

# THE RECOVERY TOOLKIT

**The industry leading Adult Domestic Abuse Recovery Toolkit facilitators training is a two-day course that enables individuals or agencies to deliver this group programme to adults recovering from domestic abuse.**

## ***About the programme:***

The Adult Domestic Abuse Recovery Toolkit uses a trauma informed psycho educational model believing that by giving individuals knowledge we enable them to better understand and deal with their previous experiences. The individual's own strengths, resources and coping skills and resilience are reinforced contributing to their own health and wellness on a long-term basis.

Quite simply this programme helps participants understand the impact of having experienced domestic abuse, explaining how they were prevented from leaving an abusive relationship and the thinking patterns they developed as a method of managing the risk which can hold them back moving forward.

The programme also gives participants practical strategies to help them increase their confidence and self-esteem.

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

The Adult Domestic Abuse Recovery Toolkit provides a comprehensive manual which includes guidance for facilitators, weekly session plans, all handouts and materials required to run the sessions.

All participants will also receive a certificate of licence to deliver the programme.

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

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

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

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



### **Topics covered:**

- What is abuse?
- Coping and the consequences on our psychological well-being
- The effects of abuse on children and on parenting skills
- Self-esteem and affirmations and the power of positive self-talk
- Anger, conflict and assertiveness
- Boundaries and trust
- Making mistakes
- Setting goals
- Healthy relationships

During the two-day training delegates will have opportunity to become familiar with the underpinning principles of the programme and how to use the manual most effectively.

### **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)

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## **THE RECOVERY TOOLKIT**

***"I have never looked back since attending the 12-week programme; it was an experience of astounding recovery, liberation and empowerment of creating self-love and self-esteem."***

***"Have really enjoyed myself, my confidence and way of thinking has changed dramatically."***

