

# Handling Disclosures

## 3/6 hour session

Sexual abuse or violence and domestic abuse are difficult subjects to discuss both for survivors and workers/volunteers supporting them. Whether somebody has disclosed or not, it can be difficult to know how to handle these conversations.

This training helps staff and/or volunteers from any sectors build on their knowledge and confidence in discussing disclosures of sexual abuse or violence and domestic abuse whether current or historic. Participants will gain an understanding of interpersonal trauma to better understand and support survivors.

They will learn trauma informed listening skills specific to this client group, given guidance on local signposting and basic knowledge of laws and legislation, whilst supported by a member of our specialist trauma informed counselling team.

### Aims and objectives:

- Brief introduction to trauma and trauma informed practice.
- Listening skills for handling disclosures of sexual and domestic abuse.
- Signposting and support in your local community.
- Introduction of self-care, vicarious trauma and understand of how we can look after ourselves when working with trauma.

**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](http://www.family-action.org.uk/parcs)