



# WORKSHOPS & TRAINING

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## FOUNDATIONS OF GBV

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Foundations of GBV provides groundwork for understanding gender-based violence through a feminist, trauma-informed lens. In this training, participants gain a deeper understanding of what gender-based violence is, as well as an opportunity to reflect on the social conditions that allow it to flourish.

## DISCLOSURE TRAINING

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Disclosure Training provides practical tools for professionals to respond to disclosures of GBV in a way that reduces the negative impact of trauma while providing position-appropriate support. Participants will leave with an increased understanding of gender-based violence from an intersectional, trauma-informed lens.

## BYSTANDER INTERVENTION

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Bystander Intervention is the ability to know what to do when a situation arises that requires assistance or interruption. This workshop focuses on bystander intervention as it relates to instances of gender-based violence (GBV), and how to safely intervene. Participants will leave with an understanding of what bystander intervention is, what GBV looks like, and how to safely intervene in day-to-day life.

## TRAUMA-INFORMED PRACTICE

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Trauma-Informed Practice training provides practical tools for integrating trauma-informed concepts into service delivery. Participants are introduced to the impacts of trauma and taught the value of providing trauma-informed services. Participants will leave with a deepened understanding of the four key principles of trauma-informed practice: understanding trauma, building trust, centering choice and using strengths-based approaches to service provision.

## SAFETY PLANNING

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Safety Planning gives participants the tools to safety plan with survivors of gender-based violence. This workshop includes learnings in risk assessment and management, tech-facilitated violence, and the various planning considerations required for survivors who are currently in an abusive relationship, planning to leave, and/or have already left. Participants will leave with a safety planning toolkit.

### ALL WORKSHOPS & TRAININGS

- ✓ Customizable & adapted to your group
- ✓ Flexible scheduling including evenings & weekends