

SUE PENNA ASSOCIATES

THE EFFECTS OF DOMESTIC VIOLENCE AND ABUSE ON WOMEN'S MENTAL HEALTH

This one day course is designed for staff from both the voluntary and statutory sector working with women and families experiencing domestic abuse/violence.

Topics covered are

Contemporary statistics/ research concerning domestic abuse/violence.

Psychological frameworks

Which assist us to understand the power and control dynamics in abusive relationships including the 'Stockholm Syndrome' and Biderman's chart of Coercion.

Common psychological disorders

Including, anxiety, depression, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder, Self harm, eating disorders and alcohol and drug abuse.

The presentation and development of mental health difficulties in an abusive relationship

Support and suggested treatments

For individuals experiencing mental health difficulties and domestic abuse /violence, including drug therapy, counselling and cognitive behavior therapy

The course uses a range of teaching techniques, but focuses on an experiential learning approach. Delegates will be provided with training packs that will expand on topics covered and there will be opportunity throughout the day to ask questions.