



edinburgh women's rape and sexual abuse centre

support, advice and advocacy for women and girls

TRAINING PROGRAMME 2009 - 2010

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Company Address: Edinburgh Women's Rape and Sexual Abuse
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TRAINING CALENDAR

Forthcoming training in 2009-2010

Working with survivors – day 1: awareness raising

- 6 May 2009 (9.30am-4pm)
- 10 June 2009 (9.30am-4pm, East Lothian)
- 17 September 2009 (9.30am-4pm)
- 18 November 2009 (9.30am-4pm)
- 11 February 2010 (9.30am-4pm)

Working with survivors – day 2: supporting survivors

- 23 September 2009 (9.30am-4pm)
- 17 February 2010 (9.30am-4pm)

NEW half day seminars

Legal issues

- 3 June 2009 (9.30am-1pm)
- 10 March 2010 (1-4.30pm)

Survivors and mental health 1

- 24 June 2009 (1-4.30pm)

Survivors and mental health 2

- 7 October 2009 (1-4.30pm)

Survivors and suicide

- 21 October 2009 (9.30am-1pm)

Survivors and self-harm

- 2 December 2009 (9.30am-1pm)

Course fees

Half day seminar:

£30 for voluntary, £40 for statutory organisations

One day course (includes lunch):

£60 for voluntary, £80 for statutory organisations

SPECIAL OFFER - for each participant who books on two full-day courses, the discounted price is:

£100 for voluntary, £140 for statutory organisations

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

Our training service

Since we opened in 1978, we have provided emotional and practical support, information 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 and wish to increase their confidence and awareness of the issues. 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 £450 for voluntary organisations, and £600 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

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 of different aspects of sexual violence, the effects of sexual violence on survivors, dos and don'ts when responding to a disclosure and care for the carer.

By the end of the course participants will:

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

Trainers: Caroline Hunter and Laura Mitchell

Dates: 6 May 2009

10 June 2009 (East Lothian)

17 September 2009

18 November 2009

11 February 2010

Venues: Edinburgh City Centre, East Lothian venue tbc

Time: 9.30am – 4pm

Supporting survivors

Who is the course for?

This one day training course is aimed at workers who have some knowledge and experience of working with survivors, who want to improve their support skills and increase their knowledge of the impact of sexual violence. It is recommended that participants have attended our awareness raising training course.

What will the training cover?

The training will refresh participants' knowledge of the definitions and effects of sexual violence, look at vicarious traumatisation (the impact on workers) and cover useful support skills. The course aims to explore participants' anxieties and the difficulties faced when they are disclosed to.

By the end of the course participants will have a deeper understanding of:

- Ways to support survivors sensitively and effectively
- The effects of sexual violence, including anxiety, panic attacks and the Rape Trauma Syndrome
- Coping mechanisms, in particular self-harm
- Vicarious traumatisation and appreciate a worker's survival toolkit

Trainer: Caroline Hunter and Laura Mitchell

Dates: 23 September 2009
17 February 2010

Venue: Edinburgh City Centre

Time: 9.30am – 4pm

Legal issues

3 June 2009 (9.30am-1pm)
10 March 2010 (1-4.30pm)

This seminar looks at the law and sexual offences. It covers consent, reporting to the police and going to court. It includes an update on the current draft legislation on rape and sexual assault.

Trainers: Caroline Hunter and Laura Mitchell

Venue: Edinburgh City Centre

Survivors and mental health 1

24 June 2009 (1-4.30pm)

This seminar is an introduction to the common mental health issues experienced by survivors of sexual violence. This includes anxiety, depression and Post Traumatic Stress Disorder (PTSD).

Trainers: Caroline Hunter and Laura Mitchell

Venue: Edinburgh City Centre

Survivors and mental health 2

7 October 2009 (1-4.30pm)

This seminar is a follow up to day 1, looking at mental health issues relating to sexual violence, with some reference to extreme forms of sexual violence. We will look at obsessive compulsive disorder (OCD), PTSD, dissociation and dissociative identity disorder (DID) and will consider the impact of these on the survivor.

Trainers: Caroline Hunter and Laura Mitchell

Venue: Edinburgh City Centre

NEW HALF DAY SEMINARS

Survivors and self-harm

2 December 2009 (9.30am-1pm)

This seminar looks at self-harm as a coping mechanism and explores participants' anxieties around working with people who self-harm. It aims to raise awareness of the prevalence and nature of self-harm. It covers some of the reasons survivors self-harm and the functions it serves. It aims to increase participants' confidence when working with survivors who self-harm.

Trainers: Caroline Hunter and Laura Mitchell
Venue: Edinburgh City Centre

Survivors and suicide

21 October 2009 (9.30am-1pm)

This seminar explores some of the common views and beliefs about suicide and suicidal feelings. It aims to increase participants' knowledge and confidence when working with survivors who are suicidal

Trainers: Caroline Hunter and Laura Mitchell
Venue: Edinburgh City Centre

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. If you are unable to attend we are happy for another worker from your organisation to attend in your place.

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

Please note registration starts at 9.00am.