



Survivors' Network

Supporting Survivors of Sexual
Violence and Abuse across Sussex

TRAINING BROCHURE

Autumn 2021
EDITION



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Introduction

Who are we?

Survivors' Network is the Rape Crisis centre for Sussex, supporting survivors of sexual violence and abuse across Sussex.

Take our training to:


- Dispel myths surrounding rape, sexual abuse and sexual assault
- Understand how sexual violence and the systems that respond to it fit into wider oppressive systems of violence
- Understand the impact that these experiences may have on survivors, their family and friends
- Prepare to respond appropriately to survivors in any context
- Learn about legal duties and safeguarding procedures
- Know how to refer and signpost to other agencies and organisations

Who is the training aimed at?

Our training sessions are aimed at supporting anyone who may come into contact with survivors of rape, sexual violence and abuse.

This includes, but is not limited to:

- Healthcare professionals
- Social workers

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- Benefit, welfare and housing staff
 - Youth workers
 - Education staff
 - Therapists and counsellors
 - Parents and carers
 - Legal and court staff
 - Police officers
 - People working in the prison service
 - People working in the voluntary sector

Attending our training is especially important for professionals, as employers have a responsibility to ensure that their staff are appropriately trained and cared for when supporting survivors.

Our training aims to embed an intersectional understanding of feminism and be trauma-informed in its approach.

What are our training offers?

We have 3 available training offers;

1. 'Changing the Culture' sessions. These sessions are organised once a quarter and are open to all individuals.
2. 'Off-the-Shelf' sessions. These are our existing training sessions that are delivered as a closed session for your team only.
3. Bespoke sessions. Training which is tailored to your organisation's needs, with the option of covering specific topics and areas requested by you.

Alongside our training, we also offer consultancy.



Where is the training held?

For the foreseeable future, due to Covid-19 restrictions, all our training is currently delivered online via zoom.

When is the training held?

The dates and times for our upcoming 'Changing the Culture' sessions can be found on pages 8 and 9. These are half-day sessions, held from either 9.30am - 1pm or 1pm - 4.30pm, but this is variable.

Our 'Off-the Shelf' and 'Bespoke' sessions are arranged in advance, to be delivered at a specific date and time that suits both parties best.

How do you access our training?

You can sign-up to our upcoming 'Changing the Culture' training sessions via the Eventbrite links on pages 8 and 9.

Alternatively, to arrange one of our 'Off-the-Shelf' or 'Bespoke' sessions, enquire about our consultancy services, or if you have any other training related questions, please get in touch with us using the contact details on page 18.

Pricing Structures

If you have a bespoke requirement or limited budget, please don't hesitate to get in touch so we can discuss. We may be able to offer further reduction.

Changing The Culture Sessions

Full rate: private sector, including private education, and charities and organisations with annual income over £1m

50% Subsidy: statutory sector, NHS, state schools, and charities and organisations with annual income under £1m

Rate	Full day (per person)	Half day (per person)
Full rate	£125	£65
50% Subsidy	£65	£35

What's included?

- First rate training delivery
- Certificate of completion

Off-the-Shelf Sessions

Full rate: private sector, including private education, and charities and organisations with annual income over £1m

50% Subsidy: statutory sector, NHS, state schools, and charities and organisations with annual income under £1m

Rate	Full day	Half day
Full rate	£1,250	£625
50% Subsidy	£625	£310

What's included?

- First rate training delivery to your team
- Certificate of completion

Bespoke Training

Full rate: private sector, including private education, and charities and organisations with annual income over £1m

50% Subsidy: statutory sector, NHS, state schools, and charities and organisations with annual income between £100k and £1m

75% Subsidy: community groups, small organisations and charities with annual income under £100K

Rate	Full day	Half day
Full rate	£2,500	£1,250
50% Subsidy	£1,250	£625
75% Subsidy	£625	£310

What's included?

- A conversation with our trainer about what you would like included in the session
- Development of a bespoke session
- First rate training delivery
- Certificate of completion

Consultancy

Full rate: private sector, including private education, and charities and organisations with annual income over £1m

50% Subsidy: statutory sector, NHS, state schools, and charities and organisations with annual income under £1m

Rate	Full day
Full rate	£500
50% Subsidy	£350
Hourly rate	£75

Changing the Culture Training Dates

Course Name/Code	Date & Time	How to Book
Pre-Trial / PT	Resuming 2022	Get in touch to be added to our Expression of Interest list.
Self-Care and Vicarious Trauma / VT	17/09/2021 10.00-13.30	Eventbrite Signup
Sexual Violence and The Legal System / RLS	12/10/2021 9.30-13.00	Eventbrite Signup



Course Name/Code	Date & Time	How to Book
Impact of Sexual Violence and Abuse/ ISVA	02/11/2021 09.30-13.00	Eventbrite Signup
First Disclosures/ FD	09/11/2021 09.30-13.00	Eventbrite Signup
Trauma and The Brain/ TB	22/10/2021 9.30-13.00	Eventbrite Signup

Session Overviews

Sexual Violence and The Legal System

Course Code: RLS

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. The session will offer participants the opportunity to explore the criminal justice journey, as well as begin to consider the barriers which many groups may face when interacting with this system. At Survivors' Network we offer specialist independent support to survivors throughout the criminal justice process, so we 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 respond 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.

Impact of Sexual Violence and Abuse


Course Code: ISVA

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 that supporting someone who has been through these experiences can have on us.

Learning Objectives:

- Define sexual violence and abuse
- Explore myths about rape and sexual violence and/or abuse
- Describe trauma and its impact

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- 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. This course is intended to offer an introductory understanding of sexual violence and the impact of this. It will provide a good foundation to further learning.

Self-Care and Vicarious Trauma

Course Code: VT

About this course

This training day has been designed to develop participants' knowledge and understanding of vicarious trauma, secondary trauma, compassion fatigue and burnout. 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.

Learning Objectives:

- Gain a basic understanding of the impact of trauma on our brain
- Understand the signs and causes of vicarious trauma, secondary trauma, compassion fatigue and burnout
- Learn about the importance of boundaries

- Explore a variety of self-care and resilience building tools and techniques
- Develop a personal self-care plan to use in your daily home and work life

Who is this 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 start considering managing the impact of stress using 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.

First Disclosures


Course Code: FD

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.

Learning Objectives

- To develop a greater awareness of issues relating to sexual violence

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- To improve understanding of how trauma affects the brain
 - To increase confidence and ability in taking a first disclosure and offering advice to those who have experienced sexual violence

Who is this 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.

Trauma and The Brain

Course Code: TB

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. The knowledge of the underlying mechanisms and structures will be a powerful tool 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 this course 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.

Supporting Survivors in Higher Education: Basic Awareness – Level 1

Course Code: HE/FT BA

About this course

This training course aims to introduce participants to the very varied ways that rape and sexual assault can impact on an individual, to help anyone working with or supporting a survivor to gain a better understanding of what they may be experiencing. There will be moments of particular focus on the impact on students who have experienced sexual assault or abuse.

Learning Objectives

- What is sexual violence?
- Long and short term effects of sexual violence
- Thinking about sexual violence in a Higher Education setting

- Practical tips for supporting someone who has experienced SVA
- Support options

Who is this course for?

We believe that all staff working in an HE or FE context should have a foundational understanding of sexual violence, since they are likely interacting with survivors. This course is aimed at anyone working in that setting and provides that foundation.

Supporting Survivors in Higher Education: Deepening Understanding – Level 2

Course Code: HE/FT DU

About this course

This training course could either be attended as a stand-alone session, or could be attended following completion of the Level 1 Basic Awareness course. This course aims to think more deeply about what makes an effective response process in a Higher Education setting and explores how to take a first disclosure. Again, the focus in this session will be on survivors in a Higher Education setting.

Learning Objectives

- Thinking about what makes an effective response process
- Reporting options
- Responding to First Disclosures
- Grounding Techniques



Who is this course for?

This course is aimed at support staff in the HE setting who may work with survivors of sexual violence, or who may be likely to receive a first disclosure.



Contact us

For more information about Survivors' Network training offers, please feel free to contact our Training Officer, Kitty via:

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