

Title: Adult survivors of sex abuse

Aims: To explore the issues around and support needed for adult survivors of sex abuse.

Objectives: Examine typical coping strategies
Explore effective techniques to support survivors
Guilt and self destructive behaviour
Practise appropriate interventions

Target Audience:

This course is aimed for those who work with, or support survivors of sexual abuse. It focuses upon atypical behaviour and the interventions that are most successful and appropriate to use.

Course Content

- Atypical behaviour
- Guilt
- interventions
- Verbal skills
- Future pacing
- Emotive behaviour
- Case studies
- Patterns of behaviour
- Changing and challenging
- Evaluations and endings

Commentary

This course covers working with survivors, and the typical emotion and behavioural responses that can occur when supporting this group of individuals. There is a focus upon intervention strategies and methods of dealing with common themes that can occur within this group. In addition there is the opportunity to develop and practice appropriate interventions.