



**Phoenix**  
**DOMESTIC ABUSE SERVICES**

**TRAINING  
BROCHURE**

*Reducing Risks, Saving Lives, Building Futures*

# INTRODUCTION AND HISTORY

## ABOUT US

Phoenix Domestic Abuse Services (Phoenix DAS) is a successful charity located in Gwent, South Wales. We use a variety of methods and strategies to combat all forms of domestic abuse, focusing on a restorative and person centred approach to all areas of our work. We firmly believe that every individual has the capacity for change when they receive the right motivation, support, and practical assistance.

Since our establishment in 2002, we have received over 9,000 referrals and currently collaborate with more than 50 partner organizations. We approach recruitment with great care, ensuring that we select individuals who truly resonate with our passion, values, and beliefs. At Phoenix DAS, we firmly believe that our ongoing success stems from our adaptable approach, consistently integrating feedback from service users into our operations. This commitment has resulted in a service that is not only grounded in evidence but also tailored to meet the specific needs of the community and its residents. Both our team and those who engage with our service recognize that it is our people who set us apart, making us distinctive, innovative, and trailblazing in our industry.

With 22 years of experience in domestic abuse intervention and support, collaborating with various agencies and driving change, we are able to offer customized training and consultancy services focused on all domestic abuse issues. Our training is designed to promote self-reflection and critical thinking while enhancing knowledge and awareness about domestic abuse.

Our trainers have:

- Extensive hands-on experience within the domestic abuse sector.
- Relevant knowledge and practical experience of the legislation impacting both victims/survivors and perpetrators of domestic abuse.
- Experience in delivering group sessions and individual support/interventions for service users.
- The skill to tailor training to accommodate the varied needs of the audience, whether they have limited knowledge of domestic abuse or possess more advanced understanding.

## **SERVICES CURRENTLY OFFERED**

- Professional training around all aspects of domestic abuse work including working with victims, perpetrators and children.
- Consultancy around domestic abuse matters including creation and implementation of workplace policies for dealing with domestic abuse .
- Victim Safety Team – support the emotional, practical and safety needs of all victims of domestic abuse aged 18+, including support through criminal justice and civil court systems.
- Phoenix Programmes – assisting victims in understanding domestic abuse and its consequences, developing skills needed to move forward with life.
- Youth Respect Team – working with teenagers who are showing signs of abusive controlling behaviours both in the home and in their relationships. This includes staff working directly with parents to ensure that a consistent approach to parenting is applied.
- Respect Accredited Voluntary Perpetrator Programme – working to deliver life lasting change in attitudes and behaviour with those who offend.

# TRAINING COURSES AVAILABLE

## **Introduction to Domestic Abuse Awareness - (Full Day)**

This comprehensive one-day course delves into the topic of domestic abuse and is designed for all professionals. It serves as the foundational requirement for subsequent courses.

Throughout the session, participants will enhance their understanding of:

- The effects and impact of domestic abuse on victims and their families
- The dynamics and types of domestic abuse
- The myths and realities associated with domestic abuse
- Collaboration among multiple agencies
- Potential indicators of domestic abuse
- Diversity and the perception of domestic abuse among individuals with protected characteristics.

## **Risk Assessment and Multi -agency Working - (Half Day)**

Half day course on risk assessment processes when working with victims. The course is designed for professionals who may encounter victims of domestic abuse and need to carry out risk assessments or assess risk and needs.

Following this session, delegates will be able to:

- Understand the concept of risk in the context of domestic abuse
- Recognize stalking and coercive control and their relation to risk
- Complete a DASH risk identification checklist
- Understand the significance of professional judgement
- Refer to MARAC and understand its criteria and process.
- Feel more confident in assess risk for victims of domestic abuse

## **Supporting Victims of Domestic Abuse - (Full Day)**

This one-day course focuses on how to assist victims of domestic abuse, specifically designed for frontline workers such as social workers and specialists in various sectors.

Following this session, delegates will be able to:

- Understand the impact and effects of domestic abuse and the varying needs of victims. This includes recognizing the unique differences between male and female victims.
- Gain increased confidence to respond effectively to victims of domestic abuse
- Develop effective safety plans in collaboration with victims
- Enhance awareness of support options available to victims
- Understand the importance of risk assessments and how to effectively monitor risk

## **Cyber Safety for Victims of Domestic Abuse - (Half Day)**

Half day course delves into cyber safety from the victims perspective and is designed for those working with victims of domestic abuse.

This course can be coupled with the 'Use of technology in Abuse Relationships' to create a comprehensive full-day course

Following this session, delegates will:

- Recognize online and digital abuse in terms of domestic abuse dynamic and risk
- Understand and be alert to different forms of cyber abuse
- Feel more empowered to assist victims in maintaining their online safety

## **Use of Technology in Domestic Abuse Relationships - (Half Day)**

This half day course delves into the various ways perpetrators utilise technology as part of their abuse. This course is suitable for those working with both victims and perpetrators.

This course can be paired with the 'Cyber Safety for Victims' course to create a comprehensive full-day experience, aimed at enhancing understanding of how technology is employed for control.

Following this session, delegates will:

- Understand how perpetrators leverage technology across different platforms
- Be able to discuss the research and literature related to technology use in domestic abuse
- Listen to both victim and perpetrators accounts regarding their experience with technology abuse in their DA relationship

## **Understanding Gaslighting, Coercive Control and 'Love Bombing' - (Half Day)**

The introduction of controlling or coercive behavior as an offense in 2015 addressed the challenges of proving a pattern of harassment within a relationship. This half-day course delves into specific elements of coercive control.

Following this session, delegates will be able to:

- Identify signs of control and explore short and long term impacts of coercive control.
- Explore the legal framework around coercive control
- Identify these behaviors and provide effective support to affected victims
- Have a greater understanding of the subtleties of these types of abuse

## **Exploring the Effects of Domestic Abuse on Children - (Full Day)**

Through the introduction of the Domestic Abuse Act 2021, children and young people are now recognised as victims of domestic abuse in their own right. This full day training explores the various effects of domestic abuse on children, Designed for all front line workers who interact with families, children and young people.

Following this session, delegates will:

- Identify signs that a child or young person may be affected by domestic abuse
- Examine the impact of domestic abuse on children and young people
- Reflect on the roles children affected by domestic abuse may assume
- Recognise broader risk factors associated with children impacted by domestic abuse
- Understand how domestic abuse influences parenting styles and behaviour
- Understand the specific needs of children/young people who have experienced domestic abuse

## **Understanding Child & Adolescent to Parent Violence and Abuse (CAPVA) - (Full Day)**

Full day course which explores the areas of CAPVA - suitable for all front line workers who interact with families and young people.

Following this session, delegates will be able to:

- Gain insight into the dynamics and context of CAPVA
- Recognise and address challenges faced by parents/carers
- Initiate conversations about CAPVA with families and respond effectively
- Understand the obstacles to engaging with families affected by CAPVA
- Identify broader risk factors impacting children and young people
- Explore strategies and tools to assess risk and safeguarding in CAPVA cases.

## **Understanding Perpetrators of Domestic Abuse - (Full Day)**

A one-day course designed for frontline workers who interact with perpetrators of domestic abuse. This training will equip participants to recognize certain behaviors and prevent collusion. It is especially pertinent for social workers. Following this session, delegates will be able to:

- Demonstrate an understanding of why perpetrators are abusive
- Identify tactics perpetrators use
- Explain how perpetrators might influence staff in agencies to collude with them

## **Understanding Female Perpetrators of Domestic Abuse - (Half Day)**

This course explores the differences between male and female perpetrators and is aimed at front line professionals including social workers.

Following this session, delegates will:

- Understand the differences between how female perpetrators and male perpetrators exert control over their victims
- Explain the evidence base and the limited research on work with female perpetrators of DA
- Understand the complexity of working with females who perpetrator DA including important factors around women often being the primary caregivers for children



## Counter Allegations Assessment - (Full Day)

This course equips staff with an understanding of counter allegations within relationships and offers tools to assess relationship dynamics, enabling a clearer identification of both perpetrators and victims. It is specifically designed for those involved in domestic abuse assessments, including social workers and specialized victim support workers, and participants are required to have completed basic domestic abuse training beforehand.

- Participants will gain insights into counter allegations and the complexities they introduce for agencies.
- Participants will learn to recognize the tactics employed by perpetrators regarding counter allegations.
- Participants will develop an understanding of retaliatory violence, violent resistance, and mutually violent relationships.
- Participants will receive training on how to identify these dynamics.
- Participants will briefly examine the impact of counter allegations on children and young people.
- Participants will understand how counter allegations in domestic abuse cases affect victims.
- Participants will become aware of the specialist agencies and support services available in their local area.

## Bespoke Packages

Phoenix DAS can design and develop tailored packages that cater to your organisation's specific needs, drawing on 15 years experience collaborating with agencies to deliver personalised solutions.

Phoenix DAS will begin with an initial consultation to evaluate your requirements and establish prices. All our training packages are flexible, and can be available both online or in-person delivery.

We can also offer consultation services regarding workplace policies and implantation of champion schemes. Phoenix can also provide train-the-trainer courses as appropriate.

### Costs

#### Individual

Half day: £60 per person

Full day: £80 per person

Please contact us for up to date training dates.

#### Group

Face to face - in your own venue (2 facilitators)

Half day: £500

Full day: £800

Travel cost to be covered for facilitators dependant on distance

Online - based on groups of up to 25 (2 facilitators)

Half day: £400

Full day: £750



# Phoenix

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## CONTACT US



01495 291202



[www.phoenixdas.co.uk](http://www.phoenixdas.co.uk)



[info@phoenixdas.co.uk](mailto:info@phoenixdas.co.uk)



Phoenix House, Surgery Road,  
Blaina, Blaenau Gwent NP13 3AY

