



DEVON
RAPE CRISIS
&
SEXUAL ABUSE
SERVICES

Training Courses Spring 2023



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Contents

PAGE

3 Who are we? Who are the courses for? Why should you join a course?

4 The courses we offer - Who delivers the courses?

COURSE OVERVIEWS

5 Responding to Disclosures: Sexual Violence and Abuse

6 Awareness and Prevention of Sexual Harassment in the Workplace

7 Vicarious Trauma and Self Care

Sexual Violence Awareness

8 Costs and Booking. Closed courses. Open courses

9 Booking Continued



Who are we?

Devon Rape Crisis and Sexual Abuse Services is the county's specialist organisation providing trauma informed support to people aged 13 and over who have experienced any form of sexual violence including rape, sexual assault and childhood sexual abuse at any time in their lives. We also campaign for prevention and awareness of sexual violence and use our expertise to advocate for cultural and legal changes.

As part of our work, we provide a range of highly respected training courses and consultancy services.

Who are our courses for?

Our courses are for a wide range of people working in settings or sectors where they may have to support victims/survivors of any kind of sexual violence. Or they are frontline staff who may take a first disclosure of sexual violence. These sectors include but are not limited to **healthcare, police, children and young people's services, social work, adult services, school and higher education, psychotherapy and counselling, charities and non-profits**. They may be **parents or carers** and/or **professionals** who need to be aware of and understand how to deal with sexual abuse and harassment in the workplace and support employees.

Why should you join a course?

If any of the reasons below resonate with you then you will find a course suitable for you:

- To understand the prevalence of sexual violence and how this impacts our society
- To dispel the myths that surround sexual violence
- To understand the impact of sexual violence on victims/survivors
- To know the legal duties in the workplace
- To have greater confidence in responding to disclosures and supporting victims/survivors
- To know how and where to signpost for support
- To acknowledge the impact of vicarious trauma and build resilience

"The trainers were fabulous, knowledgeable, and they valued the opinions in the room."

The courses we offer

We offer five courses and we can also tailor-make bespoke training courses specifically for your organisation.

The five courses are:

- Responding to Disclosures: Sexual Violence and Abuse
- Responding to Disclosures in an Education Setting: Sexual Violence and Abuse
- The Prevention and Awareness of Sexual Harassment in the Workplace
- Vicarious Trauma and Self Care
- Sexual Violence Awareness

Each of these can be booked as a **closed course**, just for your organisation. Dates and locations can be discussed with us. Please see page 8 for costs and contact details.

We are also offering each course as an **open course** that individuals can book onto. Please see pages 8 and 9 for costs, dates and booking details.

For bespoke courses and other consultancy services please contact us to discuss.

Who delivers the courses?

Most of our courses are in person but we do have online options. All of them are delivered by two trainers, Mandy and Gilly, both experienced and skilled in delivering training, as well as supporting survivors, and in prevention and awareness work. We ensure we create a safe and comfortable space to explore, learn and discuss the challenging issues around sexual violence, abuse and harassment by using our specific knowledge, skills and experience. The courses include an engaging mix of presentation, whole group discussion and small group working with the aid of Powerpoint and video.

Mandy

Mandy has seven years' experience delivering training on sexual violence to staff and volunteers at DRCSAS and to a multitude of external organisations. She has a deep knowledge of the impact of sexual violence and thorough experience of delivering training on what can be a sensitive and difficult subject.

Gilly

Gilly works both as a trainer and as a helpline volunteer for DRCSAS. Her experience and knowledge of this sector as well as her hands on support for survivors means she has a deep understanding and empathy for those who have experienced sexual violence.

"The training will be massively beneficial to my organisation."

Course overviews

Most of the courses are delivered in person but the Sexual Violence Awareness Course is online. We are also offering the **Responding to Disclosures: Sexual Violence and Abuse** course with an additional tailored and online option for those working in the education sector. See pages 8 and 9 for all costs and booking details.

In person courses are four hours in length. The online Sexual Violence Awareness course is two hours. The online course option for the education sector includes two sessions of 2.25 hours each.

Responding to Disclosures: Sexual Violence and Abuse

Sexual violence is embedded into our social, cultural and media landscape and its prevalence and reporting is on the increase. This means that all organisations, charities, businesses and places of education need to understand what sexual violence is, its profound impact and how to properly respond to a disclosure. Gaining skills and knowledge in how to create the right environment for a disclosure and how to support a victim/survivor at this time is vital for those staff who may be in a supporting or frontline position. The course is four hours in length and is delivered in person and online (to those working in education).

The course objectives are:

- Have an increased knowledge about the incidence of sexual violence in Devon and the UK
- Have a greater understanding of how the myths surrounding rape and sexual violence impact on victims/survivors
- Have an increased knowledge about the impact of sexual violence on physical, mental and social well-being
- Have an increased understanding of how trauma affects the brain
- Have increased confidence in dealing with disclosures of sexual violence
- Have a greater understanding of what support is available locally and nationally

"We have increased confidence in dealing with disclosures."

Awareness and Prevention of Sexual Harassment in the Workplace

Sexual violence is of major concern in our workplaces where incidences and reporting of sexual harassment are on the increase. In 2021 the government announced it will strengthen existing obligations and place a duty on employers to effectively prevent sexual harassment in their workplaces. These regulatory changes will recognise that sexual harassment is not just about the unacceptable behaviour of a few individuals, but instead it is about a prevailing culture.

This means that businesses and organisations will need to implement strategies to deliver awareness and prevention initiatives and support victims/survivors. They will be required to ensure that **leaders, managers and staff** have the knowledge, skills and confidence to create safe workplaces, support colleagues who take the brave step and disclose an incidence of sexual harassment, and call out the behaviour and effectively deal with the perpetrator.

The course is four hours in length and is delivered in person.

The course objectives are:

- Explore your role as staff members and leaders in your workplace
- Increase your knowledge about the prevalence of sexual harassment
- Learn about the different forms of sexual harassment
- Have a better understanding of the law
- Explore the impact on an organisation and the people in it
- Understand your role in preventing sexual harassment



"The knowledge, skills and confidence to create safe workplaces."

Vicarious Trauma and Self Care

For people who work in any kind of supporting role and/or where they are exposed to listening to or witnessing other people's trauma. This course explores what vicarious trauma means, identifies the impact, explores the strategies that we already have and use to look after ourselves and where and how we can improve.

This course is a mixture of whole group discussion, small group working, presentation and video and for this specific training we will also focus on self-reflection.

The course is four hours in length and is delivered in person.

The course objectives are:

- To gain an understanding of vicarious trauma and how and why it might impact on us
- To look at the potential effects of vicarious trauma
- To consider our own potential risk factors
- To develop strategies for taking care of ourselves and reducing the impact of and potential for vicarious trauma

Sexual Violence Awareness

This is an introductory course for those who want a basic understanding of what sexual violence is and how it impacts individuals and our society.

It would suit a wide range of people who want to increase their knowledge and understanding in this area and/or who may come into contact with victims/survivors and need to be able to signpost effectively.

The course is two hours in length and is delivered online.

The course objectives are:

- Have an increased knowledge about what sexual violence is and its prevalence
- Have a greater understanding about the myths surrounding rape and sexual violence
- Have an increased knowledge about the impact of sexual violence on health and wellbeing
- Have a greater understanding of what support is available locally and nationally

"We can use this training in our CPD sessions in-house and empower staff with knowledge."

Costs and Booking

Booking Closed Courses

Responding to Disclosures: Sexual Violence and Abuse; The Prevention and Awareness of Sexual Harassment in the Workplace; Vicarious Trauma and Self Care; Sexual Violence Awareness

As a closed course for one organisation, each of the above is **£800** except for **Sexual Violence Awareness which is £500**. The maximum number of participants is 15 and the minimum number is six. These courses are delivered in person.

To discuss and book please contact training@devonrapecrisis.org.uk

Booking Open Courses

Each of the courses below are £85 per person, apart from **Sexual Violence Awareness** which is £55.

Please click on the relevant link to book your place through Ticket Tailor.

● **Sexual Violence Awareness**

Delivered online

Date: Tuesday 7th February 2023

Book here <https://www.tickettailor.com/events/drcsas/814391>

● **Responding to Disclosures: Sexual Violence and Abuse**

Delivered face to face

Date: Wednesday 15th February 2023

Book here <https://www.tickettailor.com/events/drcsas/814349>

(Continued)

"I now know how to 'listen' to them and where to signpost for further help and support."

Costs and Booking (continued)

- **Responding to Disclosures in an Education Setting: Sexual Violence and Abuse**

Delivered online

Date: Tuesday 7th and Tuesday 14th March 2023 (the course is over two dates)

Book here <https://www.tickettailor.com/events/drccsas/814368>

- **Awareness and Prevention of Sexual Harassment in the Workplace**

Delivered face to face

Date: Wednesday 24th May 2023

Book here <https://www.tickettailor.com/events/drccsas/814371>

- **Vicarious Trauma and Self Care**

Delivered face to face

Date: Tuesday 6th June 2023

Book here <https://www.tickettailor.com/events/drccsas/814383>



For bespoke courses and other consultancy services please contact us to discuss training@devonrapecrisis.org.uk

"Insightful and effective training that really suits our organisation's needs."