

SHAME



Regardless of the kind of abuse the central damage to an abused person takes predicable forms. The core issues almost always begin with the creation of a distorted image of the self "Shame". This distorted self image is reflected in distorted images of others "Betrayal". One way of thinking about recovery is that it is the process of undistorting these distortions.

Who We Are

About Us

NINE RED Presents... (CIC) main aims and objectives are to respond to the needs of our local community and support and enhance the lives of socially disadvantaged groups, including victims of abuse. This is achieved by running community projects which provide skill attainment, education, artistic pursuits and counselling.

- Our current projects are:
- Art Un-Defined!
- The AVS Project
- Diverse Britain – Exhibitions & Workshops
- IN3D – 3D Design & Printing
- Get Personal – Photo, Visual and Digital art & design service
- Event and Project Management Service

Contact Us

Phone: 01582 752 842
Mobile: 07881 705 719
Email: mail@artundefined.com
NRP Web: artundefined.com
AVS Web: darknessmakessense.com



NINE RED Presents... (CIC)

C/O 16, Atholl Close
Luton, LU3 3LD
Company No **05943414**



AVS TRAINING SCHOOL

Spring 2016
Psychoeducational Training

→ AVS Training School

NINE RED Presents... (CIC)'s AVS Project is pleased to let you know about the Psychoeducational training school.

This 12 week course, designed and ran by survivors of abuse, aims to enhance and re-enforce the skills of all people working with or effected by abuse (All Modules) and/or mild to moderate mental health issues. (Module 7 & 10)

Using role play, interactive discussion, scenario observation and paper based worksheets, the course teaches techniques to encourage clients to build a brighter safer future for themselves and those around them.

Overview of the subjects covered:

→ **Module 1 | Introductions and Overview**

Module 2 What Is AVS "In The Light" Support/Counselling?

Module 3 Realities of Domestic/ Sexual Violence and Rape

Module 4 Psychology of Rape

Module 5 Impact of Sexual Assault. Possible Indicators of Domestic and Sexual violence: Physical, Emotional and Behavioural Impact. Individual factors which affect the response to rape: Gender, Age, Culture, physical disability, Sexuality, developmental disability (e.g., a very low IQ). mental illness.

Module 6 Health Professionals and Referral services.

Module 7 REST—Recovery Education and Skills Training

Module 8 Compassion Fatigue and Self-Care

Module 9 Core Issues. Shame, Anger, Powerlessness, Betrayal, Letting Go.

Module 10: Overcoming Abuse, Overcoming Anger, Overcoming Social Phobia, Overcoming Anxiety, Overcoming Depression, Overcoming Trauma

Module 11 Safe work Practices

→ AVS CORE ISSUES

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self "Shame". This distorted self image is reflected in distorted images of others "Betrayal". One way of thinking about recovery is that it is the process of undistorting these distortions.

Much like the grieving process, victims of abuse also go through a process. It is important for victims to be able to identify this process.

It is important that these core issues are identified by clients and addressed, this section of AVS training manual enables those working with this client group to help individuals to identify the core issue that are effecting their recovering and brighter safer future.

These core issues are identified as:-

Shame, Anger, Powerlessness, Betrayal and Letting Go.

Much like the grieving process, not all victims will experience all of these emotions and not necessarily in this order, but helping to label the emotion and working on letting these go, assists individuals to build a brighter, safer future.