

PHOENIX PROGRAMME PART ONE: HELPING OURSELVES RECOVER FROM EXPERIENCES OF ABUSE

Week	Session title	Content
Wk 1	Intimacy & Abuse	What is intimate partner abuse? What are its main effects? What unresolved issues, problems and questions does it leave people with? How to be safe now?
Wk 2	Life without Abuse	What are my needs? What are equal relationships like? What does freedom feel like? What is physical and what is psychological safety?
Wk 3	From Surviving to Recognising Abuse	Why does Domestic Abuse happen? What abusive tactics did my partner use? How did I survive them? What are the functions of my survival strategies now? How to recognise potentially abusive relationships?
Wk 4	The Impact of Abuse	What is trauma? What is Post Traumatic Stress Disorder? How are depression, eating disorders, social phobias and variety disorders/ illnesses linked to domestic abuse? How do medical labels impact on my life and any legal processes I might be involved in? How to move towards healing myself?
Wk 5	Personal Power	What is 'power' and who has it? How does 'power' relate to domestic abuse? What types of 'power' are there? What is empowerment and personal power? How to connect to my power and develop it?
Wk 6	Improving our Relationship with Ourselves	What is the impact of abuse on my sense of self and self-esteem? How to build my confidence and become more assertive? How to know and build on my strengths & resources?
Wk 7	Relationships with Others	What is the impact of abuse on my social network of friends and family? What are the longer-term effects of it? How to reconstruct my social world so it is healthier for my children and me? How do I deal with authority figures and make these relationships more effective?
Wk 8	Moving on	What positive future to look forward to? What work remains to be done? Making plans and revisiting issues

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