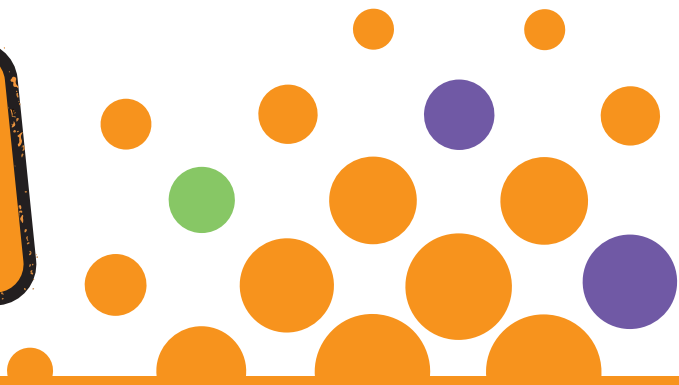


# THE RECOVERY TOOLKIT CYP



**The Children and Young People Domestic Abuse Recovery Toolkit (CYP RTK) facilitators training is a two-day course that enables individuals working with clients who have experienced domestic abuse to deliver a group programme to these children and young people.**

Living with domestic abuse forces children and young people to develop resilience (unconscious coping strategies) that keep them safe. This is within the context of unequal power divides and extremely controlling behaviour by the perpetrator. However this resilience based on risk and survival can have negative long term affects.

This is likely to be particularly influential in how the young person develops beliefs and attitudes about themselves, the world around them and differences with gender roles.

### ***What's included:***

The CYP RTK facilitators training provides a comprehensive manual which includes guidance for facilitators, weekly session plans, all handouts and materials required to run the sessions. During the two-day training delegates will have the opportunity to become familiar with the underpinning principles of the programme and how to use the manual most effectively. **All participants will also receive a certificate of licence to deliver the programme.**

### ***Aim of the programme:***

The aim of the group is to help children and young people to come to terms with their experiences and to develop positive lifestyle and coping strategies. It was inspired by adults who attended the Adult Domestic Abuse Recovery Toolkit and were asking for something for their children.

*Rock Pool training and consultancy services; passionate about working creatively with you to support families to thrive.*

***This programme has been written for children who are no longer with the abusive parent.***

### ***Get In Touch:***

If you would like to find out more about how we can help you deliver our Recovery Toolkit for Children and Young People, please contact us:

admin@rockpool.life  
www.rockpool.life  
07888 237699



### **About the programme:**

The CYP RTK is an 8-week programme for any young person that has witnessed or experienced domestic abuse and are able to take part in a group. It is unique in its approach using a combination of trauma – informed resilience focused and specific trauma focused cognitive behaviour therapy and person-centred therapeutic principles.

#### **Topics covered:**

- How abuse affects our thinking
- Self-esteem – what is it?
- Who's my family?
- Talking positive
- Ways to handle difficult feelings
- Healthy relationships and trust

#### **How we deliver this training:**

Please check out our website for our latest course dates and venues.

Don't forget we can deliver this course bespoke for your organisation. If you would like more information, please contact us at [admin@rockpool.life](mailto:admin@rockpool.life)

### **Also Available... Combined Adult and Children and Young People Domestic Abuse Recovery Toolkit**

This exciting course has been written by Sue Penna and is bringing together both the industry leading Adults and Children and Young People Recovery Toolkit programmes into one special combined course.

At the end of the training delegates will have the information and all the materials they need to be able to deliver both programmes and go on to support adults and children and young people who have experienced or witnessed domestic abuse so they can recover and enjoy a positive, happy life.

If you would like to find out more about the combined course, please contact us [admin@rockpool.life](mailto:admin@rockpool.life)

*Unauthorised use of the Children and Young People Domestic Abuse Recovery Toolkit can be an infringement of copyright*



*“It not only helped them deal with their experiences of domestic abuse but given them invaluable tools and strategies to cope with many different situations they may face in the future.”*

*“The fun activities helped them learn the tools in a fun and interactive way.”*

