



DOMESTIC ABUSE TRAINING & CONSULTANCY

Public Training **Catalogue**

Community & Workplace Sessions

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Welcome Message

Alpha Vesta provide a range of public training and awareness sessions which are aimed at 'embedding culture and building understanding' around domestic abuse and its impact.

Our Community & Workplace Sessions are all fully-funded across Essex, however, for those living or working outside of Essex, there is a small delegate fee to access our Advanced CPD Accredited session.



Our online training sessions are suitable for anyone that wants to understand more about domestic abuse. You may wish to do the training due to the industry you work in or the job responsibilities you deliver. You may have a role within the community that could benefit from this training or you may just have a personal interest to develop a better understanding of domestic abuse and its impact.

The sessions are designed to build awareness, understanding, confidence and skills to recognise the signs of domestic abuse and to build confidence to reach out to someone who may be affected at an earlier point in their journey.

Places can be booked through our [**Website**](https://www.alphavesta.com) or you can contact us via our e-mail [**enquiries@alphavesta.com**](mailto:enquiries@alphavesta.com).

Alongside our public training we also offer private online and face to face training if you would like to book a private session for your whole workplace, community organisation or a larger group.

We look forward to seeing you.

Lucy Whittaker

Founding Director and Lead Trainer of Alpha Vesta CIC

We are often asked, 'Where should I start?', we have therefore created four different profiles, one of which we hope you are able to identify with. Each profile provides guidance on approaching our training offering.

PROFILE	GUIDANCE
 <p>New to Alpha Vesta Training</p>	<p>If you have never come across our training before, we encourage you to begin at the introduction level and build through our Core and Enhanced sessions before you can access our Advanced session</p>
 <p>New to the field of Domestic Abuse or personal interest</p>	<p>It is important to begin at the introduction level and build through our Core and Enhanced sessions before you can attend Advanced session.</p>
 <p>Those that have completed Alpha Vesta Training in the past</p>	<p>We strongly encourage those that have completed our training to continue their professional development and re-book our sessions every two years. Refresher training is very important to us at Alpha Vesta to ensure we are all continually updating our knowledge and skills to remain up to date with the latest developments surrounding Domestic Abuse, best practices, and legislation.</p>
 <p>Those that are working or experienced in the Domestic Abuse field</p>	<p>It is important to Alpha Vesta that we build from a level playing field of understanding, therefore, no matter what level of experience in this field, we request that all attendees attend our training from introduction level through to Advanced.</p>

Training Levels

Level 1

Level 2

Level 3

Level 4

LEVEL	DETAILS	SUITABLE FOR
Awareness	<ul style="list-style-type: none"> • CPD Accredited. • Updated every 12 months to bring you the latest data. • Builds an understanding of what Domestic Abuse is, its history & impact. 	Anyone, regardless of knowledge & understanding of domestic abuse as provides a foundation on which we build from in our Core sessions.
Core	<ul style="list-style-type: none"> • CPD Accredited. • Updated every 12 months to bring you the latest data. • Builds on Level 1 & looks at domestic abuse through different lenses in more detail. 	<ul style="list-style-type: none"> • We recommend attending Level 1 prior to any of the Core sessions. • If completing the four Core sessions, it is advisable to do them in order, however, each session provides its own unique insight. • Professionals expanding knowledge in key areas may only wish to complete specific Core sessions.
Enhanced	<ul style="list-style-type: none"> • Updated every 12 months to bring you the latest data. • Builds on Level 1 & 2. • Increases knowledge in specific key areas. 	<ul style="list-style-type: none"> • It is advisable to complete Level 1 & 2 prior to Level 3 but each session provides unique insight in its given subject area and is optional to explore. • Professionals expanding knowledge in key areas may only wish to complete specific Enhanced sessions.
Advanced	<ul style="list-style-type: none"> • CPD Accredited • Builds on Level 1, 2 & 3. • Knowledge & skills-based session focused on understanding how best to support someone that is experiencing domestic abuse incl: <ol style="list-style-type: none"> 1. Different legislation underpinning support for victim-survivors 2. Different initiatives that have been created to fill some of the support gaps 3. Risk & Needs Assessment 4. Support & Safety Plan 5. Role of statutory & specialist services 	<ul style="list-style-type: none"> • Attendees must have completed all CPD Accredited Level 1 & 2 sessions to be invited to take part in this session.



Introduction to Domestic Abuse



LEVEL ONE

AWARENESS: 2hrs

Domestic abuse often appears in the news and across media outlets, but research shows that many people across communities and workplaces lack any real understanding of what domestic abuse really is, its impact and why it is so complex.

This awareness workshop, aims to build an understanding of what we mean by Domestic Abuse, its history, impact and complexities.

This session is designed and open to everyone, regardless of existing knowledge level & understanding of domestic abuse. The aim of this session is to provide an important foundation on which we can build from within our Core level sessions.

Aims & Objectives

- To build understanding around the definition of 'Domestic Abuse'
- To build understanding on the prevalence and complexities that exist around it
- To build understanding on the legislation and history around domestic abuse
- To build understanding on the ripple effect of domestic abuse
- To build confidence to recognise the signs, reach out and respond

Delivered by	Lucy Whittaker, Founding Director & Lead Trainer
Delivered via	Online via Zoom
Ticket options	General Admission (Free) All attendees are requested to register individually.
Additional information	All attendees are requested to register individually to ensure attendance can be monitored and for those that have attended the full session a supporting handbook covering the key themes from the session will be emailed.



Core 1
Understanding
Domestic Abuse
& its Impact

LEVEL TWO

CORE: 2hrs

Domestic abuse occurs across the world irrespective of socio-economic status, race, religion, gender and sexual orientation. This workshop, builds on Level 1: Introduction to Domestic Abuse, to explore the different types of domestic abuse, the national and regional impact of domestic abuse, as well as the different laws and interventions that currently exist to combat it.

Not all domestic abuse looks the same and so this session looks at the physical, emotional and psychological types of abuse and the factors that can fuel and underpin the many different cases of domestic abuse.

A range of case studies are explored as well as research into the value of creating grass-roots training in domestic abuse across communities and workplaces. We are often having contact with both victims and perpetrators of abuse every single day but have no understanding or skills to recognise the signs, understand the impact of the abuse or have the confidence to respond.

This course is designed for anyone living and working within and across the community. We recommend that Level 1 is completed prior to attending our Core sessions and we also suggest that our Core sessions are completed in order from one to four if building towards our Advanced level 4.

Aims & Objectives

- To continue to build understanding around the definition of 'Domestic Abuse'
- To learn more about the different types of 'Abusive Behaviour'
- To build understanding around the different types of 'Domestic Abuse Incidents'
- To build awareness of the risks around 'Stalking and Harassment'
- To build understanding of high-risk indicators and triggers connected to an escalation in domestic abuse or crisis.

Delivered by	Lucy Whittaker, Founding Director & Lead Trainer
Delivered via	Online via Zoom
Ticket options	General Admission (Free) All attendees are requested to register individually.
Additional information	All attendees are requested to register individually to ensure attendance can be monitored and for those that have attended the full session a supporting handbook covering the key themes from the session will be emailed.



LEVEL TWO

CORE: 2hrs

Suffering from domestic abuse may be just one of many challenges that a victim is facing.

This workshop explores both the manifestation of domestic abuse in terms of trauma and psychological torture but also explores different needs, vulnerabilities and barriers that both victims and perpetrators face which complicate the picture. These prevent any sustainable changes in their circumstances, and include Gender, Age, Mental Health, Substance Misuse as well as Unemployment – part of Alpha Vesta's 'Big 12' Complexity Areas.

Different Ethnicities and LGBT communities also form part of the discussion in order to understand better the challenges that complicate domestic abuse. These complexity areas often facilitate the cycle of abuse further. Recognising the signs, fostering a non-judgemental and trauma-informed approach are all explored.

The session is designed for attendees to never question why someone 'doesn't just leave' an abusive relationship.

This course is designed for anyone living and working within and across the community . We recommend that Level 1 is completed prior to attending our Core sessions and we also suggest that our Core sessions are completed in order from one to four if building towards our Advanced level 4.

Aims & Objectives

- To continue to build understanding around 'Domestic Abuse'
- To explore and understand the Alpha Vesta Big 12 complexity areas that interact with Domestic Abuse
- To understand the importance of professional curiosity

Delivered by	Lucy Whittaker, Founding Director & Lead Trainer
Delivered via	Online via Zoom
Ticket options	General Admission (Free) All attendees are requested to register individually.
Additional information	All attendees are requested to register individually to ensure attendance can be monitored and for those that have attended the full session a supporting handbook covering the key themes from the session will be emailed.



Core 3
The Impact of Domestic Abuse on the Workplace & Employment

LEVEL TWO

CORE: 2hrs

The Social and Economic costs of Domestic Abuse were explored in a Home Office Report released in 2019. Costs were calculated at £66 billion per year, with £14 billion of this as a direct cost to businesses themselves. A further study released in November 2019 highlighted the barriers to career progression for victims and the costs of just absence.

This workshop explores this impact in terms of the victim themselves but also their work colleagues and employers. Increased absence, lateness, lower productivity, reduced health and wellbeing. A number of case studies are also explored in order to create a thorough picture.

This is followed by how workplaces can minimise the impact by embedding a culture of understanding around domestic abuse, develop a robust policy as well as deliver safe and effective support to employees which also takes into account important issues of risk and confidentiality.

Attendees that attend the full session will receive a copy of Alpha Vesta's Standard Domestic Abuse Policy as a starting point to build your own Policy or Procedures.

This course is designed for anyone living and working within and across the community however is ideal for any workplace, Human Resources Teams, Line Managers, Team Leaders, Work Colleagues, Policy Makers and Senior Leadership Teams.

Aims & Objectives

- To continue to build understanding around 'Domestic Abuse'
- To understand the impact of Domestic Abuse in the Workplace, on employment and its ripple effect, both socially and economically
- Share some Case Studies of Workplaces that were impacted
- To discuss the importance of embedding a workplace culture of understanding and awareness of domestic abuse
- To consider the key fundamentals to building Workplace Policies/Procedures

Delivered by	Lucy Whittaker, Founding Director & Lead Trainer
Delivered via	Online via Zoom
Ticket options	General Admission (Free) All attendees are requested to register individually.
Additional information	All attendees are requested to register individually to ensure attendance can be monitored and for those that have attended the full session a supporting handbook covering the key themes from the session will be emailed.



Core 4
**The Impact of
Domestic Abuse
on Children &
Young People**

LEVEL TWO

CORE: 2hrs

Children and Young People are impacted by domestic abuse in the home in a number of different ways both psychologically and physically. The signs are often subtle and for those around them, considering that they may be living in an abusive home, the idea of it has never entered their mind.

When we aren't able to pick up on the subtle signs, the abuse continues, resulting in extreme trauma and neglect, leaving those impacted living in a 'state of red alert' every day. This fear, vulnerability and exhaustion leads them to be at risk of significant harm outside the home as well as inside the home. This includes correlations within extra-familial harm areas such as gangs, exploitation, radicalisation, extremism and harmful sexual behaviours.

This workshop also includes ways in which we can both recognise the signs and support children and young people safely and effectively.

This course is designed for anyone living and working within and across the community however is ideal for those that work with children and young people, school staff, pastoral support staff, youth leaders, community organisations, police, social workers and health professionals.

Aims & Objectives

- To continue to build understanding around 'Domestic Abuse'
- To build understanding of the physical and psychological impact of domestic abuse on children
- To build an understanding of indicators of domestic abuse in children
- To build an understanding of trauma and neglect
- To build an understanding of Extra-Familial Harm
- To build understanding around trauma, resilience and protective factors.
- To build confidence and understanding of the steps to take when reaching out to a child or young person

Delivered by	Lucy Whittaker, Founding Director & Lead Trainer
Delivered via	Online via Zoom
Ticket options	General Admission (Free) All attendees are requested to register individually.
Additional information	All attendees are requested to register individually to ensure attendance can be monitored and for those that have attended the full session a supporting handbook covering the key themes from the session will be emailed.



Domestic Abuse & Extra Familial Harm



LEVEL THREE

ENHANCED: 2hrs

Children and Young People are impacted by domestic abuse in the home in a number of different ways both psychologically and physically. The signs are often subtle and for those around them, considering that they may be living in an abusive home, the idea of it has never entered their mind. When we aren't able to pick up on the subtle signs, the abuse continues, resulting in extreme trauma and neglect, leaving those impacted living in a 'state of red alert' every day. This fear, vulnerability and exhaustion leads them to be at risk of significant harm outside the home as well as inside the home.

This Enhanced workshop builds on our Core 4 session 'Impact of Domestic Abuse on Children & Young People' and explores the term Extra-Familial Harm. This is a term used to describe the different harms, risks and threats that children and young people may face outside of their family and their home. There is a strong victim/perpetrator overlap where children become embroiled in these different areas as both victims and perpetrators as part of their underlying need to survive. We explore the correlation with children that have experienced domestic abuse in the home and their subsequent vulnerability to extra-familial harm. We consider the different types of extra-familial harm and look at how we can spot the signs in order to reach out, support and guide them towards a place free from abuse, both safely and effectively.

This course is designed for anyone living and working within and across the community however is ideal for those that work with children and young people, school staff, pastoral support staff, youth leaders, community organisations, police, social workers and health professionals.

Aims & Objectives

- To build on learnings from Core 4
- To explore the correlation between those that experience domestic abuse and their subsequent vulnerability to extra-familial harm
- To understand the different harms, risks and threats that children may face outside of their family and home
- To build confidence and understanding of the steps to take when reaching out
- To explore helpful tools and resources

Delivered by	Co-written and delivered by Lucy Whittaker & Natalie Queiroz, Survivor of Domestic Abuse & OCN Level 3 Gangs Expert
Delivered via	Online via Zoom
Ticket options	General Admission (Free) All attendees are requested to register individually.
Additional information	All attendees are requested to register individually to ensure attendance can be monitored and for those that have attended the full session a supporting handbook covering the key themes from the session will be emailed.



Domestic Abuse & Pets



LEVEL THREE

ENHANCED: 1hr

This enhanced session forms part of a suite of enhanced sessions on the additional layers that sit in and around domestic abuse and interact with it in a dynamic way.

The aim of the session is to raise awareness of the correlation between domestic abuse and the abuse of pets who are also members of that former or current family dynamic.

This course is designed for anyone living and working within and across the community however is ideal for those working with children and young people, in health settings, youth work and community organisations. It is also ideal for social workers, police and local authorities who wish to broaden their understanding of domestic abuse and its impact.

Aims & Objectives

- To understand why the abuse of Pets is closely correlated with Domestic Abuse
- To understand the different ways in which Pets may be at risk of abuse or violence
- To understand the effect on a child or victim of abuse who is witnessing the abuse of their pet
- To understand the signs - What you might see, hear or notice?
- To understand the complexity in legislation in this area
- To feel better equipped to spot the signs of domestic abuse and the abuse of pets
- To know where to reach out to if you are concerned about a pet living in home where domestic abuse may be occurring.

Delivered by	Lucy Whittaker, Founding Director & Lead Trainer
Delivered via	Online via Zoom
Ticket options	General Admission (Free) All attendees are requested to register individually.
Additional information	All attendees are requested to register individually to ensure attendance can be monitored and for those that have attended the full session a supporting handbook covering the key themes from the session will be emailed.



Domestic Abuse & Eating Disorders



LEVEL THREE

ENHANCED: 1hr

Due to the subjective nature of domestic abuse and the shame and stigma that sit around it, recognising the signs can be incredibly challenging. This is why we often see cases of domestic abuse reach crisis point before anyone realised the abuse was even occurring.

We have to become better at recognising and responding to the signs across our communities at an earlier point. By understanding some of the issues and barriers that sit in and around domestic abuse, we are better equipped to reach those affected sooner.

Eating Disorders are often deeply entangled with domestic abuse and this session explores why and how that happens.

This course is designed for anyone living and working within and across the community however is ideal for those working with children and young people, in health settings, youth work and community organisations. It is also ideal for social workers, police and local authorities who wish to broaden their understanding of domestic abuse and its impact.

The session includes an interview with Lucy Whittaker, Founding Director of Alpha Vesta and Actress Gemma Oaten, Manager of SEED Eating Disorder Support Service who have been supporting Alpha Vesta in the writing of the session.

Aims & Objectives

- To understand the different types of Eating Disorders
- To understand the different ways Domestic Abuse and Eating Disorders are deeply entangled.
- To feel better equipped to spot the signs of domestic abuse and/or an Eating Disorder
- To understand how to reach out safely and effectively
- To know where and how to refer or signpost for support and help.

Delivered by	Lucy Whittaker, Founding Director & Lead Trainer
Delivered via	Online via Zoom
Ticket options	General Admission (Free) All attendees are requested to register individually.
Additional information	All attendees are requested to register individually to ensure attendance can be monitored and for those that have attended the full session a supporting handbook covering the key themes from the session will be emailed.



DOMESTIC ABUSE TRAINING & CONSULTANCY

Tilting the Axis - Domestic Abuse & Family Court



LEVEL THREE

ENHANCED: 2hrs

This session looks at the different roles of both Criminal Courts and Family Courts when it comes to domestic abuse. The session explores the lived experience of those that have been on a journey through the family courts and the challenges they face. The session also includes an overview of the legislation that underpins family court proceedings, the role of CAFCASS and how Perpetrators of Domestic Abuse may disrupt family court proceedings.

This session is co-delivered by Lucy Whittaker, Founding Director of Alpha Vesta and Kate Flounders, Child Protection Solicitor and Founder of The Safeguarding Association.

This course is designed for anyone living and working within and across the community as well as survivors of domestic abuse who are navigating through Family Court Proceedings and would like to build their understanding.

The session is also ideal for those working with children and young people, in health settings, youth work and community organisations. Social workers, police and local authorities who wish to broaden their understanding of domestic abuse and its impact, would also benefit.

Aims & Objectives

- To build understanding on the role of both criminal and family court.
- To build understanding of the challenges victim/survivors and their children face
- To explore the different legislation that underpins family court proceedings
- To explore the challenges and lived experiences of family court proceedings.

Delivered by	Co-delivered by Lucy Whittaker, Founding Director of Alpha Vesta and Kate Flounders, Child Protection Solicitor and Founder of The Safeguarding Association.
Delivered via	Online via Zoom
Ticket options	General Admission (Free) All attendees are requested to register individually.
Additional information	All attendees are requested to register individually to ensure attendance can be monitored and for those that have attended the full session a supporting handbook covering the key themes from the session will be emailed.



Male Culture & Domestic Abuse



LEVEL THREE

ENHANCED: 1.5hrs

This awareness explores research that Alpha Vesta conducted in 2023 on men's understanding of domestic abuse. The session looks at some of the myths and stereotypes that exist around domestic abuse and how men may directly or indirectly experience it. The session looks at research into male victims of domestic abuse as well as how our understanding of domestic abuse doesn't always incorporate the experience of men within it.

The session includes an interview with a father, whose daughter experienced domestic abuse and how he felt, managed it and came to terms with it.

This course is designed for anyone living and working within and across the community however is ideal for those working with children and young people, in health settings, youth work and community organisations. It is also ideal for social workers, police and local authorities who wish to broaden their understanding of domestic abuse and its impact.

Aims & Objectives

- To build understanding on men's understanding of domestic abuse
- To build understanding on myths, stereotypes and narratives that exist around domestic abuse.
- To explore the history of the global 'Violence Against Women and Girls' Strategy.
- To hear lived experience of both a male survivor and father of a domestic abuse victim.

Delivered by	Lucy Whittaker, Founding Director & Lead Trainer
Delivered via	Online via Zoom
Ticket options	General Admission (Free) All attendees are requested to register individually.
Additional information	All attendees are requested to register individually to ensure attendance can be monitored and for those that have attended the full session a supporting handbook covering the key themes from the session will be emailed.



LEVEL FOUR

ADVANCED: 3hrs

This Advanced Workshop pulls together all of our Alpha Vesta Awareness and Core Sessions:

- Introduction to Domestic Abuse
- Understanding Domestic Abuse and its Impact
- The Complexity of Domestic Abuse
- Recognising & Responding to Domestic Abuse in the Workplace
- The Impact of Domestic Abuse on Children & Young People

This course is designed for anyone living and working within and across the community however is ideal for those working with children and young people, in health settings, youth work and community organisations. It is also ideal for social workers, police and local authorities who wish to broaden their understanding of domestic abuse and its impact.

Aims & Objectives

- To build understanding on the complexity of both the legal system and safeguarding systems when we consider domestic abuse.
- To understand the process of assessing the risks and needs that a victim and their children may be facing.
- To understand the purpose and importance of looking at the full picture when considering risk and need.
- To understand the importance of effective support and safety planning when we consider domestic abuse.
- To reinforce the message that creating awareness, prevention and early intervention across the Workplace is imperative in order to “Break the Cycle of Domestic Abuse”.

Delivered by	Lucy Whittaker, Founding Director & Lead Trainer
Delivered via	Online via Zoom
Ticket options	<ul style="list-style-type: none">• Funded for those living and working in Essex• Non-funded at £25 for those living and working out of Essex <p>This training is fully-funded for attendees based in Essex; either living, working or delivering work that impacts those within the County. Therefore, for those attendees based outside of the County/UK please ensure you have selected the Non-funded ticket option where there is a small charge of £25 per delegate.</p>
Additional information	All attendees are requested to register individually to ensure attendance can be monitored and for those that have attended the full session a supporting handbook covering the key themes from the session will be emailed.



DOMESTIC ABUSE TRAINING & CONSULTANCY

Having explored our online public training catalogue, if you require a more tailored approach either through face to face training or online sessions, please contact us for a free consultation. This provides an opportunity to discuss any bespoke business/organisation needs from awareness sessions through to policy development.

Contact Information :

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