

# Working with NAPAC



**Training**

**Consultancy**



**Partnership**

**Advocacy**



**napac**

The National Association for  
People Abused in Childhood

# Training

Whether you engage with disclosed survivors of abuse in a professional capacity, or you want your organisation to become trauma-informed, we can help.

NAPAC offers industry-leading training, both in-person and online, which will allow you to enhance your understanding of the impacts of childhood abuse and effectively apply trauma-informed practice.

Over 2022 and 2023 alone, we trained hundreds of individuals across policing, law, education, healthcare and the third sector.

*“I enjoyed the NAPAC training, particularly in relation to being trauma-informed and found the trainer to be relatable and engaging. His openness and passion for victims was amazing and inspiring.”*

The Hydrant Programme



## Online courses

Built from exclusive NAPAC data and the latest international research, our online modules provide in-depth learning that you can complete from the comfort of your own home or office. They are an ideal, budget-friendly option for anyone who cannot attend a traditional training day.

- ✓ Understanding stress responses
- ✓ Supporting trauma survivors
- ✓ Managing disclosures
- ✓ Empowering recovery



[www.napac.org.uk/online-learning](http://www.napac.org.uk/online-learning)

## Bespoke training

We provide a selection of half-day, one-day and two-day courses in managing trauma, supporting survivors of abuse, integrating lived experience and safeguarding staff mental health. Each course can be delivered online or in-person and is tailored to the needs and challenges of your organisation.

### Each course includes:

- A detailed training proposal tailored to the specific needs of your organisation
- Highly experienced trainers with backgrounds in both service provision and research
- Proactive emotional support for all attendees
- Access to unique, industry-leading insights from NAPAC's support service
- Bespoke training materials that are built for you and your colleagues
- The chance to work to your timeline. We offer everything from half-day workshops to comprehensive multi-day training sessions that can be carried out over several weeks

If you are interested in training with us, get in touch via [training@napac.org.uk](mailto:training@napac.org.uk)



# Consultancy

As experts in trauma and recovery, we consult on numerous projects each year. These include television programmes, research initiatives, corporate best practice and inclusion and integration frameworks.

Examples of consultancy topics:

- Trauma-informed practice and becoming a trauma-informed organisation
- Understanding abuse, trauma and recovery
- Recognising, managing and mitigating vicarious trauma
- Defining outcomes with clients
- Inclusion of survivors, people with trauma, and those with other hidden needs
- Recognising and integrating lived experience
- Fiction and non-fiction scripts and media

*“As a solicitor who typically works with clients who have experienced traumatic events, namely assaults and GBV, the topics were extremely relevant. The split between learning how trauma affects people, and then learning how to manage vicarious trauma, was well-balanced.”*

Leigh Day Solicitors

## Trauma-informed organisations

One of our most popular consultancy packages is our world-leading trauma-informed framework for organisations.

NAPAC's three-step system enables an organisational transformation that will safeguard employee wellbeing, encourage staff retention and help to create a trauma-informed working environment.

Over the course of a few months, NAPAC will complete an audit of your internal policies and practices, train staff and adapt your approach to safeguarding and collaboration. This will foster a more inclusive, trauma-informed workplace.

### Stage one: Raising the baseline

- Training all staff in a trauma-informed approach
- Discussion and feedback
  - Reviewing internal policies and practices

### Stage two: Integrating the learning

- Mitigating vicarious trauma and burnout
- Building stronger teams
  - Scheduling future updates

### Stage three: Sustaining the change

- Progress review
- External evaluation
  - Accreditation

Interested in becoming a trauma-informed organisation?  
Contact us at [training@napac.org.uk](mailto:training@napac.org.uk)



## Partnerships

### NAPAC's law firm partnership programme

Our law firm partnership programme brings together firms with specialist abuse teams to widen access to civil law and support for more survivors.

#### **We collaborate to improve transparency and accessibility**

The civil law process is daunting, and it is not always easy for victims and survivors to understand their rights, or to identify the best action to take in seeking justice.

NAPAC is working with several law partners on digital resources that explain the different avenues that survivors can pursue, in plain English. We are also working towards diversifying existing resources so that they are accessible to the deaf community.

#### **We share knowledge to enhance services**

Whilst our partners can advise us on the technical intricacies of the law, through using insights from 25 years of supporting survivors NAPAC can share common themes and trends that allow law firms to better support their survivor clients.

#### **We advocate together**

Many hands make light work - we collaborate with our law partners to influence national and international policy and practice that will make a positive difference for survivors.

If you believe you would be a suitable firm and would like to join NAPAC's partnership programme, please email [info@napac.org.uk](mailto:info@napac.org.uk)



## Advocacy

NAPAC engages in an array of advocacy activities at regional, national and international level. We share our knowledge and expertise across a variety of different sectors, including ongoing working relationships with health and social care organisations, policing, law and government departments.

In addition to our involvement as a member of the IICSA Changemakers, NAPAC is also working with national policing as part of the Child Sexual Exploitation (CSE) Taskforce. We are proud to co-lead the victims and survivors' engagement thematic area of the CSE Taskforce, which aims to improve survivors' experiences with the justice system, and to ensure that they have access to adequate support.

NAPAC's advocacy activities include:

- Contributing insights to support public health campaigns
- Providing advice on identifying and plugging gaps in service provision
- Conducting industry-leading research into survivors' experiences with the justice system

We conduct advocacy at this scale because tens of thousands of survivors have told us they want to be heard and believed. Survivors also say they want other children to be safer, and other survivors to be better supported. We know that for that to happen there must be a holistic approach to prevention, protection and support provision.

## Survivors as Stakeholders: NAPAC's exclusive research

A landmark study, NAPAC's research into 'Survivors as Stakeholders' is the first of its kind and is already contributing to positive changes in national policing policy.

### What did we do?

In order to ascertain what survivors may consider a 'positive outcome' when interacting with a service, NAPAC analysed almost **50,000** confidential and anonymous entries to our support service, made over the course of over **15 years** (between 2006 and 2022).

In addition, we also undertook primary research into the experiences of survivors engaging with civil law processes, including reasons for attrition.

### What did we find?

The findings defined **three survivor identifies** and **ten self-identified outcome themes**. It also affirmed the importance of survivors of all ages having options for obtaining confidential support and information, and the value of trauma-informed practice. Not only are these findings actively informing national policing policy, but they are also integrated into NAPAC's in-person training programmes.

If you would like to work with NAPAC, please email [info@napac.org.uk](mailto:info@napac.org.uk)



# Why work with NAPAC?

**Experience:** We have spent 25 years supporting survivors of childhood abuse and we are experts in our field.

**Efficacy:** Our training and consultancy are highly effective. We offer practical solutions and techniques based on contemporary survivor feedback and research, as well as our decades of experience in supporting staff, clients and service users.

**Empowerment:** NAPAC was created to empower and support survivors. In working with us you are helping promote best practice and spread awareness, thereby empowering more survivors to access support.

**Exclusivity:** Between the real-time insights from our support service and our unique research into survivors as stakeholders, you will have access to data that simply is not available anywhere else.

