

ONLY HUMAN

the workbook

an imperfectly perfect compassionate
companion for survivors of sexual
violence & abuse.



CUSTOMISATION
AVAILABLE

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We never have to be anything more than the whole, beautiful beings that we are.

We're only human, after all.

only human

We think you're an extraordinary human doing the best you can with some really tough things right now. We hope the workbook carries some of the weight when things feel heavy, helps you trust it will pass & invites you to be gentler with yourself to bring you home to the truth that you are enough.

Find space between these pages to take power back, reclaim our magic, care for ourselves & explore normal human responses to trauma. Under the themes of:

Mind

Body

Creativity

Social

Check-in



Access to specialist support can be limited for survivors of sexual violence & abuse. Sometimes, counselling isn't always the support that survivors want or need. Other times, survivors need support but attending a counselling session isn't possible. We recognise support is often needed while survivors are waiting for counselling or even after they have finished it.

The workbook was created to address some of these themes and offer activities that survivors can explore at their own pace - picking up, putting down and revisiting them as needed. Only Human explores responses to trauma, while simultaneously providing a space that supports survivors with these diverse impacts.

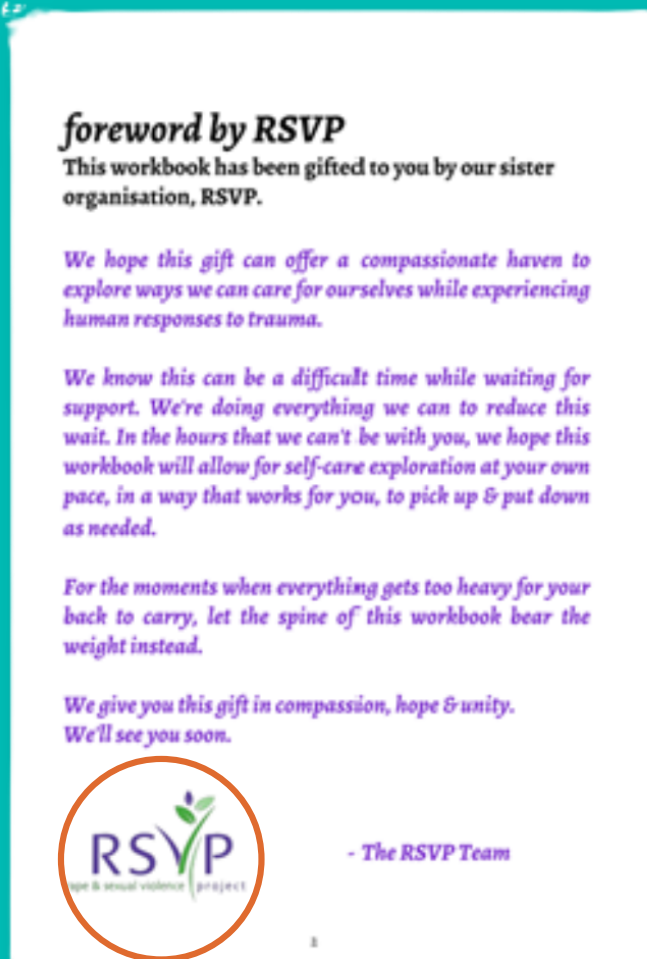
The workbook becomes unique to its owner as they move through pages and activities, turning into an embodiment of compassion by the end. Only Human creates a space for a shared understanding, unified through a workbook created by survivors, for survivors.



add your organisation's logo,
foreword & a bespoke message.

customisation

Below is an example of RSVP's customised *Only Human* workbook, with a special foreword from the organisation to survivors and the addition of RSVP's logo throughout the cover.



UNIVERSITY OF
BIRMINGHAM

organisations who've found their
compassionate companion:



safeline
believe in you



**Staffordshire
Women's Aid**
Together Against Domestic Violence Since 1976

First impressions... I think it's really bright and positive and stands out. A lot of survivor resources can be quite heavy so bright colours help engage creativity and draw you into the book. Back blurb is empowering message something you don't hear a lot as a survivor... most importantly the section on trauma was well presented. It's what we want to hear, that somebody understands us.

survivor comment

The workbook looks great. I really like the layout and the paper folding in the middle is a lovely idea. I am happy with my contribution... I really like all the content - I think it's going to be such a useful resource and it's really creatively laid out, which I like.

comment from a survivor who contributed to the workbook

I just wanted to let you know how much I love the workbook. I have found it really helpful and inspiring... seeing my piece in print was really powerful for me, so thank you again!

comment from a survivor who contributed to the workbook

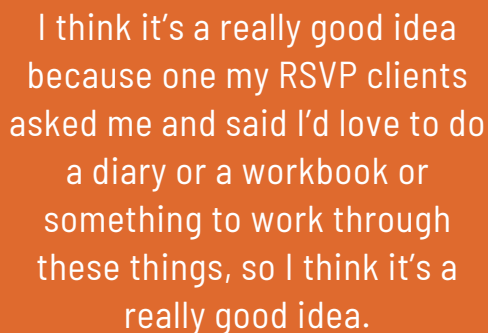
That looks an amazing workbook and is a reminder of how far I have come over recent years. Thank you so much for the opportunity to be able to add some of my writing and pictures as they are very much part of my recovery.

comment from a survivor who contributed to the workbook

I love the positively, I love the brightness of your products and I love that not everything is referring to sexual violence, but more about self-care and that side of things. I think there has to be a real balance.

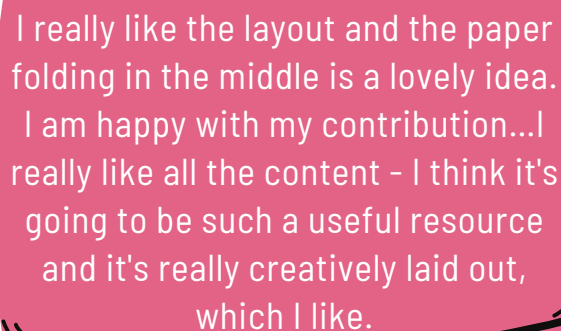
survivor comment





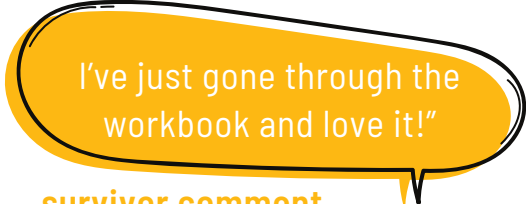
I think it's a really good idea because one my RSVP clients asked me and said I'd love to do a diary or a workbook or something to work through these things, so I think it's a really good idea.

**counsellor
comment**



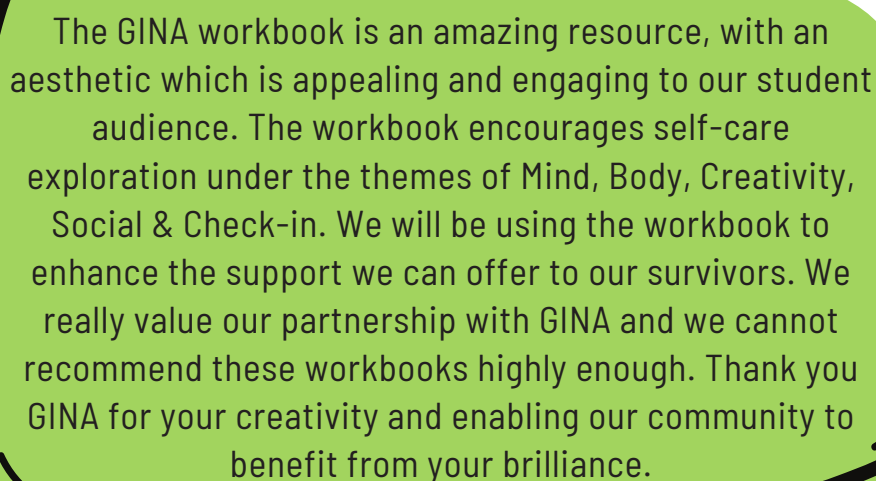
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**comment
from a
survivor
who
contributed
to the
workbook**



I've just gone through the workbook and love it!"

survivor comment



The GINA workbook is an amazing resource, with an aesthetic which is appealing and engaging to our student audience. The workbook encourages self-care exploration under the themes of Mind, Body, Creativity, Social & Check-in. We will be using the workbook to enhance the support we can offer to our survivors. We really value our partnership with GINA and we cannot recommend these workbooks highly enough. Thank you GINA for your creativity and enabling our community to benefit from your brilliance.

University of Birmingham



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if you have recently purchased *Only Human* and would like to leave a testimonial or review for us, please do not hesitate to get in touch.

we love hearing your comments, and each bit of feedback helps us to develop our service & tailor our products to suit survivor's needs.