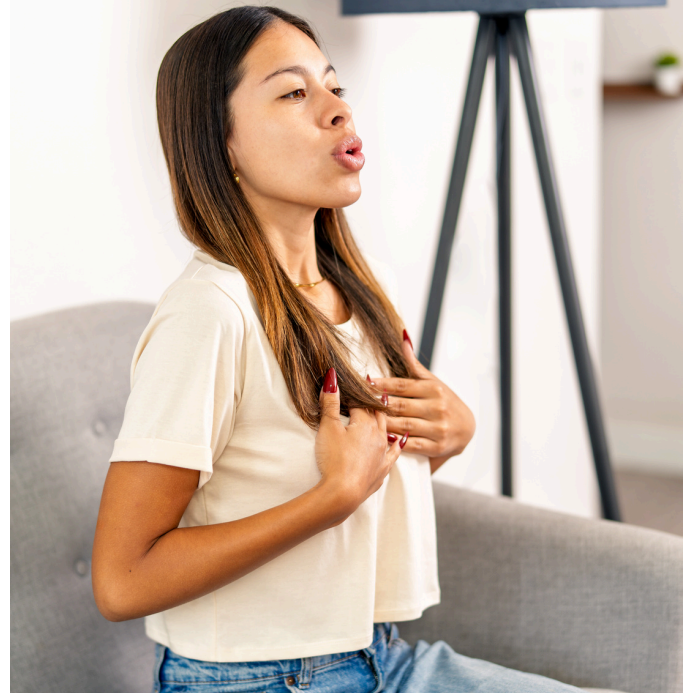
We have four dedicated trauma informed ambassadors who will be facilitating the **psychoeducation workshops**, who have a wealth of experience and who have been provided extensive facilitator training by Dr Georgina Clifford, who all have lived experience. There are options of morning sessions and also evening sessions, to provide further accessibility to the groups.

Dr Georgina Clifford who is a Director at London Trauma Specialists centre, will be delivering the intensive 12 week group trauma focused therapy. You can read all about Dr Georgina Clifford, next. She has extensive experience, and has all of the qualities, tools and qualifications you would expect of someone to lead this intensive programme.

Group Trauma-Focused Therapy

12 week session group focusing on psychological education about trauma as well as helping you to find better ways of coping with and improving your symptoms related to rape, sexual assault and sexual abuse.

These symptoms might include: flashbacks, nightmares, sleep problems, anxiety, low mood, panic, irritability and anger



Dr Georgina Clifford – Specialist Clinical & Research Psychologist; Director, London Trauma Specialists

Dr Georgina Clifford is a Specialist Clinical and Research Psychologist with extensive academic and clinical training (BSc, DClínPsy, PhD). From the outset of her career, she has specialised in the assessment and treatment of trauma-related psychological difficulties, including PTSD and complex PTSD. She is recognised nationally as an expert witness in court, reflecting the strength of her clinical expertise alongside her research background.



As Director of London Trauma Specialists, Dr Clifford leads and delivers evidence-based trauma services. Her work includes specialist psychological assessments, clinical reporting, and group-based interventions, most notably the Emotion & Memory Group for Complex PTSD. She also provides end-of-group communications to GPs to support continuity of care and ensure appropriate onward support.

Support for Rochdale survivors

Dr Clifford was introduced to Maggie Oliver by CWJ in her role as an expert psychotherapist with specialist experience in sexual abuse and trauma. She was appointed by CWJ in relation to Action Against Police to provide psychological assessments for three survivors connected to the Rochdale grooming gang cases. Maggie accompanied the Rochdale survivors to their assessments with Dr Clifford and was hugely impressed by her professionalism and care towards the survivors.

Each survivor was assessed individually. The survivors reported feeling safe and at ease during their assessments, which supported fuller disclosure and a more comprehensive understanding of their experiences. Dr Clifford later reflected that the material shared was among the most distressing she had encountered in her professional career, underscoring both the severity of the abuse and the importance of sensitive, specialist clinical care.

Throughout this work, Maggie Oliver consistently experienced Dr Clifford as kind, compassionate, and non-judgemental—values that closely align with those held by The Maggie Oliver Foundation (TMOF). It was felt that Dr Clifford's approach and expertise made her an excellent partner in strengthening the Foundation's trauma recovery offer for survivors.

Through her work with TMOF, Dr Clifford has directly supported survivors from the Rochdale grooming gang cases, including facilitating access to trauma-focused psychological assessments and group-based therapeutic interventions within TMOF's programme.

Partnership with The Maggie Oliver Foundation

Dr Georgina Clifford has partnered with The Maggie Oliver Foundation since 2021. She initially contributed pro bono training for TMOF's phone ambassadors, with follow-up resources provided to support ongoing learning. She continues to work closely with the Foundation to deliver clinical assessments, trauma-focused psychoeducation and therapy groups, and to provide outcomes feedback and clinical letters where appropriate.

Dr Clifford has also trained four TMOF ambassadors to facilitate psychoeducation workshops, enabling these sessions to be delivered more widely and increasing accessibility for survivors.

As TMOF continues to develop and expand its trauma-informed services, Dr Georgina Clifford is expected to remain a key contributor to the Foundation's specialist support offer.

To request further information, about how to start the process, then please email groupsupport@themaggieoliverfoundation, where our dedicated Group Work Facilitator and Co-Ordinator, Sadie will answer any questions that you may have, and start you on your own healing journey in turning your own **'Pain into Power'**