

Supporting Adult Survivors of Childhood Abuse (SASCA)

Training to support adult survivors of child abuse

About NAPAC

NAPAC (the National Association for People Abused in Childhood) is the UK's leading national charity offering support to adult survivors of all types of childhood abuse, including physical, sexual and emotional abuse and neglect. Last year we took over 5,400 calls on our support line.

Supporting Adult Survivors of Childhood Abuse (SASCA) is a specialist NAPAC training initiative, which was set up with funding from the Home Office.

Why train your staff?

NAPAC hears every week from professionals in services such as police, counselling, community mental health, general practice, professional sporting bodies, journalism, perinatal services, drug and alcohol services, eating disorder services, occupational health teams and many others that they are hearing increasing numbers of disclosures from adult survivors of child abuse. Many staff feel ill-equipped on how best to support survivors or where they can refer them for specialist support.

Others say that hearing disclosures is affecting them personally and are contacting us for support.

There is a clear need for these professionals to feel more confident and deliver better support and services to adult survivors of abuse and this is what NAPAC can offer.

What our SASCA course covers

- Types of abuse and their impact on the mind, body, memory, emotions and behaviour
- Common symptoms of abuse, survival strategies and coping mechanisms
- Post-traumatic stress reactions
- Trauma-informed practices
- Vicarious trauma

What you will gain

- A deeper understanding of the different types of child abuse and its broad range of effects in adulthood
- Best practice in inviting, listening and responding to disclosure
- Best practice in supporting, assessing or interviewing abuse survivors
- Best practice in responding to flashbacks, dissociation and other stress reactions experienced by survivors
- Increased knowledge, confidence and skill in working with traumatised clients
- An understanding of how to recognise and guard against vicarious trauma



We have successfully trained NHS and safeguarding staff, police and voluntary sector organisations with excellent feedback from these groups.

Booking

The only pre-course requirement for delegates is that they have openness to emotive material and a willingness to learn and practice new skills.

Consulting or bespoke training

NAPAC can help you develop bespoke training for your organisation on how best to support adult survivors of childhood trauma.

Please contact us to find out more.

training@napac.org.uk or Tel: **020 7614 1801**

Get in touch

National support line for adult survivors of any type of childhood abuse.

0808 801 0331 free from UK landlines or mobiles.

www.napac.org.uk Information and resources for survivors, professionals and anyone else who wants to support survivors.



napac
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People Abused in Childhood