

### DISCLOSURE TRAINING

#### *Practical Tools for Professionals Responding to Disclosures of Gender-Based Violence*

##### **Overview:**

*Whether you're a professional, a student, or an everyday community member, being able to respond sensitively to disclosures of gender-based violence is an essential life skill. While the particular dynamics may change depending on if you're hearing the disclosure in a formal or informal environment, the guidelines for responding remain the same.*

*Our disclosure training is designed to increase participants' understanding of gender-based violence from an intersectional, trauma informed lens. The training focuses on providing practical tools that allow for folks to respond sensitively when hearing disclosures of gender-based violence, as well as ensure any necessary follow up remains survivor-centred and trauma informed.*

#### **LEARNING OUTCOMES**

- Increased understanding of common types of trauma, their symptoms and impacts
- Practical skills to sensitively respond to disclosures and direct to appropriate services

#### **MODULES:**

##### *Understand Trauma*

- Different types of trauma
- Common trauma responses for survivors
- Grounding

##### *Validate Experiences*

- Do's and don't's in the moment of disclosure
- Barriers to reporting

##### *Know Support Services*

- Local services & what they can provide

##### *Empower the Survivor*

- Best practices for survivor-centred care
- Understanding & communicating professional limitations

*Typical Length: 1 hour*

*Customizable & adaptable to your group  
Flexible scheduling including evenings & weekends*

#### **REGISTRATION & INQUIRIES**

**Contact Anova Public Education  
Education@AnovaFuture.org**