

# TOOLS FOR CHANGE

## THERAPEUTIC TOOLS FOR WORKING WITH INDIVIDUALS WHO HAVE EXPERIENCED DOMESTIC ABUSE / VIOLENCE

Royal Society for Public Health,  
Vauxhall Bridge, London

**22nd and 23rd September 2010**

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### THIS TWO DAY COURSE WILL COVER:

- Psychological models to help understand the impact of domestic abuse/violence on individuals
- The key impacts of living with domestic abuse/violence on an individual's mental health.
- Psychological coping strategies of the individual who has experienced domestic abuse/violence
  - Considerations when working with individuals from diverse communities
  - Exploration of Prochaska and Di Clementes 'stages of change' model and its application to working with individuals who have experienced domestic abuse/violence
- Opportunities and challenges of working with individuals who have experienced domestic abuse/violence
- Therapeutic interventions to support individuals who have experienced domestic abuse/violence
  - How to link the theory to practice
  - Vicarious trauma, the impact on the worker

*The course will be delivered by* **Sue Penna**

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**Sue Penna** Msc., Dip. Couns., Dip C.O.T.

Sue Penna originally qualified as an Occupational Therapist in 1987 and over a 17 year career in mental health worked with adults experiencing organic and functional mental health difficulties in hospital and community settings. In 1992 she gained a post-graduate diploma as a Psychotherapist/Counsellor, and at this time was focusing clinically on working with adults with eating disorders and those that had been sexually abused as children. In 1994 she embarked on a five year stint working alongside GPs providing Cognitive Behaviour Therapy/ Counselling within the general practice setting. In 2003 and 2004 Sue was the co-ordinator of the **Cornwall Domestic Violence Forum** where amongst other things she developed training packages for a range of statutory and voluntary agencies. Since 2004 Sue has been developing **Sue Penna Associates** into an organisation that provides accredited training/ research and development.

# SUE PENNA ASSOCIATES

**Therapeutic Tools** for working with individuals who have experienced domestic abuse/violence

**£350 +VAT** (including all refreshments and course materials)

If you would like to book a place on this course, please fill in the form below, cut off and post to:

Sue Penna Associates  
Unit 3, Penwith Business Centre  
Long Rock, Penzance, Cornwall TR20 8HL



\*\* Please book me a place on the TOOLS FOR CHANGE' course.

Name .....

Address .....

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Postcode .....

Telephone .....

Email .....

Employer .....

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I would like further information Sue Penna Associates

**Data Protection.**

Your details will be kept by Sue Penna Associates and will only be used in connection with the Recovery Toolkit Facilitators Training Course. Occasionally we may want to contact you with information that may be of interest to you. If you are happy to receive this information please tick the box below.

Unit 3 | Penwith Business Centre | Long Rock | Penzance | Cornwall TR20 8HL  
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