



THE RAPE AND SEXUAL ABUSE LINE TRAINING

An Introduction to Sexual Abuse and Related Issues

Rape and Sexual Abuse can have massive and very wide-ranging implications for the survivor/victim, and their families and friends. Although the person abused is clearly the innocent victim, they may often have very strong feelings of guilt, shame and resulting low self-esteem as a consequence. The reasons for this can be many and complex, but it is a challenging state of affairs where a person who has been abused by a third party, somehow feels responsible, for the pain and damage inflicted by others on them.

The course looks at many of the issues related to sexual abuse and the impact on victims and their families. Topics covered include:

- What is sexual abuse?
- Who are its victims?
- How prevalent is it within our society?
- Who are the abusers?
- What is the potential impact of sexual abuse on survivors/victims?
- What is helpful/unhelpful for people who have been abused?

The Training also Examines such Areas as:

- Disclosures and their impact
- Coping strategies
- Developing listening skills
- Mirroring, validation and empathy
- Dealing with Calls

Throughout the training, there is a constant emphasis on ensuring that we, as Line-Volunteers, are aware of the possible impact of the conversations on us, and can take care of ourselves subsequently.

There is much to be gained in terms of transferable skills from the training, together with insight into a very important area of human behaviour, often ignored or avoided by Society at large. If you are interested in looking at listening vocations such as counselling or therapy, the course and the experience of hosting the Line can be extremely valuable.

Your role as a Volunteer could be genuinely “life-changing” for some people. In return for your time, energy, compassion and faith in people, we will work to ensure that you feel you help to make a difference; are fully trained; receive on-going support; benefit from monthly Supervision and feel an integral part of this Exeter-based charity providing the service for the whole of Devon.