

## University of Manchester Q-Step Summer Project 2018:

### Ref: #33 UoMQStep Manchester Rape Crisis Sexual Violence Recovery Toolkit

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**Organisation name:** Manchester Rape Crisis

**Team/Department:** Group Support for women survivors of sexual violence

**Address:** 60 – 62 Nelson St, Manchester, M13 9WP

**Provisional title for project:** Sexual Violence Recovery Toolkit

#### **Abstract:**

We have recently completed a 12 week recovery course for 8 south Asian women who are survivors of Sexual violence.

The course was delivered bilingually by 3 facilitators using a trauma informed model.

We would like the course evaluated in order to promote it further and develop it for a wider audience. We would like the outcomes captured thoroughly and explore the challenges presented to facilitators during delivery. We have some outcome tools for qualitative purposes provided by the course but will also require quantitative data too.

*Data sources: N/A*

**Key words:** data analysis, data visualisation

#### **Essential and desirable skills:**

**Essential:** Ability to work compassionately and sensitively with survivors of sexual violence; research, evaluation and report writing skills; female only.

**Desirable:** Information/knowledge on sexual violence and its impact on women.



**Where the work will be carried out:** Roby Church Longsight and the Pankhurst Centre.

**Preferred selection method:** Interview at the Pankhurst Centre, current DBS and 2 references.

**Support and training offered by the organisation:**

We will spend time inducting the individual into the organisation and allow time to meet with a range of colleagues. Although we do not envisage the applicant will be working with individuals who may disclose new information to them we will offer training on the impact of sexual violence and how to work with disclosures.

**Supporting information:** see document below

**Financial assistance offered by the organisation:** Travel expenses - bus or mileage for car.

## Sexual Violence Toolkit

<b>Session 1</b>	<b>Introduction to the Course and each other</b>  <b>Aims</b> <ul style="list-style-type: none"><li>• To make a safe space where women will feel comfortable as they share together and work towards recovery.</li><li>• To introduce the psychological frameworks which underpin the programme</li><li>• To answer queries and concerns participants may have</li></ul>
<b>Session 2</b>	<b>Sexual Violence myths and psycho education</b>  <b>Aims :</b> <ul style="list-style-type: none"><li>• Explore grounding techniques as a coping strategy</li><li>• Identify sexual violence myths</li><li>• Provide psycho- education explanation on how the brain responds to threat and trauma.</li></ul>
<b>Session 3</b>	<b>Introduction to Self Esteem</b>  <b>Aims :</b> <ul style="list-style-type: none"><li>• To introduce the concept of self esteem and factors that affect positive and negative self esteem.</li><li>• To have an opportunity for individuals to look at how their own self esteem affects them and others around them.</li></ul>
<b>Session 4</b>	<b>Sexual Predators</b>  <b>Aims :</b> <ul style="list-style-type: none"><li>• Provide education on sexual predators and grooming</li><li>• Provide education on offender behaviours that depersonalise the incident</li><li>• Discuss consent and what it means.</li></ul>

<b>Session 5</b>	<b>Post Traumatic Stress</b>  <b>Aims :</b> <ul style="list-style-type: none"> <li>• Provide education on post traumatic stress</li> <li>• Provide education on relaxation and body awareness</li> </ul>
<b>Session 6</b>	<b>Self esteem and affirmations, the power of positive self talk</b>  <b>Aims :</b> <ul style="list-style-type: none"> <li>• To consolidate understanding of the links between self esteem and negative thinking (reviewing session 3 and impact of diaries)</li> <li>• To gain understanding of how positive self talk can be used</li> <li>• To identify individual areas of low self esteem to work on</li> <li>• To review using diaries and challenging negative thinking</li> </ul>
<b>Session 7</b>	<b>Anger and Conflict, what about being assertive ?</b>  <b>Aims :</b> <ul style="list-style-type: none"> <li>• To gain understanding of different types of interpersonal behaviour (angry, passive, assertive).</li> <li>• To learn about the pattern of our own behaviour</li> <li>• To learn and practice assertiveness skills</li> </ul>
<b>Session 8</b>	<b>Anger and conflict : assertiveness revisited</b>  <b>Aims :</b> <ul style="list-style-type: none"> <li>• To have an opportunity to explore and individuals anger management</li> <li>• To identify triggers for anger</li> <li>• To examine strategies for managing appropriate and inappropriate anger.</li> </ul>

<b>Session 9</b>	<p><b>Intimate relationships post disclosure</b></p> <p><b>Aims :</b>          To examine how relationships may have changed since the sexual violence          To enable them to explore how relationships may have changed since the sexual violence was disclosed          To provide information on intimate relationships after the sexual violence has been disclosed.</p>
<b>Session 10</b>	<p><b>Guilt, shame and self esteem</b></p> <p><b>Aims :</b></p> <ul style="list-style-type: none"> <li>• To provide an opportunity to look at guilt, shame and self esteem</li> </ul>
<b>Session 11</b>	<p><b>Building healthy relationships and intimacy</b></p> <p><b>Aims :</b></p> <ul style="list-style-type: none"> <li>• To examine what makes a healthy relationship</li> <li>• To examine what makes an unhealthy relationship</li> <li>• To learn how to recognise warning signs</li> <li>• To learn how to recognise the good signs</li> </ul>
<b>Session 12</b>	<p><b>Actions for the future</b></p> <p><b>Aims :</b></p> <ul style="list-style-type: none"> <li>• To review what we have learnt</li> <li>• To recap on any unclear issues</li> <li>• To review our individual toolkits</li> <li>• To finalise action plans</li> <li>• To celebrate successes</li> </ul>