



Norwich Connect

Training Brochure

We have a selection of courses and a range of dates available to create a package of training that meets your needs.

Trauma Informed Practices

A half day online workshop about the importance of understanding trauma and how to work effectively with individuals impacted by trauma, run by Norwich Connect.

Do your client's sometime struggle to follow through with actions? Do you know someone who's affected by trauma? Do you know what to do when your client's distressed?

Often clients affected by trauma may not be ready to work through other important areas of their lives, which can be challenging for many professionals. Understanding trauma and how it impacts people allows professionals to work with their clients more effectively and appropriately.

Anyone can be affected by trauma and it impacts people in different ways. Understanding how trauma works in the brain and how it impacts people is vital for anyone working with people.

This course gives professionals the knowledge and skills to effectively work with individuals who have experienced some level of trauma. The workshop covers topics such as:

- **Trauma and the Brain:** An overview of how trauma affects the brain and how this knowledge can encourage and empower clients.
- **Threat Responses:** The 5 different responses the brain has when faced with a traumatic event and why individuals respond they way they do.
- **Practical tools for working with people affected by trauma:** This course gives some techniques to use with individuals when they are experiencing distressing symptoms of trauma such as flashbacks or heightened senses to ground and de-stress them in the moment.

After completing Trauma Informed Practices, professionals report that:

- **93%** can better recognise complex patterns of trauma
- **92%** feel more confident in starting a conversation with a victim about the effects of the trauma they have experienced
- **88%** are more confident in their ability to spot the signs of trauma
- **83%** better understand the impact that trauma has on domestic abuse victims

Other feedback from professionals on the Trauma Informed courses around what they liked included:

- "Tips on how to explain why feeling a certain way and support how to manage"
- "Understanding Threat response and tools to use to bring some one back to calm and in control"
- "All of it; given lots of food for thought, much more aware"
- "Use my professional curiosity to identify 'trauma' and support client better"

DASH Risk Checklist Training

A half day workshop for professionals to increase understanding and confidence to accurately assess risk within domestic abuse.

The DASH Risk Checklist Training gives professionals the knowledge and skills to carry out the DASH risk checklist effectively to identify the risk of harm and which cases should be referred to MARAC in order to manage their risk. The workshop covers topics such as the reasons that the DASH risk checklist was created, why it asks particular questions, how to use the tool effectively with victims and what action should be taken once the DASH risk checklist is completed.

Feedback from professionals on the DASH Risk Checklist training around what they liked included:

- “Practice completing the DASH assessment, thinking about how to phrase questions, feeling more confident in assessing risk”
- “Built up confidence and knowledge around how to approach a sensitive subject”
- “Good life examples, clear information, engaging trainer”

Domestic Abuse Awareness

A half day workshop to offer clarity to survivors, family, friends and practitioners as to how to identify abuse and the effects abuse can have on survivors, run by Norwich Connect

Domestic abuse is not just about being physically hurt by a current or previous partner or family member. It also includes any type of emotional, sexual, psychological, financial or coercive and controlling behaviours. This course gives professionals the knowledge and skills to identify domestic abuse and how to begin the conversation with clients who may be experiencing domestic abuse.

The workshop covers topics such as what domestic abuse is, how to identify abusive behaviours, the impact domestic abuse has on victims and children and how to start the difficult conversation with someone who is experiencing abuse.

After completing Domestic Abuse Awareness, professionals report:

- Improved confidence to be able to reassure & signpost someone who is living with domestic abuse
- Improved knowledge of what support services are available
- Greater understanding of the forms of domestic abuse



Developing a Culture of Engagement

A half day online workshop for professionals about why it's vital to work with the whole family around domestic abuse and how to take a whole family approach, run by Norwich Connect.

Have you considered working with the whole family around Domestic Abuse? Do you feel confident to address the unhealthy behaviours of the perpetrator of abuse in a family?

When working with families, it is vital to understand the whole picture in order to give the best support to that family – this includes understanding and working with the perpetrator, as well as the victim and children. Perpetrators of abuse come in all shapes and sizes, being able to identify them and understand how they think and work is beneficial for any professional who works with people.

As well as changing the narrative around working with perpetrators, this course gives professionals the knowledge and the tools to begin working with abusers as well as coercive controllers within relationships. The workshop covers topics such as:

- **Typologies of Perpetrators:** What are they and how we can effectively work with each typology
- **Staying together:** How to support couples effectively who want to stay together and creating an accurate and real safety plan
- **Practical tools for working with perpetrators:** This course gives some tools to begin working with perpetrators, however the follow-on workshop The Engage Toolkit will give more tools and opportunities to use these tools.

After completing Developing a Culture of Engagement, professionals report that:

- **73%** are more confident in their ability to engage directly with perpetrators of domestic abuse
- **65%** better understand the psychology of domestic abuse perpetrators and how their behaviour impacts victims
- **63%** are more confident in recommendations or decisions regarding child contact and residency in relation to domestic abuse perpetrators.
- **63%** can better recognise complex patterns in domestic abuse cases

Feedback from professionals on the Creating a Culture of Engagement training around what they liked included:

- “Very good use of videos to encourage discussion and challenge different perceptions”
- “Discussions were tailored to the needs of the group”
- “The culture shift in thinking and the typologies”
- “I found all aspects useful especially the PIT”,
- “Hugely helpful in increasing understanding of perpetrators and when and how to intervene”.

Developing a Culture of Engagement Toolkits

A series of half day workshops for professionals providing practical tools for working with perpetrators of domestic abuse around motivation to change, denial, safety and responsibility, run by Norwich Connect.

It is a prerequisite for this workshop that you have previously completed our Developing a Culture of Engagement Workshop, either online or in person.

Have you considered working with the whole family around Domestic Abuse? Do you feel confident to address the unhealthy behaviours of the perpetrator of abuse in a family?

Our Developing a Culture of Engagement training sets the foundation of why it's vital to work with the whole family around domestic abuse. Due to the popularity of this course, these additional toolkit sessions were developed to give an opportunity to explore and understand the practical tools which can be used to work with perpetrators to bring meaningful change. There are three sessions available:

- **Culture of Engagement Toolkit Part 1: Motivation to Change:** A workshop for professionals exploring practical tools to assess a perpetrator's motivation to change.
- **Culture of Engagement Toolkit Part 2 : Working with Denial:** A workshop for professionals exploring practical tools to work with perpetrators to explore and address denial for their behaviours.
- **Culture of Engagement Toolkit Part 3: Safety, Responsibility & Effect of DA:** A workshop for professionals exploring practical tools to work with perpetrators to explore safety, responsibility and the effects of DA.

Feedback from professionals on the Toolkit courses around what they liked included:

- "The role play was surprisingly effective and good to do"
- "The information is easy to understand and relevant"
- "I find that discussing the exercises in [breakout] rooms with people from different back grounds and area of expertise brilliant"
- "this has given me some confidence to support individuals in denial"
- "There are some really good tools to use with families, ethos of the culture of engagement really resonates as the right approach to get positive engagement from families"

Available Courses & Dates

All our groups are run online and utilise functions such as breakout rooms to allow discussions to be held in small groups and to aid the group's ability to be interactive. There are two primary methods to book:

Option 1: Book via Eventbrite

We have a variety of dates available for all of our courses which can be booked on an individual basis via eventbrite. These sessions are all held on Zoom, therefore it is important to ensure you are able to access Zoom prior to a session. This option is ideal if you have a smaller number of people wishing to attend a course on any given date. The current courses available and booking links are as follows:

- **Trauma Informed Practices:** <https://www.eventbrite.co.uk/e/trauma-informed-practises-online-workshop-tickets-107800103010>
- **DASH Risk Checklist Training:** <https://www.eventbrite.co.uk/e/dash-risk-checklist-online-training-tickets-116580012957>
- **Developing a Culture of Engagement:** <https://www.eventbrite.co.uk/e/developing-a-culture-of-engagement-online-workshop-tickets-107799818158>
- **Culture of Engagement Toolkit Part 1: Motivation to Change:** <https://www.eventbrite.co.uk/e/culture-of-engagement-toolkit-part-1-motivation-to-change-tickets-116570947843>
- **Culture of Engagement Toolkit Part 2 : Working with Denial:** <https://www.eventbrite.co.uk/e/culture-of-engagement-toolkit-part-2-working-with-denial-tickets-116571954855>
- **Culture of Engagement Toolkit Part 3: Safety, Responsibility & Effect of DA:** <https://www.eventbrite.co.uk/e/culture-of-engagement-toolkit-part-3-safety-responsibility-effect-of-da-tickets-116573357049>

Option 2: Bespoke Booking

For larger groups or teams, we can work with you to arrange a date to deliver any of our sessions to your team. This can be delivered by either Zoom or Microsoft Teams, depending on your preference. This option is better for larger groups or for organisations who cannot access Zoom.

To make a bespoke booking, please contact our Skills Enhancer, Shirly Green directly to arrange a date and course: sgreen@spurgeons.org

If you have any questions, please email us at NorwichConnect@Spurgeons.Org or call on 01603 628122