



**Survivors'
Network**
Rape Crisis Sussex



TRAINING BROCHURE

Spring 2026 Edition

TABLE OF CONTENTS

01

Introduction

08

Upcoming Training Dates

09

Supporting Survivors: Understanding the Criminal Justice Process

11

Self-Care in Trauma Exposed Roles

13

Introduction to Supporting Survivors of Sexual Violence

15

Supporting Survivors in Higher Education: L1

17

Consent in Universities

19

Bystander Intervention

21

Meet The Team

05

Pricing Structure

09

Session Overviews

10

Trauma and The Brain

12

Responding to First Disclosure

14

Pre-Trial Conditions

16

Supporting Survivors in Higher Education: L2

18

Sexual Harassment in the Workplace

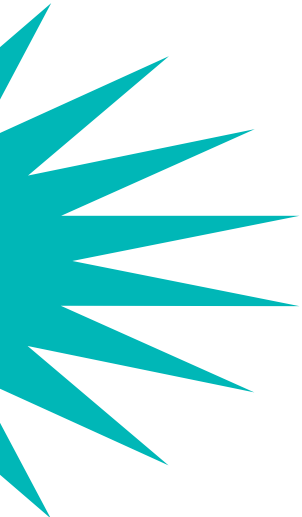
20

Webinars

19

Contact Us

NOT YOUR ORDINARY TRAINING PROVIDER



Survivors' Network is the Rape Crisis Centre for Sussex. Our frontline services provide specialist, trauma-informed support to survivors of sexual violence, abuse and harassment across Sussex. We also deliver training, culture change and campaigning work across the country, to empower our communities to stand up against sexual violence. Unlike many other training providers, we draw our expertise from our 35 years of experience supporting survivors, what's more, we are a non-profit charity meaning profits from your training will support our services and make a difference in the lives of survivors of sexual assault and abuse.

Why sign up to our training?

- To dispel myths surrounding rape, sexual abuse and sexual assault.
- To understand how sexual violence and the systems that respond to it fit into wider oppressive systems of violence.
- **To understand the impact that these experiences may have on survivors, their family and friends.**
- To prepare to respond appropriately to survivors in any context.
- **To learn about legal duties and safeguarding procedures.**
- To know how to refer and signpost to other agencies and organisations.

"Great facilitators, perfectly pitched, group work was very educational, should be made available to all employees. The best workplace learning course I've participated in for years."

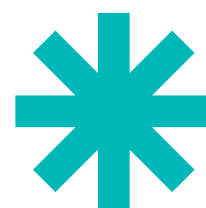


Who is our training aimed at?

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

This includes, but is not limited to:

- **Healthcare professionals**
- **Social workers**
- **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**
- **Students**



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.



OUR TRAINING OFFERS

'CHANGING THE CULTURE' SESSIONS.

These bi-annual online sessions have been developed to inspire change in the culture and to empower our communities to stand up against sexual violence.

Each session covers a different area of specialism aimed at increasing knowledge and confidence for individuals and professionals who may come into contact with survivors of sexual violence.

These sessions are individually priced meaning you can book on to one or more depending on your needs.



OFF-THE-SHELF

02.

These consist of our pre-existing training sessions that provide a brilliant opportunity to further your team or organisation's knowledge and build confidence in handling scenarios or conversations where sexual violence may be at the centre.

These sessions can be delivered as a closed session for your team only.

PERSONALISED SESSIONS

03.

Using our 30+ years of front-line experience in the sector we are able to create personalised and tailored training to fit within your organisation's needs, with the option of covering specific topics and areas requested by you.

We have delivered training across multiple industries including education, sports, and corporate sectors, making us well-equipped to support those working in these fields in creating a safer, more informed community.

We can deliver training virtually or in-person.

Please note that training requiring travel outside of Sussex is subject to an additional fee.



HOW TO BOOK IN

You can sign-up to our upcoming 'Changing the Culture' sessions via the Eventbrite links on page 8.

Alternatively, to arrange one of our 'Off-the-Shelf' or 'Personalised' 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.

WHEN IS THE TRAINING HELD?

The dates and times for our upcoming 'Changing the Culture' sessions can be found on page 8.

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



PRICING STRUCTURES

PRIVATE CHANGING THE CULTURE SESSIONS

**Full Day
(per course)**

**Half Day
(per course)**

Full rate (Private sector, including private education, and charities & organisations with annual income over £1m)

£148

£74

Subsidised Rate (Statutory sector, NHS, state schools trainee therapists, and charities & organisations with annual income under £1m)

£74

£45

Whats Included in our Change The Culture sessions?

- First-rate training delivered by experienced trainers accredited by both Rape Crisis England and Wales and The Survivors' Trust.
- The opportunity to explore sensitive topics with the guidance of frontline professionals.
- Personal certificate of completion for all attendees

PRICING STRUCTURES

OFF-THE-SHELF SESSIONS

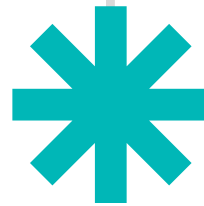
	Full Day	Half Day
Full rate (Private sector, including private education, and charities & organisations with annual income over £1m)	£1,550	£780
Subsidised Rate (Statutory sector, NHS, state schools, and charities & organisations with annual income under £1m)	£780	£390

Whats Included in our Off-The-Shelf sessions?

- First-rate training delivered by experienced trainers accredited by both Rape Crisis England and Wales and The Survivors’ Trust.
- The opportunity to explore sensitive topics with the guidance of frontline professionals.
- Personal certificate of completion for all attendees



PERSONALISED TRAINING & CONSULTANCY



PERSONALISED FOR YOUR NEEDS

The 'Off the Shelf' prices above are our flat rate for training delivery. For personalised training, the full day or half day prices apply, with an additional £92.50 (full rate) or £45 (subsidised rate) per hour of work.

CONSULTANCY

We charge an hourly rate for our expert-led consultancy: £92.50 (full rate) per hour or £45 (subsidised rate) per hour.

WHATS INCLUDED?

- Liason with the trainer to ensure content covers your specific needs.
- Development of a personalised session and opportunity to review training content prior to finalisation.
- First-rate training delivery from an organisation with 35 years of experience supporting and advocating for survivors of sexual violence.
- Certificate of Completion

WHATS INCLUDED?

- One-to-one sessions and coaching.
- Specialist workshops around themes relating to sexual violence.
- Reviews and recommendations pertaining to organisational policy or other documents.

However, this list is not exhaustive, and we would love to hear about your individual needs.

CHANGE THE CULTURE

Training Dates, Times and Booking

Course Name / Code	Date & Time	Booking Link
Trauma, the Brain and Trauma-Informed Practices	Fri 16 Oct, 9:30am	Book Here
Self-care in Trauma Exposed Roles	Fri 30 Oct, 9:30am	Book Here
Introduction to Supporting Survivors of Sexual Violence/ISV	Tue 10 Nov, 9:30am	Book Here
NEW: Groupwork Facilitation (In Person)	Wed 11 Nov, 10:00am	Book Here
Pre-Trial Therapy Training	Fri 20 Nov, 10:00am	Book Here
Responding Well to Disclosures/FD	Tue 24 Nov, 9:30am	Book Here
Supporting Survivors: Understanding the Criminal Justice Process/SCJP	Tue 1 Dec, 9:30am	Book Here

SESSION OVERVIEWS

The overviews below provide information about each of our training sessions, including their specific learning objectives and target audience.

These sessions can be either attended as one of our 'Changing the Culture' sessions which are open to all individuals (please see page 8 for more information about upcoming sessions), booked as an 'Off-the-Shelf' closed session to be delivered to your team only, or even adapted and tailored into a Personalised session to meet your organisation's unique and specific needs.

SUPPORTING SURVIVORS: UNDERSTANDING THE CRIMINAL JUSTICE PROCESS

About this course:
Code: SCJP

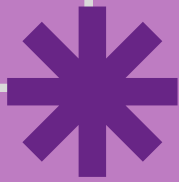
The session will allow participants to explore the criminal justice journey and begin to consider the barriers many groups may face when interacting with this system. At Survivors' Network, we offer specialist independent support to survivors throughout the criminal justice process, so we are able to offer unique, trauma-informed insights into what can be unfamiliar and sometimes seemingly complex processes.

Learning objectives:

- Understand the law concerning sexual offences.
- Understand options for 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.



Trauma, the Brain and Trauma-Informed Practices

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:

- Explore key issues related to the experience of trauma.
- Increase understanding of the physiology of the traumatic experience.
- Understand how the perception of trauma impacts functioning.
- 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 to support these clients.



SELF-CARE IN TRAUMA EXPOSED ROLES

Learning to look after yourself so you can best look after someone else.

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, and 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:

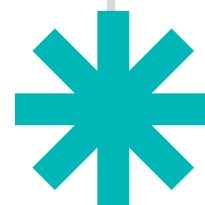
- Gain a basic understanding of the impact of trauma on the brain. Understand the signs and causes of vicarious trauma, secondary trauma, compassion fatigue and burnout.
- Consider what may impact our resilience.
- Explore a variety of self-care and resilience-building tools and techniques.
- Develop 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 education staff, family workers, benefit, welfare and housing staff, youth workers, therapists, managers and those supporting staff, counsellors and people working in the voluntary sector.



RESPONDING TO FIRST DISCLOSURES



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.



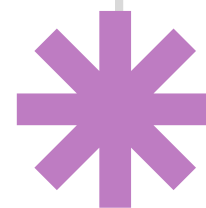
Learning objectives:

- Develop a greater awareness of issues relating to sexual violence.
- Improve understanding of how trauma affects the brain.
- Increase confidence and ability in taking a first disclosure and offering information 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 staff, people working in the voluntary sector, strategic managers and decision-makers.

INTRODUCTION TO SUPPORTING SURVIVORS OF SEXUAL VIOLENCE



Code: ISV

About this course:

The impact of rape and sexual assault is varied and complex. Individuals react in different ways at different times; 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 of what they may be experiencing.

This course challenges myths about stereotypes of rape and sexual assault, so we can better understand the world survivors inhabit. We explain the processes behind different responses and provide practical ways to support survivors, including available local and national resources.

Learning objectives:

- Define sexual violence and abuse.
- Explore 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 well-being of the survivor.
- Identify and implement support measures for survivors.
- Explain what services and support are available.

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 its impact on survivors and society, as well as providing a good foundation to further learning.

Impact of Sexual Violence Webinar

This introductory training has been made into a pre-recorded webinar called 'Impact of Sexual Violence'. For just £20, you can access the content for 365 days. You can learn at your own pace, logging in and out with your progress saved each time.

To access this, visit: [WEBINAR](#)





"PRE-TRIAL" THERAPY CONDITIONS

Code: PT

About this course:

Public discourse around sexual and domestic violence, such as the #MeToo movement, has led to an increase in reports to the police and survivors' 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.

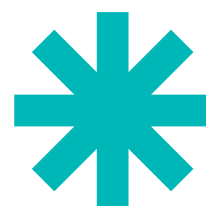
The term 'pre-trial' therapy refers to therapy in which the client has an open police investigation, or there is a chance that they may report at some point. Following pre-trial therapy guidelines is essential when supporting clients, so as not to adversely affect the outcome of their court case, nor compromise your therapeutic work with them.

Learning objectives:

- Explore key issues related to supporting pre-trial clients.
- Increase understanding of the criminal justice system in relation to vulnerable witnesses.
- Challenge misconceptions that can create barriers for pre-trial clients.
- 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.



SUPPORTING SURVIVORS IN HIGHER EDUCATION: BASIC AWARENESS – LEVEL 1

Code: HE/FT BA

About this course:

This training course pulls together key aspects of our core training packages to introduce participants to the varied ways that rape and sexual assault can impact 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. There will be moments of particular focus on the impact on students who have experienced sexual assault or abuse.

Learning objectives :

- Define sexual violence and abuse.
- Describe the long and short-term effects of sexual violence.
- Explore sexual violence in a Higher Education setting.
- Learn practical tips for supporting someone who has experienced sexual violence.
- Identify support available for survivors.

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 to interact 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

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, or the two could be combined for a full day's comprehensive training. This course pulls together key aspects of our core training packages and combines them with a specialist focus on survivors in a Higher Education setting.

The 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.



Learning objectives:

- Explore what makes an effective response to sexual violence.
- Understand reporting options available.
- Explore ways to respond to first disclosures effectively.
- Explore a variety of 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.



CONSENT IN UNIVERSITIES

Code: HE/CU

About this course :

This workshop aims to introduce conversations around consent, sexual relationships and sexual violence to university students.

Learning objectives

- Defining and understanding consent
- Harassing Behaviours, and Co-creating Safer Communities
- Bystander intervention
- Support and care

Who is this course for?

Any students of university age who would benefit from a deeper understanding of conversations around consent and healthy sexual relationships.

Consent in Universities Webinar

This webinar is designed to be distributed to whole student cohorts. The webinar is self-paced and includes a quiz, further learning and support resources, and explores the following modules:

- Defining and understanding consent
- Consent in action
- Benefits of consent
- Myth-busting Support and care

We delve into the nuances of consent – gender norms, cultural scripts and common myths that can affect our ability to have healthy sexual experiences, through a sex-positive lens.

If you would like to find out more about purchasing our consent webinar for your students, please enquire via training@survivorsnetwork.org.uk

RECOGNISING AND RESPONDING TO SEXUAL HARASSMENT IN THE WORKPLACE

Code: SH

About this course:

This session has been designed to develop participants' knowledge and understanding of sexual harassment in the workplace. The session will offer participants the opportunity to explore what sexual harassment might look like, the impacts that sexual harassment has and the ways we can challenge things that don't sit right. An optional addition is to finish on consideration of the ways all staff can support each other to help create positive workplace cultures.

WHO IS THIS COURSE FOR?

Any workplace that is looking to champion a safe and positive workplace culture in a trauma-informed way. We are also able to offer a shortened version of the course for all staff, with a more in-depth follow-up for those of interest. As every workplace now has an obligation to prevent sexual harassment in their workplaces under the Worker Protection Act and Employment Rights Act, we'd recommend this to everyone!

WHAT SOME OF OUR PARTICIPANTS SAY

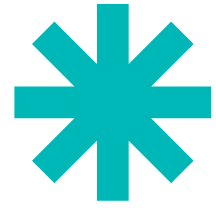
"The trainer was brilliant, knowledgeable and engaging and created a safe atmosphere for the group for this important training."

LEARNING OBJECTIVES

- What is sexual harassment
- Understanding the impacts of sexual harassment.
- Bystander Intervention and tools for challenging workplace harassment.
- Practical tips for supporting a survivor of harassment.
- Tips for creating a positive workplace culture (optional).

"We found the training to be really insightful, interesting and engaging. We learnt so much about what we can improve in the workplace to create a safer space for conversations and we also thought about policies and procedures that we could set up to support that."

BYSTANDER INTERVENTION



Code: BI

About this course:

Our Bystander Intervention training helps services, businesses and the public to safely intervene in situations of sexual harassment/assault. This course provides participants with the skills to recognise and challenge misogynistic behaviour in everyday life.

Learning Objectives:

- What is sexual harassment and misogyny?
- What are the impacts of sexual harassment and misogyny?
- Learn and practice tools to challenge this behaviour.

Who is this course for?

This training would be beneficial for anyone. Sexual harassment and misogyny are daily encounters for so many – but we can make our communities safer by knowing the right way to intervene when we need to, and being able to empathise with and support those affected by it.



WEBINARS

We currently have webinars available for individuals to purchase, to learn at their own pace, or for wide-scale delivery, such as in workplaces or universities. We are able to make affordable and adaptable content to suit your needs, so please do enquire.

Our current webinars include:



- Recognising and Responding to Workplace
- Sexual Harassment.
- Consent.
- Introduction to Supporting Survivors.
- Bystander Intervention.

Bystander Intervention Webinar

Our bystander training has been made into a pre-recorded webinar. For just £20, you can access the content for 365 days. You can learn at your own pace, logging in and out with your progress saved each time.

To access this, visit: [WEBINAR](#)

Impact of Sexual Violence Webinar

This introductory training has been made into a pre-recorded webinar called 'Impact of Sexual Violence'. For just £20, you can access the content for 365 days. You can learn at your own pace, logging in and out with your progress saved each time.

To access this, visit: [WEBINAR](#)

MEET THE TEAM



HELEN RACE

Training and Partnerships Manager

For nearly 20 years, Helen has dedicated her career to supporting survivors of sexual and domestic violence, working on the frontlines, in therapeutic spaces, and as a trainer and leader. With a degree in Psychology and qualifications as a therapist, she weaves compassion, storytelling, and a trauma-informed approach into every aspect of her work. Helen is passionate about creating safer spaces for learning, bringing an intersectional perspective and a heartfelt commitment to empowering both survivors and those who support them.



LUCY MAY

Learning, community and Engagement Officer

Lucy has been with Survivors' Network for three years, bringing a background in women's charities and a passion for advocacy. With experience in communications and campaigns, she is now expanding into training delivery, bringing knowledge, empathy, and a touch of humor to every session.

CONTACT US

For further information about our training, please visit our website or get in touch at:

- ✉ training@survivorsnetwork.org.uk
- 🌐 www.survivorsnetwork.org.uk
- 📷 [@survivorsnetwork](https://www.instagram.com/survivorsnetwork)
- 📺 [Survivors Network](https://www.linkedin.com/company/survivors-network)
- ☎ 01273203380 (voicemail only)

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**We Listen, We Hear
and We Believe You**



Charity No. 1144878