

# Violence Against Women

Training programme accredited at Level 3 with the National Open College Network

## About the programme

This programme gives participants an in-depth level of understanding of the issue of violence against women.

It explores the issues of domestic and sexual violence and will provide participants with a range of techniques such as responding to disclosures of sexual and domestic violence using active listening skills. The programme also offers a range of techniques designed to help survivors of sexual and domestic violence to improve their confidence and self-esteem.

## Delivery method

The programme is delivered by Eva Training & Consultancy in an experiential style using a range of training methods such as presentation, discussion, video and case studies. All sessions are delivered by practitioners currently working in the field of sexual and domestic violence, and will draw upon their own expertise and working practice to complement the taught elements of the programme.

## Programme content

The full programme comprises of three modules which are delivered across eight days. Participants can choose to complete the full programme, or select individual modules from the programme based on their requirements:

### Module 1 - Domestic Violence Awareness

On completion of this module participants will:

- Understand the issues surrounding domestic violence and the effects it may have on women
- Understand the possible effects of domestic violence
- Understand the beliefs and behaviours of perpetrators of domestic violence
- Understand the importance of safety planning when working with survivors of domestic violence
- Understand the criminal justice systems' response to domestic violence and options open to survivors

- Understand the issues arising when children witness domestic violence, and the effects on children of their experiences of living with domestic violence
- Understand the effect that domestic violence has in relation to parenting skills

### Module 2 - Sexual Violence Awareness

On completion of this module participants will:

- Understand the social issues connected to violence against women, including societies response to survivors of sexual violence
- Understand the psychological effects of rape and the impact this has on a survivor's life
- Gain an understanding of the laws around rape and the criminal justice process relating to prosecutions of rape and sexual abuse
- Gain an understanding of some of the reasons why so few women report rape
- Understand the psychological impact of childhood sexual abuse
- Understand the reasons why survivors of sexual violence can develop damaging coping strategies as a method of managing their emotional pain
- Understand a range of coping strategies used by survivors of sexual violence

### Module 3 - Appropriate Responses

On completion of this module participants will:

- Understand the need for appropriate policies and procedures in order to respond appropriately to disclosures of sexual and domestic violence.
- Gain an understanding of the way that referral agencies such as women's aid and rape crisis work.
- Develop a range of active listening techniques to support a woman making a disclosure of sexual or domestic violence.
- Understand the impact that domestic and sexual violence can have on a woman's self esteem and develop a range of techniques that can be used to support a woman to improve her self confidence.

**Course costs vary depending on the number of participants and location of training. To discuss your requirements, or to find out about further programmes and our bespoke training and consultancy services, please contact Eva Training & Consultancy on 01642 490 677 or go to [www.eva-training.org.uk](http://www.eva-training.org.uk)**