

Working with adult survivors of child sexual abuse

One-day course

£1,400 + VAT for 6 to 50 participants



About the course

This one-day course is CPD-certified as conforming to continuing professional development standards and benchmarks. It gives professionals an overview of the key issues when working with adults who were sexually abused in childhood. It is designed to increase participants' understanding of the impact of child sexual abuse, and to help them respond effectively and supportively to adult survivors with whom they work.

There are substantial numbers of adult survivors of child sexual abuse within adult mental health and substance misuse services, in the criminal justice system, in abusive relationships and with their own children being subject to intervention from children's services. Being sexually abused as a child can affect every area of a person's development; the short- and long-term impacts on mental health and wellbeing include substance misuse, 'risky' sexual behaviours, offending, physical health, illness, disability, difficulties in interpersonal relationships, and increased vulnerability to re-victimisation through childhood and adulthood.

This course has been developed collaboratively with people who have lived experience of child sexual abuse, to ensure that it reflects their experiences and what they need from professionals. It is led by two trainers: one is an expert by experience, and the other has a background in working with vulnerable adults who were sexually abused as children.

Who is this course for?

This course will be especially relevant to professionals whose work brings them into contact with adults who may have been sexually abused in childhood; this includes professionals in substance misuse services, homelessness and housing, health (primary care, mental health, accident and emergency, midwifery, health visiting, sexual health), adult social services, prisons, probation and police.

What you can expect to learn

Following this training, participants will have a better understanding of:

- the importance of recognising and responding to adults who were sexually abused as children
- how child sexual abuse takes place and the impact of the grooming process on the victim into adulthood
- how childhood trauma affects the brain, and the long-term impact of child sexual abuse
- what makes it difficult for professionals to talk about child sexual abuse with adults, and how professionals might ask about it
- what supports recovery after childhood sexual abuse and the role of professionals.

They will have increased their confidence to:

- recognise trauma in adults
- know when and how to ask adults about their experiences of child sexual abuse
- be able to respond when an adult discloses that they were sexually abused in childhood.

Additional resources

- PowerPoint slides for attendees to refer back to and keep for reflection.
 - A digital copy of *Signs and Indicators: A Template for Identifying and Responding to Concerns of Child Sexual Abuse*.
 - A digital copy of *Communicating with Children: A Guide for Those Working with Children Who Have or May Have Been Sexually Abused*.
 - A digital copy of the University of Bedfordshire paper *Responding Sensitively to Survivors of Child Sexual Abuse: An Evidence Review*.
 - Handout on managing disclosures of child sexual abuse from adults.
 - Resources and links for adult survivors of child sexual abuse.
 - References and resources list.
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