

RISE FOR
CHANGE

T R A I N I N G
B R O C H U R E

2023 - 2024

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ABOUT US



Rise for Change (R4C) is a CPD accredited trauma informed domestic abuse training program within Thames Valley Partnership. We empower participants beyond the scope of a 'general awareness' training by encouraging self-reflection and critical thinking, as well as providing education and learning that focuses on survivor experience, intersectionality and the impact of trauma throughout.



Thames Valley Partnership (TVP) is a charity that works in partnership with the statutory, private and voluntary sectors to provide long-term sustainable solutions to the problems of crime and social exclusion. We provide innovative services and non-judgmental quality support to victims, offenders and families involved in or impacted by criminal, civil and family justice issues.



TVP is an accredited CPD provider with [CPDUK](#)

r4c@thamesvalleypartnership.org.uk
www.thamesvalleypartnership.org.uk

PREVIOUS CLIENTS



RECRUIT FOR SPOUSES



Bracknell Forest Council



Elmore



OUR TRAINING VALUES

Survivor focused: Using the knowledge and experience of survivors to frame our work and decision making in order to ensure that their experience is at the heart of what we do, interwoven with a strong emphasis on safety and recovery.

Trauma informed: Integrating a holistic approach to our work that promotes wellbeing equally to knowledge. Embedding an awareness of trauma throughout our provision to ensure we acknowledge the diverse impact of trauma and seek to prevent re-traumatisation or replication of traumatic power dynamics. Promoting trust and empowerment throughout our training delivery.

Evidence based: Grounding our training in research, critical thinking and specialist, professional knowledge gained through industry relevant experience.

Gender responsive: Embedding within our training the understanding of gender roles and inequalities through the lens of abuse. Acknowledging that social, cultural and politically imposed gender norms directly inform both the prevalence of abuse and the response to it.

Inclusive: Ensuring our training narrative is accessible to all those who wish to engage with it. Consistently challenging and encouraging our trainers to increase their own learning, interrogate their unconscious bias and expand their knowledge of evolving intersectional needs within society. Understanding that oppression can manifest in many forms and we must actively and consistently educate ourselves in order to remain vigilant to all forms of inequality. Our trainers engage with ongoing CPD to ensure they consistently reflect and challenge their own bias and privilege.

Reflective: Regularly seeking feedback in order to consistently reflect and inform on our training and ensure the level of our provision remains high and industry relevant.

Affect change: Sharing best practice and knowledge through our training provision as a way to empower those attending to be part of a wider movement of change and advocacy within the landscape of domestic abuse.

PACKAGE 1

DOMESTIC ABUSE: UNDERSTANDING IT'S LANDSCAPE & LEARNING HOW TO RESPOND SAFELY

This training covers a broad range of information in order to equip participants with the knowledge and skills to begin to understand the landscape of Domestic Abuse and respond appropriately.

- o **What is Domestic Abuse:** definition, types of abuse
- o **Understanding unique survivor needs:** a holistic and intersectional approach
- o **Impacts of abuse** including coping mechanisms and workplace behaviours
- o **Trauma:** what it is and how does it affect survivors
- o **Disclosures** and how to navigate them successfully
- o **Common myths** and why they're harmful
- o **Trauma Informed working:** an introduction
- o **Signposting:** introduction to skills, understanding boundaries
- o **Protecting your health & self** including vicarious trauma
- o **Case studies and further resources**

Duration: 3.5 hours

Price: £885 (+VAT)

Bookings & enquiries: r4c@thamesvalleypartnership.org.uk

PACKAGE 2

DOMESTIC ABUSE: NAVIGATING DISCLOSURES SAFELY

This training focuses specifically on abuse disclosures and signposting skills in order to equip participants with the tools and knowledge to navigate these areas safely, appropriately and with a response that encompasses individual survivor identity.

- o What is Domestic Abuse
- o Understanding unique survivor needs: a holistic and intersectional approach
- o Disclosures: barriers, myths, the impact of trauma and how to navigate them
- o Trauma Informed working: building your skillset
- o Signposting: who to signpost to, what is risk, why trauma informed services are important and understanding boundaries
- o Protecting your health & self including vicarious trauma
- o Further resources

Duration: 3 hours

Price: £770 (+VAT)

Bookings & enquiries: r4c@thamesvalleypartnership.org.uk

PACKAGE 3

UNDERSTANDING DOMESTIC ABUSE AND THE IMPACTS ON THOSE EXPERIENCING IT

This training focuses specifically on building understanding and knowledge of the impact of domestic abuse on survivors. It involves thorough education and reflection on the role of trauma and how it influences our best practice.

- o **What is Domestic Abuse:** definition, types of abuse
- o **Understanding unique survivor needs:** a holistic and intersectional approach
- o **Impacts of abuse:** coping mechanisms and workplace behaviours
- o **Trauma:** what it is, our stress response and the window of tolerance
- o **Trauma Informed working:** an introduction
- o **Dispelling common myths:** why they're harmful and how they impact survivors
- o **Protecting your health & self** including vicarious trauma
- o **Case studies**
- o **Further resources**

Duration: 3 hours

Price: £770 (+VAT)

Bookings & enquiries: r4c@thamesvalleypartnership.org.uk

PACKAGE 4

DOMESTIC ABUSE: A COMPREHENSIVE GUIDE TO IDENTIFYING, UNDERSTANDING AND NAVIGATING IT'S LANDSCAPE SAFELY

This training covers a condensed syllabus of all the previous 3 packages. A great option for those wanting an enhanced, all-in-one comprehensive training covering all areas.

- o **What is Domestic Abuse:** definition, types of abuse and causes
- o **Understanding unique survivor needs:** a holistic and intersectional approach
- o **Impacts of abuse:** coping mechanisms, trauma and workplace behaviours
- o **Trauma:** what it is, our stress response and window of tolerance
- o **Dispelling common myths**
- o **Disclosures:** how to navigate them successfully and safely
- o **Trauma informed working:** building your skillset safely
- o **Signposting skills and understanding boundaries**
- o **Protecting your health & self** including vicarious trauma
- o **Case studies and further resources**

Duration: 4 hours

Price: £1150 (+VAT)

Bookings & enquiries: r4c@thamesvalleypartnership.org.uk

PACKAGE 5

TRAUMA INFORMED WORKING: AN INTRODUCTION TO PRINCIPLES AND PRACTICE

This training is for *any* professional seeking to learn more about Trauma Informed (TI) working and how to apply it's principles within a variety of organisational settings and day-to-day working practices.

- o **What is Trauma:** definition, different types and causes
- o **Impacts of Trauma:** different types, stress response and window of tolerance
- o **Trauma presentation in service users:** what might it look like and why
- o **Trauma Informed (TI) working:** definition and reasoning
- o **TI cornerstones:** 5 principles and power dynamics
- o **Trauma Informed (TI) working:** navigating disclosures safely
- o **Enhancing TI working:** understanding the individual holistic needs and identity of a trauma survivor inc. setting boundaries and equity vs equality
- o **Embodying self care:** empathy, vicarious trauma and debriefing skills
- o **Case studies:** experiential learning
- o **Further resources**

Duration: 3 hours

Price: £875 (+VAT)

Bookings & enquiries: r4c@thamesvalleypartnership.org.uk

TESTIMONIALS

“

“the training was absolutely brilliant and so informative... I actually was able to put the learning straight into practice ”

”

“I would love anyone in a managerial position to do this training because I think it spoke to a lot of different aspects that make you better with people”

“

“The style, care for our wellbeing and overall effectiveness of the training is absolutely outstanding.

I struggle to remember a more effective and engaging training that I have ever experienced!”

”

“It exceeded my expectations!”

“

“The best domestic abuse training I've ever been on”

”

“I was able to be much more aware of the trauma signs when [supporting a survivor]- so it was incredibly helpful”

FAQ'S

Who can attend the training?

Anyone can attend but it is specifically created with the below audiences in mind:

- **Non-Specialist Frontline Professionals:** which includes professional roles that are extremely likely to have contact with survivors but do not fall into the category of 'DA specialists'.
- **HR Managers and Senior Leaders** who are responsible for ensuring the wider team/company practices and policies.
- **Those with existing DA training or knowledge** who wish to update and refresh their understanding.

Is the training remote or in-person?

All trainings are currently available online. If you have teams of 100 or more and would like to discuss in person delivery, please contact our team.

How many people can attend?

We cap our sessions between 16-18 attendees. This is to ensure we can provide a safe, contained and holistic learning space. If you have a larger team then please do contact us as we can explore adaptive options for you.

Can individuals make bookings?

We usually work with organisations or groups only. However, several times a year we run public 'open' sessions that individuals book onto. Follow us on [LinkedIn](#) for early bird alerts.

Do I get a CPD certificate?

All trainings are formally assessed and accredited by CPDUK. Upon completion of training attendees are eligible for CPD points and a CPD certificate.

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