

Breaking the silence

Survivors' Network training
and consultancy service

www.survivorsnetwork.org.uk



Advocacy
Information
Helpline
Drop in centre
Counselling



Survivors' Network services

Survivors' Network, 6a Pavilion Buildings, Brighton, BN1 1EE 01273 203380 |
admin@survivorsnetwork.org.uk | www.survivorsnetwork.org.uk



DropIn

01273 203380 ext 0
dropin@survivorsnetwork.org.uk

Open every Thursday evening from 7–9pm. The Drop-in is open to all women who have experienced any form of unwanted sexual experience. Come along for a cup of tea and a chat, meet other women, make friends, exchange ideas and find support.

Counselling

01273203380ext 102
counselling@survivorsnetwork.org.uk

1 to 1 counselling that offers a safe and confidential space where you can feel accepted and supported. Our Young People's (14-18) Counselling service is open to those of any gender. Our adult service is available to self-identifying female survivors. Our counselling team are trained professionals and have experience working with survivors of sexual violence and its effects. Please note that the waiting list varies so please call for up-to-date information.



Helpline

01273 720110

Wednesdays and Fridays from 7pm–9pm. The Helpline provides a confidential, emotionally supportive and informative service for female survivors and those supporting them (supporters can be male or female).



Email

help@survivorsnetwork.org.uk

The Email service provides a confidential, emotionally supportive and informative service for female survivors and those supporting them (supporters can be of any gender). We aim to respond within 10 days of receiving your email.



Txt 4 help

07717 999989

Texting is another option for those who find it difficult to find the words for a conversation. This service is open during the hours of our Helpline (Wednesdays and Fridays from 7pm–9pm) standard text charges do apply. We can text for a maximum of 40 minutes and please note that responses are not always immediate.

Advocacy

01273 203380 ext 103

advocacy@survivorsnetwork.org.uk

Offering independent, impartial information, advice and practical support to men and women aged 14+ directly affected by unwanted sexual experiences. We also support friends, relatives, carers or agencies.

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Breaking the silence

Survivors' Network training and consultancy service

Survivors' Network

Survivors' Network is the Rape Crisis centre for Sussex, supporting survivors of sexual violence and abuse. The charity was originally established in 1990 to provide help and support for female survivors of childhood sexual abuse. Due to the large numbers of people affected by sexual violence the organisation expanded to include support services for people affected by any form of sexual violence including, rape, ritual abuse, childhood sexual abuse and sexual assault. The team of staff and volunteers support up to 1,000 people a year including survivors, their families and supporters as well as professionals who call for advice, support and sign posting.

Why have training about the impact of sexual violence?

- To create a safe environment for survivors to talk about their experiences
- To ensure staff are adequately supported
- To react appropriately when hearing a disclosure of abuse
- To understand legal duties and safeguarding procedures
- To know how to refer and sign post to other agencies
- To dispel myths surrounding rape and sexual abuse

It is estimated that one in four women will experience some form of sexual abuse in her life time. As the secrecy around sexual abuse is being challenged we are aware that more people are speaking openly about their experiences. Around 50% of calls to Survivors' Network are from professionals and workers who have had a client make a disclosure of abuse to them. Our staff and volunteers have found that the reaction to a first disclosure can make the difference between a person feeling that they are believed or not. It can impact on whether they seek further support and it can even influence a decision around police reporting an incident.

Who is the training aimed at?

We know that hearing a first disclosure can deeply affect the person hearing it. Employers have a responsibility to ensure staff are supported, appropriately trained and cared for if they are hearing disclosures. Our training sessions are aimed at supporting people who come into contact with anyone who may disclose an incident or history of sexual violence. 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.

Survivors' Network specialist youth workers also provide workshops and support days for young people who have been affected by sexual violence as well as courses for professionals working specifically with young people.

Designed for your needs

The sessions can be tailored to your organisation's specific needs, so if there are any subject areas you would like included or excluded then please let us know and we will adapt as necessary. All training will combine presentations, discussions in groups, time for questions and individual reflections. Information packs will also be handed out during the course.

Basic awareness of sexual violence

About this course

The course will explore what constitutes sexual violence, including issues of consent, law definitions, prevalence of sexual violence, myths and realities, the effects on victims, coping and dealing with disclosure – and sources of further support.

Outline of content:

- What is sexual violence (SV)
- The extent of sexual violence
- Attitudes and feelings about rape
- The impact of sexual violence
- Supporting survivors of SV: models of best practice

Who is the course for?

This course is suitable for any individual who wishes to develop their understanding of sexual violence. At the end of the course participants will feel more able to challenge myths around sexual violence, more confident in responding to disclosures and linking survivors to sources of further support.

Course code: **BA**

Dealing with first disclosures of sexual abuse

About this course

People working directly with the general public may at some point be the person that a survivor of sexual abuse 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 aims to give 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. You will also gain self care advice for people hearing the first disclosure, which is essential for the welfare of frontline staff.

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**

Impact of rape and sexual assault

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.

Outline of content:

- Exploring myths about rape and sexual assault
- The body's alarm system – fight/flight/freeze
- The main reactions of trauma
- Everyday dissociation
- Impact on relationships
- Impact on physical and emotional health
- How to support a person who has experienced abuse
- Coping strategies for survivors

Who is the course for?

The course is for anyone wanting to learn more about the impact of rape and sexual assault. It is ideal for anyone supporting vulnerable adults or survivors of sexual assault or rape, police, prison staff, healthcare professionals, therapists, counsellors, education staff, HR personnel, frontline workers, senior managers, people working in the voluntary sector.

Course code: **RSA**

Supporting adult female survivors of childhood sexual abuse

About this course

This training course will explore the definition of Childhood Sexual Abuse (CSA), the impact of abuse, barriers for survivors to disclose and how to respond sensitively and effectively. The course has been designed to develop participants' knowledge and understanding of CSA, increase their confidence in supporting and signposting survivors appropriately.

Outline of content:

- What is Childhood Sexual Abuse (CSA)
- Myths and Facts on CSA
- The short-term and long-term impact of CSA
- Barriers to disclosure
- How to respond: barriers to hearing survivors, the empowerment model, effective signposting
- Impact on self as supporter and self-care

Who is the course for?

Our course is suitable for all individuals supporting women who have experienced CSA in a professional or personal capacity. It is particularly relevant to staff within the following sectors: housing, police, prison service, court service, health, social work and the voluntary sector.

Course code: **SAS**

Working therapeutically with survivors of sexual violence

About this course

This workshop has been designed to develop participants' knowledge and understanding of childhood sexual abuse and sexual violence. We aim to help you explore the issues and develop your skills in how to work therapeutically within an empowerment framework.

Outline of content

- Explore our thoughts and feelings about sexual abuse
- Power and secrets – addressing this within the therapeutic relationship and exploring how to build trust
- Empowerment model – how do we apply this model in the therapeutic relationship?
- Anger – internalisation of shame and external symptoms
- Coping mechanisms – for the client and self care for the counsellor

Who is the course for?

Counsellors in training on courses recognised by BACP or an equivalent recognised professional body and qualified counsellors interested in expanding their knowledge and skills.

Course code: **WT**

Sexual violence: workshops for professionals working with young people

About this course

This workshop has been designed to develop participants' knowledge and understanding of sexual violence and its impact upon young people. Participants will explore appropriate and safe responses, referral pathways and will develop awareness of self-care.

Outline of content

- Sexual violence and young people: definitions and the law
- Myth busting: what do we believe about sexual violence and why?
- The impact of sexual violence on young people: what happens when a young person is the victim of sexual violence?
- Disclosures: how to respond when a young person has been affected by sexual violence.
- Self-care: supporting the supporter
- Referral pathways and additional support

Who is the course for?

Our course is suitable for all those working with young people. It is particularly relevant to workers within the following sectors: education, youth support, court service, health, social work, therapeutic services and the voluntary sector.

Course code: **SV**

Sexual violence awareness for holistic therapists

About this course

One in four women and one in seven men experience unwanted sexual contact. As holistic therapists it is estimated that up to a third of your practice may be survivors of sexual violence. This one day course for holistic therapists is essential for anyone interested in developing their understanding of sexual violence and abuse to enhance their practitioner skills.

Outline of content

- Basic understanding of sexual violence
- Impact of sexual violence
- Safe responses to disclosure
- Boundaries and safe touch
- Vicarious trauma

Who is this course for?

Qualified holistic therapists or those training in holistic therapies.

Course code: **HT**

Healthy relationships

Free workshop; call 01273 203380 ext 100 for details and eligibility

About this course

Healthy relationships lead to better lives and are an essential part of our wellbeing. A series of workshops, or a stand-alone session, for young people aged 14 to 25 years allow young people to develop their capacity for making positive choices in relationships and explore tools for keeping healthy and safe. Learning activities include: drama, the arts, role play, quizzes, DVDs, celebrity 'gossip' and fact finding detective work.

Workshops are delivered in an age appropriate manner and are friendly, informative and fun!

Outline of content

- Keeping safe/ sexual risk taking
- Consent
- Healthy relationships
- Self esteem
- Body Image

Who is the course for?

Young people aged 14 -25 years, secondary or tertiary education, supported accommodation and youth groups. Particularly suitable for targeted groups of vulnerable young people.

Course code: **HR**

Making Services Accessible to Trans* Survivors

Course content

This workshop explores new research into how sexual violence services can be made more accessible for trans* survivors. Survivors' Network, the rape crisis centre for Sussex, has conducted groundbreaking research into the difficulties trans* clients face in accessing services and what can be done to make our services more accessible and appropriate for our trans* clients. This workshop will cover essential dos and don'ts and equip you with the tools you need to assess how trans* friendly your services are and make practical changes to improve their accessibility.

Learning objectives:

- To increase awareness of trans* survivors' needs
- To learn about Equality Act and how it can affect your work
- To increase participants' confidence and gain practical skills in supporting trans* survivors of sexual violence

Who is this course for?

Our course is suitable for all individuals working supporting trans* people who have experienced SV in either a personal or professional capacity. Participants attending this course will receive course handouts and CPD certificates of attendance.

Course code: **TS**

Managing Vicarious Trauma

Course Content

This one day introductory training explores the effects of vicarious trauma on individual workers and their organisations. It is designed for anyone working in the voluntary sector who works with traumatic client issues.

The training explores:

- Ways to risk manage trauma
- The concept of post traumatic stress disorder
- Understanding counter-transference
- Focus on self-care practices
- Understanding indicators of vicarious trauma
- Understanding organisational responsibility and how they can prevent the impacts of vicarious trauma
- Creative solutions for managing vicarious trauma

Learning objectives:

- Self assessment tools for physical and psychological signs of Vicarious trauma
- Burnout prevention strategies
- Better understanding of vicarious trauma indicators and how to risk manage trauma

Who is this course for?

It is designed for anyone working in the voluntary sector who works with traumatic client issues.

Course code: **VT**

Costs

We offer training at our premises in central Brighton for up to 15 people or we can deliver at your work place. Booking can be made for organizations or for individuals. Please visit our website for up to date information about course dates and costs: <http://survivorsnetwork.org.uk/content/training>

If you have any specific needs or enquiries please call the office to discuss further 01272 203380 ext 100.

Examples of costing

For training at our premises, in central Brighton for a maximum of 15 attendees:

	Voluntary	Statutory
Whole day training	£450	£650
Half day training	£275	£375
Group speaker – Hourly rate	£50	£75

Please note that there may be added costs to cover expenses for delivering training at an external location

Costs per individual:

	Voluntary	Statutory
Whole day training	£50	£80
Half day training	£25	£40

Booking form

You can also book online at www.survivorsnetwork.org.uk

Name : _____

Organisation : _____

Address : _____

Post code : _____

Phone : _____

Email : _____

Special requirements : _____

Title of course : _____

Course code : _____

Date of course : _____

Invoices will be sent when a booking form is received. Payment is due within 14 days and must be received before the training date. Please let us know if invoice details differ from contact details above.

Terms of booking

- Confirmation of attendance will be made when payment is received
- Attendees must be over 18yrs old unless specifically stated as young people's training
- Cancellations made 14 days before the course date will receive a full refund
- Cancellations made after this date will receive a 50% refund
- Refunds will not be given for non attendance
- Courses may be cancelled by Survivors' Network with up to 14 days notice and a full refund will be given
- Please note that course content may be distressing or triggering and although we aim to ensure that you are fully supported it is the individual's responsibility to ensure the course is suitable for them at that time