

‘Train the trainer’: An introduction to intra-familial child sexual abuse – taking a multi-agency approach

Five-day commitment involving 3 training days and 2 days of self-learning

£4,500 + VAT for 6 to 10 participants

Before undertaking this course, professionals must have a minimum of three years in practice and have previously attended child sexual abuse training.



About the course

Intra-familial child sexual abuse has been neglected for some time in pre- and post-qualifying training, leaving many professionals working in multi-agency arrangements feeling ill-equipped in the knowledge, skills, and confidence to work on those affected by intra-familial child sexual abuse. The CSA Centre has developed a one-day course: ‘An introduction to Intra-familial child sexual abuse – taking a multi-agency approach to address this knowledge gap, with excellent feedback from participants.

This **‘train the trainer’** course aims to equip those working in multi-agency arrangements with the knowledge, associated training materials and resources to embed this course into their own training programmes. The ambition of this is to support you to increase knowledge internally, reduce reliance on external commissioning and provide ongoing sustainability of this pivotal learning over time.

This course is perfect for those whose role already includes sharing knowledge and learning with others, and who would like to deliver this introductory training on intra-familial child sexual abuse in their place of work. On completion, participants will be equipped with the expertise, materials and resources needed to confidently share this important learning with others. Taking part in this course takes us all one step closer to the ultimate goal of improving the professional response to child sexual abuse.



What you can expect to learn

- A developed understanding of the following areas to enable participants to train others:
 - the scale and nature of child sexual abuse
 - the challenges and obstacles in practice, and how to overcome these
 - how the impact of child sexual abuse presents in children and young people
 - how children communicate their experiences of sexual abuse, and the professional role in helping them do this
 - who it is who abuses children
- how and why sexual abuse happens in families.
- Increased knowledge of the tools, frameworks and resources which can support practice.
- Increased knowledge of different exercises and methods of delivering training materials.
- Increased confidence to deliver training on intra-familial child sexual abuse.

How the session will be run

This course is a 5-day commitment as outlined in the table below.

Day	Delivery method	Topic/focus
Day 1	Online	Delivery of the 1-day course: “An introduction to Intra-familial child sexual abuse – taking a multi-agency approach”
Day 2	Self-learning	As per information below
Day 3	Self-learning	As per information below
Day 4	In-person	Participants will have the opportunity to practice delivering the content from the 1-day course in small groups
Day 5	In-person	Participants will have the opportunity to practice delivering the content from the 1-day course in small groups

On **day 1** participants will **join online** to receive the course “An introduction to Intra-familial child sexual abuse – taking a multi-agency approach” as a participant. This delivery will be recorded and shared with participants who will have access to this recording as a reference point in preparation for their own delivery of the 1-day course slides.

Days 2 and 3 are **self-learning** where participants will work through a list of activities independently. Participants may choose how and when to complete their activities in line with their other commitments.

We advise that you allow between 4 to 8 weeks for this. The activities are designed to build on participants learning from the 1-day course, so they can confidently deliver the material themselves upon completion of the whole 'train the trainer' course.

Days 4 and 5 will take place between 4 and 8 weeks after Day 1 and will be delivered **in-person over 2 consecutive days**. These in-person days will provide participants with opportunities to practice delivering the material themselves in small groups.

Self-directed learning activities

Before participating in day 4, participants must complete a series of activities designed to consolidate the learning from day 1 and prepare them to practice delivery of the material. Participants may choose to complete these activities in a way which best suits their other commitments. These activities are as follows:

- Familiarise yourself with the [CSA Centre website](#)
- Complete the [signs and indicators template](#) in relation to a child and family you are currently working with or have previously worked with.
- Read [What you need to know about child sexual abuse](#)
- Read at least one [key messages from research](#) resources choosing the one that is most relevant to your work
- Read and digest the PowerPoint slides and associated trainer notes (including an additional reading as identified in the trainer notes)
- Use the [Data Insights Hub](#) to find your local data
- Use the [Get Support page](#) to find out which services exist in your local area
- Identify the lesson(s) you feel you would benefit from the most practice at delivering

