

# Raising Awareness



# Training

Would you like to feel more comfortable handling disclosures of sexual violence from your clients?

Our training is designed to help you become more familiar with the topic of sexual violence and with the experiences of women and girls. The aim of our training is to make you feel more comfortable to respond to a disclosure and apply the learning to your role.

We have a range of courses delivered by our staff who are experienced in working with women who have experienced sexual violence and/or are qualified trainers.

- Working with Adult Survivors of Sexual Violence
- Working with Survivors of Childhood Sexual Abuse
- Working with Survivors of Rape and Sexual Assault

The women who use our services tell us that what they find most helpful is understanding, acceptance, support and someone to listen to them in a non-judgmental environment. Many workers tell us that they want to provide this but often feel out of their depth or concerned that they may say the wrong thing when receiving a disclosure about sexual abuse.

These workshops aim to increase supporters' confidence, awareness, knowledge and skills relating to sexual violence (either childhood sexual abuse or rape and sexual assault) and to explore the issues that may affect workers when receiving disclosures.

## **Understanding Self-Harm**

Many individuals talk about using self-harm as a mechanism to help them cope with the sometimes overpowering emotions they experience following sexual abuse. Others identify a need for help with the more practical aspects of self-harm and the issues surrounding their reasons for self-harming.

We do not provide training on how to stop someone from using self-harm. The aim of the training is to enable workers to explore the issues it brings up for them and to empower them to feel more confident and to understand the reasons and motivations behind self-harm.

## **Working with People who have a Learning Disability who have experienced Sexual Violence**

Over time many workers have told us they feel they need extra skills to work with people who have a learning disability. In order to address this, and from our experiences of working directly with this client group, we have developed this workshop.

This is an awareness raising workshop which builds on the work of the Learning Disability Pilot Study which Rape Crisis Tyneside and Northumberland completed in 2003; "Learning Disability and Sexual Abuse, The Use of a Woman only Counselling Service by Women with a Learning Disability".

The Project won the Community Care Award in 2004 in the Learning Disability category. This workshop will benefit those working with individuals who have experienced sexual violence who have a learning disability.

## **Creative Ways of Working in a Therapeutic Environment with Survivors of Sexual Violence**

This is an introductory workshop based on Liesl Silverstone's model; Art and the Development of the Person, The Person Centred Way. Together we will explore this non-directive approach to creativity. The workshop offers you the opportunity to explore working with art materials and to expand your practice, finding out how useful working with art can be.

The workshop does not lead to a formal qualification, but will aid your continuous professional development and practice. The workshop also offers the opportunity to gain new skills and network with other professionals.

## **Self-Care for Professionals working with Sexual Violence**

The emotive and challenging nature of working with individuals who have experienced sexual violence can often lead to professionals experiencing vicarious trauma, feeling overwhelmed and, at times, reaching burn-out.

Rape Crisis Tyneside and Northumberland's staff benefit from a wealth of experience of working with survivors of sexual violence, this has allowed them to develop a unique understanding of the impact this work can have.

This workshop offers professionals the opportunity to explore the important issues of self-care, professional boundaries and work/life balance.

## Quotes from past training participants

- Having different facilitators, including practicing counsellors, gave a good combination and different perspectives and it made the training really interesting and informative.
- The workshop was well paced and, although the issues we were discussing were upsetting at times, the facilitators were very careful and considerate in their delivery and responses to group members.
- I found the training to have a good balance of theory and practice, different techniques and approaches and I really valued the time to discuss the issues in a non-judgemental arena.
- The training was very challenging, but in a good way. It really stretched my views on sexual violence and I learnt so much.

## Participants

Our training is geared towards individuals with little knowledge of working with people who have experienced sexual violence.

It is open to professionals from a range of backgrounds including counsellors, GPs, probation officers, psychotherapists, social workers, support staff and youth workers, as well as to individuals.

Workshops are open to women and men.

## Venues

Training venues are confirmed at the time of booking.

Tyneside training is held in Newcastle city centre venues.  
Northumberland training is held across the county.

All venues are close to public transport links.

We take participants' access needs into consideration when arranging venues.

## Further information and Booking

Learning objectives and booking forms for all of our training courses can be downloaded from: [rctn.org.uk/training](https://rctn.org.uk/training)

If you would like us to deliver a bespoke course for your organisation, please contact us.

# Talks/Presentations

What is sexual violence?

What is victim blaming?

What are the myths around rape and sexual violence?

How can we challenge these myths?

Why is our service vital to women and girls who experience sexual violence?

We offer talks and awareness raising workshops around sexual violence or bespoke sessions to suit your organisation's needs

*I thought it would be dry and heavy going ...but it was engaging and made me think differently. I now feel I can stand up to people who say 'she asked for it'*

Criminology student Northumbria University

If you would like us to deliver a talk or presentation for your organisation or local group, please contact us.

## Professional Network

Our Professional Network is an informal network of individuals who wish to know more about issues related to all forms of sexual violence.

As part of the network we host presentations and discussions around the region on roughly a quarterly basis. The Network is free to join and most events are free to attend. To join the Professional Network please contact us and we will send you a registration form. The Professional Network is open to women and men.

# Contact Details

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## Helpline & Email Support

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Tuesday, Wednesday & Thursday 6pm - 8.30pm and  
Friday 11am – 2pm

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