

# Course Content

## Understanding domestic abuse and the impacts on those experiencing it

This training focuses specifically on building understand and knowledge of what domestic abuse is, as well as it's impacts on survivors.

Topics covered include:

- What is domestic abuse? Including types of abuse
- Intersectionality and its relevance to domestic abuse
- Impacts of abuse including coping mechanisms and workplace behaviours
- What is Trauma Informed working?
- Dispelling Myths
- Vicarious trauma and self-care
- Plus, further resources

## Domestic abuse: understanding it's landscape & learning how to respond safely

This training covers a broad range of information in order to equip attendees with the skillset to provide safe and sustainable responses to both survivors and the wider conversation of Domestic Abuse.

Topics covered include:

- What is domestic abuse? Including types of abuse
- Intersectionality and its relevance to domestic abuse
- Impacts of abuse including coping mechanisms and workplace behaviours
- Disclosures and how to navigate them successfully
- Common Myths
- What is Trauma Informed working?
- Signposting skills and understanding boundaries
- Vicarious trauma and self-care
- Plus, further resources and case studies

## Domestic abuse: navigating disclosures safely

This training focuses specifically on abuse disclosures and signposting skills in order to equip participants with the tools and knowledge to navigate these areas safely, appropriate and with a response that encompasses individual survivor needs.

Topics covered include:

- What is domestic abuse?
- Intersectionality and its relevance to domestic abuse
- Disclosures: including barriers, myths, the impact of trauma and how to navigate them successfully
- Trauma Informed working: building your skillset
- Signposting skills: who to signpost to, what is risk, why trauma informed services are important and understanding boundaries
- Vicarious trauma and self-care
- Plus, further resources