

# AFTER DOMESTIC ABUSE



Understanding  
&  
Moving On

## **Mental Health Recovery Course**

You My Sister [www.youmysister.org.uk](http://www.youmysister.org.uk)  
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# Testimonies

This Course was designed by and for women who have experienced domestic abuse. This is what women who have been on our courses say ...

"I have entered part time work. You My Sister has undoubtedly helped as I feel so much better about myself"

"I would go far as to call this life saving' "

"Humanity is crucial in recovery and that is what the trainers gave us"

"Simply being able to talk with other was amazing"

"Everyone was so helpful & caring"

"You My Sister has really helped with my mental well being"

# About the Course

## Who is it for?

This course is for **women who have experienced domestic abuse** and seek support in processing this and moving on. It was created by, and is delivered, with women who have experienced domestic abuse. It is run online so is accessible to women anywhere. Although it is **not formal therapy**, it can be very therapeutic in helping manage mental health and, ultimately, recovery.

## How does it help?

The course **looks at the power and control** within abusive relationships and its long term impact. We look at your feelings within the relationship and now.

We help shift perspective **away from self-blame**. We help you explore your emotional needs, start to like yourself again and reclaim your identity - so giving the chance to truly move on. As importantly, we give you a **safe, totally non-judgemental space** to help break isolation and to be with others with similar experiences.

After the course, we help attendees set up their own support group, if they wish, so you can continue to meet online, be with each other and support each other.

## Nuts & Bolts

- ✓ Online via Zoom\*
- ✓ Open to anyone in the UK or beyond
- ✓ 6 weeks, 1 session/week of 2-2.5hrs
- ✓ 8-10 women on the course
- ✓ 2 Trainers
- ✓ At least one trainer is a peer (who has experienced domestic abuse)

\*We can assist with internet access if needed

## How do I enrol?

Our trainer meets everyone individually in the weeks before the course to help 'break the ice', talk through the course and answer any questions you might have and to make sure the course is right for you at this time.

**For more information or to enrol contact us at [i@youmysister.org.uk](mailto:i@youmysister.org.uk)**

# Course Sessions

1

## Session 1 – Feeling Safe & Making Connections

- Introduction to the course & getting to know each other

2

## Session 2 – Patterns of Abuse

- The Start of Abuse
- The Excuse of Abuse
- Dynamics of Abuse
- Impact of Abuse

3

## Session 3 – Dynamics of Abuse

- The cycle of Abuse
- Common features of abusers
- 'Why don't women just leave'
- The Abuser and control

4

## Session 4 – Understanding our Feelings

- Emotions that we express or hide
- Anger vs Abuse
- What does anger look like and how we feel about it

5

## Session 5 – The Importance of Self Care

- When did I last do something for me?
- What I'd like to do and how to make it happen
- Self care exercise

6

## Session 6 – Taking Back Control

- My plan and first steps to achieving it
- Happy Endings

### Students say

- ✓ Courses 'Excellent'
- ✓ Trainers 'Excellent'
- ✓ Reduced Isolation & Self Blame
- ✓ Increased Self Confidence & Hope