

Changing the Culture

Survivors' Network Training Programme 2019 - 2020

**A community response to supporting
people who have experienced sexual
violence and abuse**





Survivors' Network

6a Pavilion Buildings, Brighton BN1 1EE | 01273 203380 | www.survivorsnetwork.org.uk

Registered Charity No 1144878 | Ltd Company no. 07780363

Changing the Culture

A community response to supporting people who have experienced sexual violence and abuse

Who are we?

Survivors' Network is the Rape Crisis centre for Sussex, supporting survivors of sexual violence and abuse in Brighton and Hove and across Sussex. Established in 1990, we support people affected by any form of sexual violence and support over 1,000 people a year.

Take our training

- To dispel myths surrounding rape, sexual abuse and sexual assault
- To understand the impact that these experiences may have on survivors, their family and friends
- To prepare professionals to respond appropriately to survivors in any context
- To inform professionals about legal duties and safeguarding procedures
- To know how to refer and sign post to other agencies and organisations

Who is the training aimed at?

Employers have a responsibility to ensure staff are appropriately trained and cared for when supporting survivors of rape, sexual violence and abuse. Our training sessions are aimed at supporting people who come into contact with anyone who may have had such experiences. This includes healthcare professionals, social workers, frontline workers including benefit, welfare and housing staff, youth workers, education staff, therapists, counsellors, parents, carers, legal and court staff, police officers, prison service, people working in the voluntary sector and anyone else supporting or caring for a survivor of sexual abuse, rape or sexual assault.

Where is the training held?

All our training courses are held at a central Brighton location

#OverToYou

Want to know more about our work on sexual harassment in the workplace?

Email Caitlin@survivorsnetwork.org.uk for information about our #OverToYou Kitemark and Training Package

Pricing Structures



Individual Places

	Charity 1 – with an income of up to 200K and fewer than 10 employees		Charity 2 – with an income of over 200K and more than 10 employees or self-employed individuals		Standard – for organisations that are not charities, including local authority, housing association etc	
	Full day	Half day	Full day	Half day	Full day	Half day
Individual	£80	£40	£100	£50	£120	£60
Training up to 16 in your workplace	£675	£375	£765	£425	£900	£500

What's included?

- First rate training delivery
- Certificate of completion
- Refreshments at Survivors' Network training events (please note lunch is not included)

How do I book?

Please email admin@survivorsnetwork.org.uk for a Booking Form

Please note: your place will only be confirmed on receipt of your Booking Form and payment

How do I pay?

You can pay by BACS, cheque or request an invoice for your employer

BACS payment – Sort Code/ Account Number

Please make cheques payable to The Survivors Network Ltd

If you would like us to invoice your employer, please include organisation name and contact details for the payment on the Booking Form

Bespoke Training

We also provide Bespoke Training Packages designed for specific requirements and context.

Please email admin@survivorsnetwork.org.uk to discuss costs and training needs

Training Dates 2019/2020



Course Name/ Course Code	Dates and Times
Pre-Trial Training (PT)	
	Monday 9 th September 2019 – full day
	Monday 10 th February 2020 – full day
Rape, Sexual Abuse and The Law (RSAL)	
	Friday 8 th November 2019 – full day
	Friday 17 th April 2020 – full day
Impact of Rape and Sexual Violence (IRSV)	
	Friday 11 th October 2019 – full day
	Friday 13 th March 2020 – full day
Vicarious Trauma and Self-Care (VT)	
	Tuesday 21 st January 2020 - half day (am)
	Tuesday 2 nd June 2020 – half day (am)
First Disclosures (FD)	
	Friday 24 th January 2020 – half day (am)
	Friday 26 th June 2020 – half day (am)
Trauma and The Brain (TB)	
	Monday 9 th December 2019 – full day
	Monday 11 th May 2020 – full day

Pretrial Training – full day



About this course

The term 'pre-trial' therapy refers to therapy in which the client has an open police investigation that is likely to lead to a criminal trial. Following pre-trial therapy guidelines is essential when supporting clients, so as to not adversely affect the outcome of their court case. Public discourse around sexual and domestic violence, such as the #MeToo movement, has led to an increase in reports to the police and involvement in the criminal justice system. An awareness of pre-trial therapy guidance has never been more relevant to therapists and professionals supporting vulnerable people.

Understanding the criminal justice system

- clients as vulnerable/intimidated witnesses
- stakeholders: who is involved and what are the implications for therapy?
- practice guidance for provision of therapy
- case studies

Therapeutic implications

- challenges to therapeutic alliance
- pre-trial therapy: silencing or empowering the client
- note-taking

Learning Objectives

- To explore key issues related to supporting pre-trial clients
- To increase understanding of the criminal justice system, in relation to vulnerable witnesses
- To challenge misconceptions that can create barriers for pre-trial clients
- To share tools and techniques to help us work more effectively with pre-trial clients

Who is this course for?

Any counsellor/psychotherapist or professional working in a support role, particularly where clients are likely to be involved in the criminal justice system. Essential for those supporting survivors of sexual or domestic violence.

Course Code: PT

Rape, Sexual Abuse and the Law – full day



About this course

This training day has been designed to develop participants' knowledge and understanding of our legal system in relation to matters such as childhood sexual abuse and sexual violence, and what may arise when someone has reported such a crime to the police. At Survivors' Network we offer specialist independent support to survivors throughout the criminal justice process, so are able to offer unique, trauma-informed insights to what can be unfamiliar and sometimes seemingly complex processes.

Learning Objectives

- Understand the law concerning sexual offences
- Understand options of reporting such crimes to the police
- Understand what happens in the criminal justice system
- Understand the effects of the criminal justice system on survivors of sexual offences
- Learn about possible supportive measures available

Who is this course for?

The course is for anyone wanting to learn more about the way in which the systems in place responds to survivors of rape and sexual assault, and how these crimes may be dealt with. This may include

frontline staff working with clients including healthcare professionals, social workers, frontline workers including benefit, welfare and housing staff, youth workers, education staff, therapists, counsellors, people working in the voluntary sector, or those operating in such fields at management level.

Course Code: RSAL

Impact of Rape and Sexual Violence – full day



About this course

The impact of rape and sexual assault is varied and complex. Individuals react in different ways at different times and in the same way that no two people are the same, each person who has experienced sexual violence will react in a different way. Learning about the impact of rape and sexual assault will help anyone working with or supporting a survivor to gain a better understanding about what they may be experiencing. This course helps to challenge myths surrounding expected reactions to rape and sexual assault, and to understand the processes at play that may bring about different responses and reactions, in the moment and afterwards. We will go on to consider some practical ways in which we may respond, support that is available locally and nationally, and move on to reflect on the impact on us supporting someone who has been through these experiences.

Learning Objectives

- Define sexual violence and abuse
- Exploring myths about rape and sexual violence and/or abuse
- Describe trauma and its impact
- Describe the impact of sexual violence and abuse on the health and wellbeing of the survivor
- Identify and implement support measures for survivors
- Explain what services and support are available in the city
- Identify own needs as a supporter

Who is this course for?

Anyone who wants to know more about how rape or sexual violence impacts people, for personal or professional reasons.

Course Code: IRSV

Vicarious Trauma and Self-Care – half day



About this course

This training day has been designed to develop participants' knowledge and understanding of stress, compassion fatigue and vicarious trauma. We will explore the signs and symptoms of each and the impact they can have on us as individuals, as well as on our work and workplace. We will discuss the benefits of self-care; the barriers to self-care; the various forms self-care might take. Participants will have the opportunity to learn stress management techniques and develop their own personal self-care kit.

Outline of content

- Understand the signs and causes of stress, compassion fatigue and vicarious trauma
- Explore different types of trauma and how the brain responds
- Learn about the importance of boundaries
- Explore a variety of self-care and stress management tools and techniques
- Develop a personal self-care plan to use in your daily home and work life

Who is the course for?

The course is for anyone wanting to learn how those in helping roles might experience compassion fatigue or vicarious trauma and how to manage the stress using simple self-care strategies. This may include frontline staff or volunteers, healthcare professionals, social workers, teacher and school staff, family workers, benefit, welfare and housing staff, youth workers, education staff, therapists, managers and those supporting staff, counsellors and people working in the voluntary sector.

Course Code: VT

First Disclosures – half day



About this course

People working directly with the general public may at some point be the person that a survivor of sexual assault first talks to about their abuse. Would you or members of your team know how to react / what to say / what not to say / what your legal duty is / where to signpost?

This course gives an overview of what to do when a person first discloses an incident or history of sexual abuse as well as practical advice about how to support an individual disclosing abuse.

Outline of content

- Individual and organisational responsibilities
- Overview of legal framework and requirements
- Child and adult protection considerations
- Creating a safe working environment
- Offering support
- Self care

Who is the course for?

All frontline staff working with clients including healthcare professionals, social workers, frontline workers including benefit, welfare and housing staff, youth workers, education staff, therapists, counsellors, legal and court staff, police officers, prison service, people working in the voluntary sector, strategic managers and decision makers.

Course Code: FD

Trauma and the Brain – full day



About this course

The experience and impact of trauma are not widely understood, which often leads to myths and misunderstandings in society, with significant implications for how this is lived and perceived. Individuals who experience traumatic events will react in different ways and the knowledge of the underlying mechanisms and structures will be a powerful ally in supporting someone who has experienced trauma, with ample research showing the impact of psycho-education on wellbeing and ability to cope.

Learning objectives

- To explore key issues related to the experience of trauma
- To increase understanding of the physiology of the traumatic experience
- To understand how the perception of trauma impacts functioning
- To share information, tools and resources that may assist in supporting clients

Who is it for

The course is ideal for anyone wanting to learn more about psychological trauma, understanding the physiological mechanisms operating when we experience trauma, how our brain and body process it, as well as the implications in the development of traumatic symptomatology. It is relevant for anyone working with clients who have experienced trauma, with the goal of using this knowledge to understand the impact this may have had and supporting these clients.

Course Code: TB



Survivors' Network

6a Pavilion Buildings, Brighton BN1 1EE | 01273 203380 | www.survivorsnetwork.org.uk

Registered Charity No 1144878 | Ltd Company no. 07780363