

Introduction to Domestic Abuse

3/6 hour session

PARCS introduction to domestic abuse raises participant awareness of the many types of domestic abuse, giving real life insight and examples of domestic abuse, its impact and the long-term effects of living through an abusive relationship.

We introduce the history and social narratives that surround domestic abuse, partially intimate partner abuse and aim to give greater understanding of how it plays a part in our everyday lives. We introduce law and legislations as well as broadening participants understanding of many areas of domestic abuse, including coercive control and its impact.

This training deepens understanding of domestic abuse as a complex, relational trauma and enables its participants to help support people who have experienced domestic abuse, as well as enable them to embed trauma informed practice.

Aims and objectives:

- Introduce the different types of domestic abuse.
- Introduce social and cultural narrative as well as laws and legislations around Domestic Abuse.
- Explore the impact of domestic abuse as relational trauma.
- Learn how to support someone who has experienced domestic abuse and improve trauma informed practice.

Full day or half day options, for up to 40 participants. Contact us:



02392 669513



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PARCS - Portsmouth Abuse & Rape Counselling Service - is a free specialist counselling and psychotherapy service for people who have experienced sexual and/or domestic abuse.

www.family-action.org.uk/parcs