

## Working with Adult Survivors of Child Abuse Basic Awareness

Looking at basic issues in child abuse work including disclosure, coping strategies of survivors, long term effects, signs of abuse and how to ensure safety following disclosure.

## Working with Adult Survivors of Child Abuse Advanced

Dealing with dissociation

Grounding techniques

Stabilisation

Working with the inner child

## Working with domestic abuse for trauma survivors

Domestic abuse dynamics including coercive control and sexualised violence

Impact of domestic abuse – recognising the signs

Trauma and attachment – vulnerability factors and barriers to leaving the abusive relationship

## Sexual Exploitation and sexualisation of young people

Looking at the impact of social media

The impact of the media on sexualisation of young people

Risks and vulnerability factors particularly for survivors of childhood trauma

If you are interested in attending any of our training please contact Traci Kirkland on 01324 630100 or Janine Rennie on [janine@wellbeingScotland.org](mailto:janine@wellbeingScotland.org). Training can be provided specifically for an organisation or we can arrange training programmes throughout the year for individuals. Contact us with your requirements.

Cost per place for Statutory/Funded £95.00 Cost per place for Voluntary/Unfunded £60.00

Fee includes all materials, handouts, attendance certificate, tea, coffee and light lunch.

All training days begin with coffee/registration at 9.30 am until 4.30 pm, unless otherwise specified.