

Engage: Step Forward to Recovery

Domestic abuse affects millions in the UK every year, with one in four women and one in six men in the UK experiencing it in their lifetime (ONS data). Violence against women and girls is an epidemic so serious it has recently been described as a “national emergency” by the National Police Chiefs’ Council (NPCC).

Obstacles to support are sadly plentiful – including long waiting lists, fear and physical barriers. To remedy these challenges, we created Step Forward to Recovery – an online, self-paced, and easy-to-follow survivor recovery programme, created in collaboration with the very survivors we support. The programme is designed to empower survivors with essential knowledge about domestic abuse, equipping them with practical tools and skills to help them and their families build a safer, abuse-free future.

What to expect:

Step Forward to Recovery consists of six comprehensive modules with various features, including videos, interactive activities, reading materials, and a Step Forward self-care journal integrated throughout. Designed with a trauma-informed and anti-oppressive approach, the programme emphasises self-care, well-being and recovery. It is easily accessible via Teachable on both computers and mobile phones. We have made this available for other UK based domestic abuse services to integrate in to their offering for survivors. This package includes your selected number of access codes, and full training on how to distribute.

Programme content:

- Introduction: Programme overview, peer support, useful contacts, preprogramme questions, journal activity.
- Safety: Safety overview, personal and online safety, safety plan creation, emotional wellbeing, resources.
- Understanding Domestic Abuse: Definition and patterns, Biderman's research power and control wheel, effects of abuse.
- Impact on Parenting and Children: Legal aspects, impact on children (pregnancy to adolescence), parenting challenges, communication tips, resources, activities.
- Understanding Those Who Harm: Perpetrator types, partner support.
- Recovery: Wellbeing and self-esteem, boundaries, red flags, rediscovering identity, relationship values, healthy relationships.

Suitable for:

Cisgender male and female survivors of domestic abuse who are in, or have been in, abusive relationships, and are seeking recovery work. This programme is ideal for use by frontline services who work with survivors of domestic abuse.

Delivery details:

Format: Online/Self-paced

Time: N/A

Participants: N/A

Find out more: training@mycwa.org.uk