



PARCS  
Portsmouth Abuse and Rape Counselling Service

# Abuse & Sexual Violence Training

Sharing knowledge and experience for a better future for all.

**Together, let's Shrink The Elephant**

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

# Who are PARCS?

Now a part of Family Action, PARCS has supported survivors of rape and sexual abuse for over 40 years, and victims of domestic abuse for more than 20 years. Alongside ever-changing public awareness and increasing confidence in addressing sexual abuse and rape, we deliver outreach community projects as well as free specialist counselling and psychotherapy to any one impacted.

**We believe that every community has a part to play in responding to, and preventing, sexual and domestic abuse, and that we all have the power to shrink the impact of the trauma caused by such violence. Our Abuse and Sexual Violence Training Modules have been developed with this specifically in mind.**

Aimed to meet the needs of any organisation, our modules have been developed to help your staff, volunteers and supporters at every level. The modules work to increase awareness and understanding, as well as ensuring that your organisation exceeds in its duty of care when it comes to creating a safe environment for those who are experiencing, or have experienced, domestic or sexual abuse or trauma of any kind.

Since 1869, Family Action has been finding ways to support people through hard times in their lives and with family problems of all kinds. Our mission is to be here for as long as we're needed, with practical help and emotional support through change, challenge or crisis.

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Counselling experience:

**“Being able to speak out about my abuse was powerful. J offered a very supportive and safe place where I was able to open up about things I have never told another person.**

**I have learnt a lot about myself and feel empowered to take ownership of these new awarenesses.”**

# 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.



Training attendee, General feedback:

**“[The trainers] knowledge and passion shone through the training day.”**

# Introduction to Trauma

## 3/6 hour session

This training aims to give participants a deeper understanding of trauma, how humans respond to traumatic events and the continuous mental and physical health issues linked to trauma.

The training looks at the various routes and causes of trauma, whether singular or multiple, as well as the biological and neurological effects of trauma on the body, development and brain function.

We enable participants to better understand and empathise with those who have experienced trauma through exploring trauma responses, and introduce how we can support others to heal from their experiences whilst also looking after themselves, working within this difficult field.

We support participants to deepen their awareness of working with trauma to enable them to embed trauma informed practice.

### Aims and objectives:

- Introduce different types and routes of trauma.
- Understand the neurology behind trauma and different trauma responses.
- Gain awareness of how to be trauma informed in your practice.
- Introduce the impact of working with trauma and understand how to look after ourselves.



Training attendee, General feedback:

**“I didn’t realise how many forms of sexual harassment there are...”**

# Introduction to Sexual Abuse

## 3/6 hour session

PARCS has supported those who have experienced rape and sexual abuse for over 40 years. This training shares this experience, with an aim to break stereotypes and taboos in this field.

This training looks at the many types of sexual traumas, from harassment and upskirting, to rape and child sexual abuse.

We introduce the laws and legislations that surround sexual abuse and begin to broaden participants understanding of rape culture in our society.

Exploring the impact of sexual violence in our history, we look at our current society and culture, and work to build an understanding of how sexual trauma can create a long-lasting impact on mental and physical health.

### Aims and objectives:

- Introduce the different types of sexual abuse, violence and harassment as well as the laws and legislations surrounding it.
- Introduce social and cultural narrative around sexual abuse and rape culture.
- Explore the impact of sexual abuse as interpersonal trauma.
- Learn how to support someone who has experienced sexual abuse and improve trauma informed practice.





Counselling experience:

**“I wanted to say a massive thank you for everything you have done for me. I can’t put into words how much you have changed my life for the better. At the start of counselling I was really struggling and in such a dark place...”**

# Supporting Survivors

## Supporting survivors in the workplace (3/6 hour session)

For many people experiencing domestic abuse their only time of escape maybe the time that they spend at work. This is why the workplace plays such an important and vital role in supporting survivors.

Domestic abuse can take many forms from physical, emotional and financial. Its impact destroys lives and leaves people feeling isolated from family and friends.

The Domestic Abuse Act 2021, as well many other legal duties to employees ensures that those experiencing domestic abuse as well as those already survived are supported by their workplace.

This training will further your workplace's knowledge, confidence and ability in supporting survivors and help begin to set out the framework needed by employers.

### Aims and objectives:

- Introduce the different types of domestic abuse and the cultural and social narratives.
- Learn how to recognise the signs in employees and co-workers.
- Explore the impact of domestic abuse as relational trauma and how it may impact the workplace.
- Learn laws and legislations around Domestic Abuse and employment.
- Learn how to respond to disclosure of abuse and refer to appropriate services for further support.



Training attendee, General feedback:

**“I enjoyed the whole day and got a lot out of it, very worthwhile!”**

# 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.



Training attendee, General feedback:

**“I found the passion and commitment from the 3 people running the course was really motivating...”**

# Vicarious trauma

## 3/6 hour session

Vicarious trauma is the experience of trauma through indirect exposure to another person's trauma. It can affect anyone who empathetically engages with survivors of major trauma whether at work, at home or through news exposure.

Several factors can make individuals more vulnerable to vicarious trauma, including past traumatic experiences, ongoing exposure to trauma, and limited opportunities for sharing and debriefing.

Those impacted may notice emotional and mental health challenges, such as anxiety, stress, anger, and sadness, and may begin to doubt their own safety. Pessimism, cynicism about the future, and a loss of meaning in their work can also emerge.

This training will further your workplaces knowledge, confidence and ability in supporting front line staff.

### Aims and objectives:

- Introduce what vicarious trauma is.
- Understand the impact of vicarious trauma.
- Understand and explore the differences between vicarious trauma, burnout, and compassion fatigue.
- Explore our own responses so that we might spot and avoid vicarious trauma, burnout, and compassion fatigue.
- Deepen our knowledge and strengthen our ability to selfcare.



Training attendees, 'One thing I have learned from the session...'

**“The statistics are shocking in every environment. This is an ‘everyone’ issue not a ‘minority’ issue”**

**“The best way to approach and deal with a situation to keep safe. Also to apply this knowledge outside of work and be aware of situations.”**

**“I will now know how to approach a situation as a bystander and can utilise the skills I have learned for clients”.**

**“It has increased my awareness. I feel confident that I may be able to identify issues arising and maybe do something to help.”**

# We Stand Together

## Using our Bystander Intervention Model (3/6 hour session)

The first part of the training focuses on what sexual violence is, what it looks and sounds like and how ingrained it is within our culture, attitudes and beliefs. The latter part focuses on the Bystander Intervention Model.

Specifically designed by PARCS and developed using our years of experience, the Bystander Intervention Model, assesses how to respond and safeguard in a safe and supportive way.

**All attendees will be provided with support should there be any issues raised, with follow on support/intervention as appropriate.**

### Aims and objectives:

- Introduce definition/understanding of misogyny and sexual violence.
- Demonstrate the impact of women's safety work in public spaces/licenced venues and nights out.
- Develop further understanding of the role of venue culture and links to sexual violence.
- Introduce Bystander model for preventing and responding to sexual violence.
- Explore three stages of intervention in relation to sexual violence and the communities in your environment.
- Introduction to wider violence against women and girls (VAWG) work in the city and where you fit in.





Training attendees, 'One thing I will do differently...'

**“Consider more ways of de-escalating situations. E.g., using distractions. Increased knowledge of support.”**

**“Challenge sexual language more, rather than ignore. Challenge them; why they think it is acceptable to speak/behave that way”.**

**“Techniques for de-escalating harassment before/during/after issues occur.”**

# Problematic Sexual Behaviours

## 3/6 hour session

This training aims to give participants an understanding and support in identifying problematic sexual behaviours.

An introduction to problematic sexualised behaviours in those under the age of 18; covering what this looks like with different age ranges, the Brook Traffic Light guide to identify the type of sexualised behaviour, the PARCS' tier system of support (for young people and parents/guardians) and where to refer to find additional support.

### Aims and objectives:

- Introduce what problematic/developmentally appropriate sexual behaviours are.
- Explore 'amber' behaviours within different age ranges through the Brook Traffic Light Tool.
- Explain what PARCS' offers through our various tiers of support.





**PARCS**  
Portsmouth Abuse and Rape Counselling Service

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