

THE RECOVERY TOOLKIT

SUE PENNA ASSOCIATES

The **Recovery Toolkit** has been written to assist any individual or agency working with women who have experienced domestic abuse/violence and are in a position to take part in a group (not living with the perpetrator or perpetrator on a recognised perpetrator programme) designed to assist each of them in looking at ways to develop positive lifestyle coping strategies.

This programme runs for 12 weeks (or 24 weeks) and also carries *NOCN accreditation* enabling the women participants to gain a *Level 1 in Developing personal confidence and self awareness*.

Sessions cover: ***What is abuse?, Introduction to self esteem, Self esteem, Coping and the consequences on our psychological wellbeing, The affects of abuse on children and on parenting skills, Self esteem and affirmations and the power of positive self talk, Anger and conflict and assertiveness, Boundaries and trust, Making mistakes, Setting goals, Healthy relationships.***

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Sue Penna Associates is a network of professionals offering organisations working with domestic abuse/ violence and mental health issues a first class training, policy, research and development service.

THE DOMESTIC ABUSE RECOVERY TOOLKIT

An exciting new group programme for women who have experienced domestic abuse/violence.

Sue Penna Associates is facilitating a two day course to enable individuals to be able to deliver this exciting and new group programme for women recovering from domestic abuse/violence.

The training is aimed at individuals working in this sector who would like to deliver a group programme to women who have experienced domestic abuse/violence.

The **Recovery Toolkit** uses a psycho educational model believing that by giving individuals knowledge we enable them to better understand and deal with their previous experiences. The individual's own strengths, resources and coping skills are reinforced contributing to their own health and wellness on a long term basis.

The Recovery Toolkit is unique as it provides the facilitator with

- **Recovery Toolkit** manual, including guidance for facilitators.
- Weekly session plans to run the group over 12 or 24 weeks.
- Evaluation tools to monitor client progress and demonstrate effectiveness of group.
- All handouts for sessions which can be easily photocopied.
- *National Open College Network Accreditation* enabling women to gain a recognised Level 1 certificate in 'Developing personal confidence and self awareness' (This does incur a fee per person).

Added value of the Recovery Toolkit

- Has been formally evaluated using recognised assessment tools with a high percentage success rate for individuals increasing their self esteem and assertiveness beliefs.
- To be able to deliver the **Recovery Toolkit** and use the **Manual** all facilitators have undertaken two days training ensuring standards and consistency of delivery.

Training outline	
Day 1	Introduction to group work skills
	Managing Challenging Participants
	Introduction to Recovery Toolkit
Day 2	Using the Recovery Toolkit , practice and questions
	How to manage OCN accreditation

All participants receive a copy of the **Recovery Toolkit** and **Certificate of License** to use it.

(Unauthorised use of the Recovery Toolkit can be an infringement of copyright)