



The
British
Psychological
Society

Chartered Psychologist

SDS Small Group Workshops "Every Voice Heard"

One-day practical course in a small group with lots of opportunities to discuss YOUR experiences and problems in this area, to get direct advice from a tutor and meet colleagues working in this area.



Skills For Working With Adult Survivors Of Sexual Abuse

A practical one day course to enable delegates to develop effective practical skills for working with adult survivors of childhood sexual abuse (CSA)

How Do the Effects of Sexual Abuse Present Themselves in Adult Survivors?

Adult survivors will often present themselves with a range of problems *other* than having been abused. Equally important, delegates will learn *if* and *how* to raise the question of past abuse if it is not directly raised by the survivor as well as whether this should or should not be the focus of therapeutic work.

Issues such as the survivor's variable awareness of the abuse combined with a recognition of the dangers of seeing 'sexual abuse around every corner' are addressed. Delegates will learn how to approach this issue sensitively and appropriately.

A New Strengths-Based Conceptual Framework for Working with CSA Survivors

Delegates will be presented with a challenging new strengths based model of the effects of CSA which provides a clearer pathway for assessment and intervention. Derived from Brief Solution Focused Therapy (BSFT) it identifies and builds on what works for clients in managing the effects of abuse or alternatively what prevents deterioration of functioning in more extreme cases. As a result delegates along with their clients will be able to clarify options available for ongoing work,

CSA & Its Relationship with Other Mental Health Issues

Both symptom based and identity disturbance issues will be examined and the evidence base for practice will be explored. The relationship between CSA and a range of other issues will be addressed including:

- Body image & weight issues
- PTSD
- Deliberate Self Harm
- Borderline Personality Disorder
- Sexualised behaviour

Brief Strategic Approaches to CSA Survivor Work

The structure of therapeutic work with CSA survivors will be discussed with particular reference to priorities and optimal entry points (O.E.P) to maximise the effects of therapeutic interventions.

Emotional Responses to Working With Survivors

The worker's values and emotional responses to work in this area have implications both for the quality of help provided to clients as well as the emotional state of the worker. This course will provide an opportunity for exploring ways of managing these more constructively.

"I have really enjoyed the course. It will be very helpful to me in my paid work and voluntary work. I would recommend the course to anyone working with clients. I enjoyed the real life examples, most courses are just theory and you do not know if it works."

R.MG., Client Liaison Officer, Scotland

- ✓ Course Leader: Paul Grantham, M.Sc, M.Clin.Psychol, C.Psychol
- ✓ Choice of dates and venues
- ✓ Quality workshop materials
- ✓ Comprehensive further reading and resources list
- ✓ Suitable for CPD and PREP
- ✓ Certificate of Attendance
- ✓ Lots of opportunities for raising questions and discussion with tutor and colleagues
- ✓ Post-workshop case support and consultancy available

Book NOW!

Price only

£105 + VAT

Dates & Venues

05 February 2009

London



www.skillsdevelopment.co.uk

Course tutor: Paul Grantham Chartered Clinical Psychologist, M.Sc, M.Clin.Psychol, C. Clin. Psychol is a clinical psychologist with extensive NHS, Social Services and training experience. He has worked extensively within the NHS and has trained staff in health care, social services, local governments and education around the UK. He has written on a range of therapy and helping issues. He has a particular interest in why people do NOT change and currently focuses on overcoming obstacles to behaviour, emotion and attitude adaption in clients. An extensively informed, clinically experienced and humorous speaker he is known for his emphasis on the practicalities rather than just the theory of client-based work.



Booking Conditions

Booking constitutes a contract.

Course fee

- UK: £105 + VAT (£120.75) per delegate to include refreshments and course materials.
- **Block bookings:** Groups of 4 or more save £5 per person - IF all applications are made in a single envelope with a single authorisation letter or payment.

How to book

DETACH the booking form below (photocopies acceptable) and either:

- Send with a cheque for £120.75 made payable to The Skills Development Service Ltd to: SDS Ltd., P.O. Box 254, UCKFIELD, TN22 9BN
- Send OR Fax: 0870 199 1838 with LETTER OF AUTHORISATION or purchase order from employer showing name & address to send invoice to.
- Telephone: 0870 241 7294 giving credit card details.
- Web: www.skillsdevelopment.co.uk giving credit card details.
- No provisional bookings taken.

Cancellations

- Cancellation in writing up to 14 days prior to the course leads to a refund minus a £15+VAT admin fee (or a full credit note for a future course – optional).
- Cancellation in writing up to 7 days prior to the course leads to a credit for a future course minus a £15+VAT admin fee.
- Cancellations less than 7 days before the event or failure to attend on the day will leave the individual who is invoiced fully liable for payment. No refund will be made in such instances either. We recommend insurance is taken out to cover such eventualities.
- SDS reserves the right to substitute trainers and/or move venues or postpone and reschedule courses in exceptional circumstances. If you are unable to attend the rescheduled event you will be given a full credit for a future seminar.

To change delegates or locations: Delegates may be substituted at any stage prior to the course as long as SDS Ltd are notified beforehand. We will also change locations if the newly preferred venue is not already full.

Visit our website for further information on this and other courses, to download the application forms for this or other courses, to book your place or to check availability - *It's updated daily!*

- - - - - Booking Form - - - - -

Skills For Working With Adult Survivors Of Sexual Abuse

COURSE DATE _____ COURSE LOCATION _____

DELEGATE NAME _____

JOB TITLE _____

ADDRESS _____

POST CODE _____

TEL No: _____ FAX No: _____

E-MAIL: _____