

## BOOKING FORM

Name \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

I wish to book the following course:

Course: \_\_\_\_\_

Date: \_\_\_\_\_

Specific dietary requirements: \_\_\_\_\_

- I enclose a cheque for £ \_\_\_\_\_ made payable to  
Edinburgh Women's Rape and Sexual Abuse Centre
- Please invoice my organisation for £ \_\_\_\_\_  
(please give details of who should be invoiced)

An administration fee of £10 will be charged should you cancel your place before 2 weeks of a course. If cancelled within 10 working days full charges will apply.

**Please return this form to:** EWRASAC, c/o PO Box 120,  
Brunswick Road, Edinburgh EH7 5WX.

**Tel:** 0131 557 6737, **fax:** 0131 558 1612  
**email:** [info@ewrasac.org.uk](mailto:info@ewrasac.org.uk)

**Please note registration starts at 9.00am.**



edinburgh women's rape  
and sexual abuse centre  
support, advice and advocacy for women and girls

## TRAINING PROGRAMME 2008 - 2009

**administration, outreach  
& training:** 0131 557 6737

**minicom:** 0131 557 6757

**fax:** 0131 558 1612

**support@ewrasac.org.uk  
info@ewrasac.org.uk**

c/o P.O. Box 120  
Brunswick Road  
Edinburgh, EH7 5WX

Registered Charity Ref. SC 006208

## Forthcoming training in 2008-2009

### Awareness raising on rape and sexual abuse

9<sup>th</sup> October 2008 (9.30am – 4pm)

9<sup>th</sup> March 2009 (9.30am – 4pm)

### The impact of sexual violence: survivors and workers

22<sup>nd</sup> August 2008 (9.30am – 4pm)

17<sup>th</sup> November 2008 (9.30am – 4pm)

### NEW two day course: 'Awareness raising on rape and sexual abuse' and 'The impact of sexual violence: survivors and workers'

5<sup>th</sup>-6<sup>th</sup> February 2009 (9.30am – 4pm)

### Ritual abuse and its effects on those who experience it

12<sup>th</sup> March 2009 (9.30am – 4pm)

### Training fee for a one day course (includes lunch)

£60 for voluntary organisations

£80 for statutory organisations

### Training fee for a two day course (includes lunch)

£100 for voluntary organisations

£140 for statutory organisations

### Limited reduced cost places are available to small voluntary groups with limited funds.

To book a place please complete the form at the back of this booklet. For further information please contact us on 0131 557 6737 or email: [info@ewrasac.org.uk](mailto:info@ewrasac.org.uk)

## Ritual abuse and its effects on those who experience it

### Who is the course for?

This one day training course is aimed at workers who are from the voluntary or statutory sectors who may come into contact with survivors of extreme forms of sexual violence.

### What will the training cover?

This course looks at the nature and scope of ritual abuse and its effects on those who experience it. Participants will be given the opportunity to develop their knowledge and increase their confidence when dealing with this in their workplace.

### By the end of the course participants will be able to:

- Have a deeper understanding of ritual abuse, what it involves and the definitions of sexual violence
- Have an understanding of the effects of ritual abuse in general, dissociation and multiplicity
- Support a survivor of ritual abuse with increased confidence when dealing with a disclosure
- Have a deeper understanding of the impact on the worker and how to care for themselves

**Trainer:** Caroline Hunter and Laura Mitchell

**Dates:** 12<sup>th</sup> March 2009

**Venue:** Edinburgh City Centre

**Time:** 9.30am – 4pm

## NEW TWO DAY COURSE

### **NEW two day course: 'Awareness raising on rape and sexual abuse' and 'The impact of sexual violence: survivors and workers'**

#### **Who is the course for?**

This two day training course is aimed at workers who are from the voluntary or statutory sectors who may come into contact with women who have experienced rape, sexual assault or sexual abuse. Whom want to have a better understanding of the impact of sexual violence on survivors and those working with survivors.

#### **What will the training cover?**

This training will cover the same content as the 'Awareness raising on rape and sexual abuse' and 'The impact of sexual violence: survivors and workers', courses outlined earlier in this booklet.

This two day training course can be booked at a discounted cost of £100 for voluntary organisations and £140 for statutory organisations.

**Trainer:** Caroline Hunter and Laura Mitchell

**Dates:** 5<sup>th</sup> – 6<sup>th</sup> February 2009 (9.30am – 4pm)

**Venue:** Edinburgh City Centre

**Time:** 9.30am – 4pm

## EWRASAC TRAINING

### **Our training service**

Since we opened in 1978, we have provided emotional and practical support, information, advice and advocacy to thousands of women and girls aged 12 and over, who have experienced sexual violence at any time in their lives. This includes rape, sexual assault, childhood sexual abuse and other forms of sexual violence.

We have drawn upon our experience and knowledge to develop high quality training for workers in other agencies who may come into contact with female or male survivors of sexual violence. We provide regular multi-agency training courses. Further details of our current training programme can be found in this booklet.

### **Tailor made courses**

We also provide tailor-made training to meet the particular needs and interests of agencies. Topics can be discussed and incorporated into the training.

A full day's tailor made training costs £400 for voluntary organisations, and £550 for statutory organisations, and is for up to 15 people. Please contact Caroline Hunter for further information on 0131 557 6737.

We are currently working towards improving accessibility to our services for all equalities groups. However, we regret that at present our training venue is not wheelchair accessible, although we will do all that we reasonably can to accommodate your needs.

## AWARENESS RAISING

### Awareness raising on rape and sexual abuse

#### Who is the course for?

This one day training course is aimed at workers who are from the voluntary or statutory sectors who may come into contact with women who have experienced rape, sexual assault or sexual abuse.

#### What will the training cover?

This course looks at definitions, the effects of sexual violence on survivors and examines the dos and don'ts when responding to a disclosure.

#### By the end of the course participants will be able to:

- Understand the definitions of rape and sexual abuse
- Have a deeper understanding of the prevalence of sexual violence and the effects on the survivor
- Support a survivor with increased confidence when dealing with a disclosure
- Have a deeper understanding of what a survivor might seek from a worker who is in a supportive role

**Trainer:** Caroline Hunter and Laura Mitchell

**Dates:** 9th October 2008 / 9th March 2009

**Venue:** Edinburgh City Centre

**Time:** 9.30am – 4pm

## IMPACT OF SEXUAL VIOLENCE

### The impact of sexual violence: survivors and workers

#### Who is the course for?

This one day training course is aimed at workers who have some knowledge and experience of working with survivors of sexual violence. It is also for those who have attended our awareness raising course, who want to have a better understanding of the impact of sexual violence on survivors and those working with survivors.

#### What will the training cover?

The training will refresh a worker's knowledge of the definitions and effects of sexual violence, address issues relating to extremes of sexual violence and vicarious traumatisation (the impact on workers).

#### By the end of the course participants will be able to:

- Have a deeper understanding of the coping mechanisms used by survivors, in particular self-harm
- Develop a better understanding of the impact of anxiety and panic attacks on survivors
- Have a deeper understanding of obsessive compulsive disorder (OCD), dissociation and dissociative identity disorder (DID) and the impact of these on the survivor
- Understand vicarious traumatisation and appreciate a worker's survival toolkit

**Trainer:** Caroline Hunter and Laura Mitchell

**Dates:** 22<sup>nd</sup> August 2008 / 17<sup>th</sup> November 2008

**Venue:** Edinburgh City Centre

**Time:** 9.30am – 4pm