



All Savana Training Courses are CPD Accredited



Savana Course List 2020

Group discounts available Bespoke courses available tailored to your individual organisational needs Half Day sessions can be combined

Available Courses	Course Length	Includes	Numbers Min - Max
<p>Responding to Disclosure</p> <p>This one day training course offers an introduction to responding to individuals who disclose sexual violence. The course explores what constitutes sexual violence, including myths and realities, stereotypes and statistics, the effect on victims coping and dealing with disclosure including sources of help.</p>	Full Day	<p>Information Pack. Training counts towards continuing professional development hours. Certificate</p>	10 - 20
<p>Honour Related Violence</p> <p>This half day session will examine what is meant by culture, its impact on community values and the relationship with honour violence. The course explores HRV including why and how it happens; forced marriage, triggers and barriers for anyone seeking help.</p>	Half Day	<p>Information Pack. Training counts towards continuing professional development hours. Certificate</p>	10 – 20
<p>Female Genital Mutilation</p> <p>This course will look at what FGM is; identify triggers and those at risk; recognise physical and emotional impact; and identify barriers for women when seeking help.</p>	Half Day	<p>Information Pack. Training counts towards continuing professional development hours. Certificate</p>	10 – 20

Available Courses	Course Length	Includes	Numbers Min - Max
<p>Childhood Sexual Exploitation</p> <p>The course will look at the process of grooming, including warning signs and assessment of vulnerability; legalities; issues and dilemmas for professionals working with young people who may be at risk and highlighting best practice in prevention of sexual exploitation.</p>	Full Day	Information Pack. Training counts towards continuing professional development hours. Certificate	10 – 20
<p>Health Implications of Sex work, Sexual Violence, Domestic Violence & Human Trafficking</p> <p>2 day training course covering sexual and domestic violence, with an emphasis on emotional and physical effects experienced through sex work and human trafficking. Day 1. Sexual and domestic violence. Day 2. Sex work and Human Trafficking.</p>	2 Days	Information Pack. Training counts towards continuing professional development hours. Certificate	10 – 20
<p>Crisis Work</p> <p>This 3 day course covers: Legal definitions for rape and sexual violence, awareness around female genital mutilation, forensic examinations for victims including current police procedure, reactions of victims. Working professionally, emergency procedures and self care.</p>	3 Days	Information Pack. Training counts towards continuing professional development hours. Certificate	10 – 20
<p>Let's Play</p> <p>A course designed around Play and creative methods used to connect with clients. This is a very interactive course which emphasises different forms of play that can enhance communication. This is also aimed at personal development for the professional, as we learn to play.</p>	Full Day	Information Pack. Training counts towards continuing professional development hours. Certificate	10 max

Available Courses	Course Length	Includes	Numbers Min - Max
<p>Sexual Violence within Domestic Violence</p> <p>The course will explore what constitutes sexual violence in relation to domestic violence including legalities; statistics; emotional, physical and socio-economic effects and the cycle of abuse.</p>	Half Day	Information Pack. Training counts towards continuing professional development hours. Certificate	10 – 20
<p>Awareness of the Effects of Sexual Violence</p> <p>This 8 day course covers the effects of all types of sexual violence including rape, honour related violence, female genital mutilation, ritual abuse, exploitation, childhood sexual abuse. There is an emphasis on care for self for those working within this area and for those you support</p>	8 Days	Information Pack. Training counts towards continuing professional development hours. Certificate	10 – 20
<p>PHSE Sessions for Schools</p> <p>One hour sessions targeted at 11 – 16 year olds. These can cover topics such as: what is sexual violence; social media; inappropriate sexual behaviour; consent; gender and; how can we prevent sexual violence?</p> <p>We can also create bespoke courses for your school or group.</p>	Hour Sessions	Information Pack. Training counts towards continuing professional development hours. Certificate	10 - 30
<p>Note Taking</p> <p>A half day course looking at note taking for professionals including legislation; data protection and policies & procedures.</p>	Half Day	Information Pack. Training counts towards continuing professional development hours. Certificate	10 – 20

Available Courses	Course Length	Includes	Numbers Min - Max
<p>Abuse Linked to Witchcraft and Spirit Possession</p> <p>This training day covers the effects of abuse related to witchcraft and spirit possession through to deliverance and exorcism; including an insight into high profile cases and serious case reviews. With a familiarity of terminology and language used to help professionals working within this area and guidance to safeguarding procedures.</p>	Full Day	Information Pack. Training counts towards continuing professional development hours. Certificate	10 – 20
<p>Gangs and Sexual Violence</p> <p>This training course offers an insight into gang culture and the use of sexual violence, with an emphasis on the roles that girls and women fulfil within gang culture including victim to perpetrator behaviour.</p>	Full Day	Information Pack. Training counts towards continuing professional development hours. Certificate	10 – 20
<p>Adult Survivors of Childhood Sexual Abuse</p> <p>An exceptional insight into theory around adult survivors of child sexual abuse including the ‘victim to perpetrator cycle’ and effectively working with survivors.</p>	Full Day	Information Pack. Training counts towards continuing professional development hours. Certificate	10 - 20
<p>Breast Ironing</p> <p>This half day session will explore what breast ironing is? How it is done, and the effects breast ironing has on the victims.</p>	Half Day	Information Pack. Training counts towards continuing professional development hours. Certificate	10-20
<p>Catfishing and Stealthing</p> <p>This 2 hour workshop introduces the ‘Trend’ of Stealthing and ‘Catfishing’, with emphasis placed around the risk of both of these practices and an over view of the technical legalities.</p>	2 hours	Information Pack. Training counts towards continuing professional development hours Certificate	10-20

Available Courses	Course Length	Includes	Numbers Min - Max
<p>'Kickin' it with confidence</p> <p>This 8-week course, split into eight one hour sessions, enables young people to build confidence and awareness. The course includes work around: self worth, sex and our body, healthy relationships, consent and the law and exploitation including personal safety & assertiveness. The sessions are bespoke, fluid and open to discussion dependant on the needs of the school/organisation and the participants. The course is constantly developed and updated.</p>	8 weeks @ 1 hour per week	Handouts Certificate of completion	10
<p>Working with Children</p> <p>This unique training course offers a theoretical and practical insight into the use of play and art therapy when working with children, allowing professionals to build a portfolio of creative techniques.</p>	Full Day	Information Pack. Training counts towards continuing professional development hours Certificate	10-20
<p>Resilience and Self-care</p> <p>This unique workshop explores how we can care for ourselves and build resilience within our job roles; an emphasis is placed on relaxation techniques and self-care toolkit.</p>	Half Day	Information Pack. Training counts towards continuing professional development hours. Certificate	10-20
<p>Sexual Violence, Healing and Justice</p> <p>A unique insight in to what constitutes sexual violence including myths and realities; whilst exploring stages of recovery and varying forms of restorative justice.</p>	2 hours	Information Pack. Training counts towards continuing professional development hours. Certificate	10-20
<p>On The Rocks & Mini-Me...The Inner Child</p> <p>The workshop explores the theory of Bronfenbrenner and ecological systems through to theories around the 'Inner Child'. The main focus encompasses 'Inner Child' Work and practical applications for play throughout.</p>	Full Day	Information Pack. Training counts towards continuing professional development hours Certificate	10

Available Courses	Course Length	Includes	Numbers Min - Max
<p>Forced Marriage</p> <p>To raise awareness around Forced Marriage. Knowing the difference between forced and arranged marriage and recognising the emotional and physical impact. Safeguarding of children & young people at risk of forced marriage. Identifying barriers to those seeking help. Forced Marriage Protection Orders and who can apply.</p>	Half Day	Information Pack. Training counts towards continuing professional development hours Certificate	10-20
<p>Looking Good...Feeling Great</p> <p>Looking Good, Feeling Great is a confidence building programme for women. Twelve hours in total, split into six two hour sessions, but can be adjusted to fit the needs of a service. The sessions include relaxation, colour and self-image, lifestyle hints and tips, self awareness work and fun exercises; it is a very informal way of providing skills, information and self-esteem.</p>	6 weeks @ 2 hours per week (negotiable)	Handouts This course counts towards continuing professional development hours Certificate of Completion	10
<p>Harmful Sexualised Behaviour in Young People</p> <p>A unique training session demonstrating 'Normal and Harmful' Sexualised Behaviour through developmental stages. Including best practice in working within this area.</p>	Half Day	Information Pack. Training counts towards continuing professional development hours. Certificate	10-20
<p>Adult Healthy Relationships</p> <p>A comprehensive look at adult healthy relationships with an emphasis on the changing aspects and dynamics including unhealthy and toxic relations</p>	3 hours	Information Pack. Training counts towards continuing professional development hours. Certificate	10-20
<p>Sexting, Indecent Images and On-Line Grooming</p> <p>An introduction to existing and emerging communication technologies in experiences of sexual violence.</p>	2 hours	Information Pack. Training counts towards continuing professional development hours. Certificate	10-20

Available Courses	Course Length	Includes	Numbers Min - Max
<p>Diversity and Inclusion</p> <p>A short but comprehensive insight into Diversity and Inclusion within the workplace; with consideration and implementation as priority.</p>	2 hours	<p>Information Pack. Training counts towards continuing professional development hours. Certificate</p>	10-20
<p>Vicarious Trauma</p> <p>An introduction to the signs and symptoms of vicarious trauma and the potential emotional effects of working with trauma survivors.</p>	2 hours	<p>Information Pack. Training counts towards continuing professional development hours. Certificate</p>	10-20
<p>Stabilize</p> <p>A course for young people looking at building resilience, healthy coping strategies and mindfulness.</p>	6 weeks @ 1.5 hours per week	<p>Handouts, Certificate of completion</p>	10
<p>Trauma Informed Practice</p> <p>A unique insight into Trauma Informed Practice; what it is and the significances of mental health associated with trauma. 'Working with what happened to you? Not what is wrong with you?'</p>	Full Day	<p>Information Pack. Training counts towards continuing professional development hours. Certificate</p>	10-20

Training can be conducted at Savana or within your own organisation

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