



Pathway to Empowerment...

A project plan for domestic violence sufferers

Workshops & tools for professionals supporting victims of domestic violence and sexual assault.

Introduction

Domestic violence is an ongoing issue in today's society. Supporting sufferers and guiding them through the changes needed to escape violent situations and ensure their safety can be difficult and challenging. This workshop is designed to assist anyone working with victims of sexual assault or domestic violence to support their clients and understand the complexities of their situations and the associated emotions.

During this *unique* one-of-a-kind workshop Ricky explores at a deep personal level what it means to be a survivor of intimate partner abuse (IPA), intimate partner sexual violence (IPSV), and torture as she exposes the labels of disempowerment and illegitimate shame.

Valuable tools will be provided to every attendee during the session. The comprehensive 11 page Project Plan to Empowerment template provides those assisting survivors with a structured methodology to plan the survivors exit strategy with a safe and controlled approach. The document helps to remove the emotion during a volatile time and assists counsellors to develop a customised plan for each client, while ensuring their sense of safety is maximised.

Who Should Attend

Experienced health professionals including, G.P's, counsellors, psychologists, psychotherapists, social workers, school counsellors, pastors, family support workers, uni students, telephone counsellors, workers and advocates in the field of domestic violence and sexual assault.

Duration

One day workshop for health professionals
or Half Day Guided Discussion for Survivors of Domestic Violence at agencies request

Workshop Outcomes/Takeaways

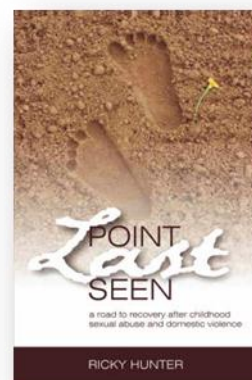
- Effectively utilise the Project Plan to Empowerment
- Provide structured and safe exit strategies for survivors
- Understand the therapeutic values of a variety of strategies
- Develop empathy and engage with survivors
- Identify the link between pet abuse and domestic abuse
- Define the unique challenges for rural battered women

Background

These groundbreaking workshops have been adapted from the book *Point Last Seen... a road to recovery after childhood sexual abuse and domestic violence*. The content is based on evidence based research and personal experience it is endorsed by General Practitioners and Counsellors.

Workshop Enquiries Phone 0404 918 582

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Major Workshop Topics

Intimate partner abuse/ intimate partner sexual violence... what's the difference?
Long term health outcomes for women who suffer domestic violence
Harmful traditional practices that affect women
Let's get real about violence and abuse in Australia and globally
Learn how to be to be less judgmental with DV clients
Why doesn't she *just leave*?
Labels of disempowerment verses empowering labels
Resistance, how, when and where?
Pregnancy coercion and sabotage, and its implications in violent relationships
Why don't doctors ask and why don't women tell?
Hindsight bias thinking and how it can affect the road to recovery
What is the answer to 'The Big Why?' Why me?
What is the established relationship between animal abuse and domestic abuse... this knowledge *can* and *does* save lives
Unique challenges faced by rural battered women
Strategies to use to empower the women we work with

Workshop Goals

- ✓ To assist delegates to intimately understand how a survivor feels, how we can nurture and companion her on her road to recovery
- ✓ To workshop the *Project Plan to Empowerment* tool. Learn how to use it effectively in practice with clients that fit the personality profile
- ✓ To interact, network and share across a broad range of disciplines our combined knowledge
- ✓ To up skill ourselves and develop our understanding of the impact abuse has on our lives, and future mental health
- ✓ Delegates receive a personal template of the unique Project Plan for private use, certificate of attendance and sixteen post-workshop emails with links for further research, study and manuals and facilitators guides.

Optional ½ day session

Guided Discussions



This additional ½ day session is a guided discussion for domestic violence and sexual abuse survivors and their families, advocates and members of the public.

THE BIG "WHY"

How why questions can keep us enmeshed in the past.

- Monday morning quarterbacking/ hindsight biased thinking — another trap for survivors of domestic violence.
- Is your ship sinking/ has it sunk?
- What is your call sign for assistance?
- The cookie jar technique
- Know your rights
- Bin those labels
- How I decided to take my power back — a short synopsis of my Project Plan
- My life now as a survivor of abduction and domestic violence and torture
- Health outcomes of violence against women (WHO)
- The therapeutic value of writing your first person story

Ricky co-presents these workshops regularly with her professional associates
Dawn Spinks Clinical Counsellor
www.nothingchangesifnothingchanges.com.au
and guest speaker Counsellor Jan Sky
www.execstateid.com.au



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