

SEXUAL VIOLENCE RECOVERY TOOLKIT

Using over 30 years' experience working in this sector and designing trauma informed programmes, Rock Pool has developed a programme for people who have experienced acquaintance, dating and stranger rape.

About the programme:

The Sexual Violence Recovery Toolkit offers an evidence based programme that supports participants to be the expert of and at the centre of their own recovery.

Based on the theory that with increased knowledge the better equipped participants are to deal with the impact of their experience and therefore their own recovery and well-being.

It is a 12-week group programme that uses a trauma informed and a psycho-educational approach. Participants own strengths, resources, coping skills and resilience are consolidated. This will contribute to their own health and well-being on a long-term basis and to move forward from the trauma of experiencing sexual violence.

What's included:

The Sexual Violence Recovery Toolkit facilitators training is a two-day course that enables individuals to deliver the programme for those who have experienced acquaintance, dating and stranger rape.

The training package includes a comprehensive manual which contains 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: Developing resilience through trauma informed interventions.

**Originally piloted
by Cardiff Sexual
Assault Referral
Centre.**

Get In Touch:

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

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



Topics covered in the programme:

- Sexual violence myths
- Self-esteem
- Post traumatic stress
- Being assertive
- Intimate relationships post disclosure
- Building healthy relationships and intimacy

What people say who have attended the programme:

"This course has been a lifeline for me when all other avenues of help have been difficult to access. The work has helped me understand my situation in new and positive ways. Thank you for all your help."

"It has been the best thing I have ever done, thank you for helping me out."

Aim of the Training:

- To introduce a trauma informed approach
- To introduce / review theory on post traumatic stress disorder
- To introduce the recovery model for victims of sexual violence

Learning Outcomes:

- Participants will be confident in using the Sexual Violence Recovery Toolkit manual to deliver the programme

What people say about the training:

"I will be telling everyone about this course. It was thought provoking, inspirational and interactive. It was also so easy to learn I loved it."

"Attend it's worth it!"

"Really worthwhile course provides simple yet effective techniques to help people who have experienced sexual violence."

How we deliver this training

Please check out our website at www.rockpool.life for our latest course dates and venues.

We can also deliver this course bespoke for your organisation, for more information contact us at admin@rockpool.life

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"I have learnt how to change negatives into positives."

"The group setting was absolutely ideal. One to one counselling doesn't work for me... As a group, I felt less of a victim, and didn't feel alone."

