

**we
STAND**

We Stand Training Programme 2023-24

NHS North West London NHS ICB

**With families impacted
by Child Sexual Abuse**

Introduction

We Stand has been working with families impacted by child sexual abuse for over 30 years. We work holistically with the whole family, supporting them to move forwards after their experiences. Our services include a dedicated helpline, therapeutic services for the whole family, parent training workshops, and legal advice and support.

We Stand has been commissioned by North West London NHS ICB to deliver a training programme to support delegates working with families impacted by child sexual abuse. Training is available to professionals across the North West London NHS ICB region and will run from October 2023 – March 2024.

We will be delivering the following training courses:

1. Child sexual abuse for practitioners
2. Working with non-abusing parents and carers
3. Sibling sexual abuse
4. Sexually harmful behaviour in children and young people
5. Supervising cases of child sexual abuse for managers and supervisors

In addition, we will be piloting a reflective practice group for social workers. This group will meet monthly for six months to discuss current cases involving child sexual abuse with the aim of developing practice and improving outcomes. More information about joining the reflective practice group will be available for those attending our 'child sexual abuse for practitioners' training.

Training will be delivered both online, and face to face from a variety of locations across the region.

1. Child Sexual abuse for practitioners

Introduction

This two-day training is open to all practitioners working with families impacted by child sexual abuse.

The training will provide an introduction to child sexual abuse, building on any existing knowledge of this important subject. Attendees will be provided with an understanding of the nature and impact of child sexual abuse. They will gain knowledge of the barriers to accessing support and learn how to assess risk and work more confidently with families.

What the training covers

- An Introduction to child sexual abuse
- The impact of child sexual abuse on victims and their family
- Common myths and misconceptions
- Parental responses and barriers to engagement
- Who perpetrates child sexual abuse
- Understanding the grooming process and assessing risk
- Practical tools and strategies to use when working with families
- Q&A and peer reviews/case studies

Aims

- Build on existing knowledge of sexual abuse
- Gain understanding of the impact of child sexual abuse in families
- Explore myths and misconceptions around child sexual abuse and understand how this impacts support available to survivors and their families
- Learn about the cycle of addiction and how this influences the grooming process
- Increase confidence when working with families

Delivery

This training will be delivered over two days. Day one will be delivered online; day two will be delivered in smaller groups face to face.

2. Working with non-abusing parents and carers

Introduction

This training will provide practitioners with greater insight into the experiences of non-abusing parents and how to approach supporting them. Participants will gain practical skills and underpinning approaches to working with parents and carers in a trauma-informed way and learn how to successfully engage in difficult conversations. Practitioners will also be armed with knowledge of support services available for families.

What the training covers:

- A deeper look into the impact of child sexual abuse on non-abusing parents and carers
- Parental responses and barriers to engagement
- The impact of disclosure on parental capacity
- The importance of self awareness and unconscious bias
- How to begin having difficult conversations about child sexual abuse
- Skills to have effective conversations and respond to disclosures
- The importance of self care and support for practitioners

Aims

- Understand the impacts of child sexual abuse on non-abusing parents and carers
- Recognise the ways child sexual abuse can effect parenting capacity
- Gain skills and knowledge of how to work with families of csa
- Increase self awareness and understand the role of unconscious bias
- Increase confidence to work with families
- Learn where families can go to access support

Delivery

This is a one-day course delivered both face to face or online.

3. Sibling sexual abuse

Introduction

Sibling sexual abuse is considered to be the most common form of interfamilial child sexual abuse and has a unique impact on whole families.

Practitioners will get the right training to support their service users who face this unique challenge. The focus will be on understanding the family as a system, arising complexities and how relationship dynamics and a shared trauma experience might impact the work. Participants will also have the opportunity to develop their practice and become more confident in identifying and responding to sibling sexual abuse.

What the training covers

- An introduction and impacts of sibling sexual abuse
- Understanding of the family, roles, values, culture and expectations
- The nature of sibling relationships
- Internal barriers to disclosure
- Shame
- Vulnerability factors
- The impact on parents ability to protect
- Managing risks and concerns
- Group discussions and exercises
- Q&A and peer reviews/case studies

Aims

- Understanding how to identify and respond to sibling sexual abuse
- Gain skills to provide support to both children and their non-abusing parent/carer
- Grow in confidence to assess risk and develop safety plans

Delivery

This is a one-day course delivered both face to face or online.

4. Sexually harmful behaviour in children and young people

Introduction

Training for professionals wanting to better support families and children where harmful sexual behaviours are happening. This training will help delegates to identify, assess, and respond appropriately to harmful sexual behaviour in children and young people.

What the training covers

- Child development and sexual behaviour
- Using the Traffic light tool to assess sexual behaviour
- Supporting parents with managing sexual behaviour
- Risks that come with harmful sexual behaviours
- Spotting concerning behaviours before they become harmful
- Group discussions and exercises
- Q&A and peer reviews/case studies

Aims:

- Understand the difference between healthy and harmful sexual behaviours in children and young people
- Gain confidence to work with families and incidences of sexual behaviour
- Learn how to respond effectively to harmful sexual behaviours
- Learn about practical tools that can help when identifying harmful sexual behaviour
- Learn about how harmful sexual behaviour is linked with other forms of violence, such as domestic abuse

Delivery

This is a one-day course delivered both face to face or online.

5. Supervising cases of child sexual abuse for managers and supervisors

Introduction

Designed specifically for social work managers and supervisors, this training will provide a grounding in the nature and prevalence of child sexual abuse (CSA). It will then move on to exploring practical knowledge and skills needed to support staff when working with complex cases involving child sexual abuse.

What the training covers

- An Introduction to child sexual abuse
- The impact of child sexual abuse on victims and their family
- The impact of common myths and misconceptions
- Parental responses and barriers to engagement with professionals
- The grooming process, including the impact of grooming on professionals
- Practical tools and strategies to use when working with families
- How best to support staff working with families impacted by child sexual abuse
- Q&A, peer reviews and case studies

Aims

- Gain sound knowledge and understanding of the nature and prevalence of CSA
- Explore myths and misconceptions and consider how these affect families
- Understand the impact of child sexual abuse, and how this may affect assessment and intervention work
- Understand how the grooming process may affect professionals
- Learn tools and strategies to use when working with families impacted by child sexual abuse
- Learn how to best support and supervise staff members working with families impacted by child sexual abuse

Delivery

This is a two-day course delivered both face to face or online.