

The Alliance Training Catalog

Together we can end sexual violence.

Connecticut Alliance to End Sexual Violence stands today as the state's leading voice to end sexual violence. We are a network of community-based sexual assault crisis member centers and a dedicated coalition staff. Together we have worked to be there when victims need us: when no one else believes them; when they need real information, options and support; when they are rebuilding trust and seeking justice.

As a coalition, we have learned that linking together increases our power to respond to survivors with victim-centered, trauma-informed, and culturally and age appropriate services. Each year, The Alliance trains thousands of social service professionals, law enforcement officers, health care professionals, college and university administrators, and community members. Thanks to our collective work, survivors throughout Connecticut are met with compassionate care, children are taught about sexual violence prevention in public schools, many hospitals provide specialized support to sexual assault survivors, and universities continue to bolster their response to survivors on campus.

All across Connecticut, communities are working to end sexual violence through primary prevention. Join us this year by attending one of our trainings or by hosting a training in your community or workplace. Together we can make an invaluable difference in the lives of survivors across the state, and together we can end sexual violence.

In hope,
Beth Hamilton, Associate Director
Elise Delacruz, Training & Technical Assistance Coordinator

"The training and technical assistance offered by The Alliance has helped us to not only educate our staff and volunteers, but also to make them a part of the national movement to end sexual violence."

- community partner, 2014

Finding the Training That is Right for You

When it comes to training, one size does not fit all. Our staff is expertly trained in trauma-informed service delivery, state and federal sexual assault-related policies, crisis counseling and response, and the impacts of sexual violence on survivors and communities. The Alliance's training team is dedicated to improving the response to survivors of sexual violence and to preventing sexual violence through primary prevention. We believe that education can be a catalyst for creating social and policy changes. We look forward to collaborating with communities across Connecticut to improve our collective response to survivors. No matter the size of your group or your budget, the staff at The Alliance can create a training that is tailored to meet your needs. We have trained educators; social workers; elementary, middle, high school and college students; medical providers; college administrators; police officers; social service providers; and many others. You will find a list of our most commonly requested trainings in this catalog, but if you do not see what you are looking for please contact us so that we can work with you to create a customized training.

"Attending this training was the best thing I could have ever done for my clients. I am confident I am able to better help the survivors I am working with now, and I will be a more supportive person to survivors who may disclose in the future."

- training participant, 2015

Trainings and Workshops

The Alliance provides training and technical assistance to individuals, groups and communities who are seeking to increase their understanding of sexual violence, enhance their skills in supporting survivors, or work to prevent sexual violence. Our trainings are survivor-centered, research-informed, and based in best practices. The Alliance staff is invested in tailoring all trainings to meet the needs of our audiences. The length and content are developed to meet your specific training needs. Trainings can be anywhere from one hour to multiple days in length.

General Trainings

Responding to Disclosures of Sexual Violence: A Primer for Working with Survivors

If the first person a survivor discloses to responds poorly, it is likely they will not disclose again in the future. This training focuses on survivors' responses to trauma and how to best support them after an initial disclosure. The workshop aims to equip possible first responders with the skills, compassion and information they need to effectively support a survivor during and after a disclosure. Information about referring survivors to additional services will also be covered. Interactive exercises give participants the opportunity to build their intervention toolboxes to be able to immediately meet the needs of survivors.

Responding to Disclosures of Sexual Violence from Youth: Considerations for Supporting Youth Survivors of Sexual Violence

This training will equip adults with the skills, compassion and knowledge they need to effectively support a youth survivor during and after a disclosure, and refer them to additional services. Information about trauma and child development are combined with concrete strategies for supporting youth, as well as considerations for policy creation and mandated reporting. Interactive exercises will give participants the opportunity to practice their new skills to be able to immediately meet the needs of youth survivors and their families.

The Impacts of Trauma on Survivors

In order to effectively work with or support survivors of sexual violence, it is critical to understand the impacts and consequences of trauma. This training will provide participants with a clear understanding of the neurobiological causes of trauma and its impacts on survivors during and after experiencing sexual assault. Practical implications for enhancing services, policies, and support for survivors are included in the training with an emphasis on the audience's role in the lives of survivors.

Intervention Strategies for Professionals Working with Survivors

Knowing how to supportively respond to disclosures of sexual violence from the clients you work with can be challenging. This training will equip caring professionals with the skills necessary to supportively respond to the clients they work with who may have experienced sexual violence. The training will include information about the dynamics of sexual violence, tips for handling disclosures, and the unique challenges facing trauma survivors. In addition, the training will help participants make informed referrals to existing sexual assault crisis services and explore

strategies for developing partnerships with sexual assault crisis programs in order to assist victims as they navigate complex systems following experiencing sexual violence.

Intervention Strategies for Law Enforcement Working with Survivors

This training will equip law enforcement officers with the skills necessary to supportively respond to victims of sexual violence in the course of their work. The training will include information about the dynamics of sexual violence, how to partner with local sexual assault crisis programs, and how to make informed referrals to other services for victims and their families. The training will also explore the ways that trauma can impact interviews and investigations, and provide strategies to sensitively overcome common barriers. A review of existing laws, best practices, and answers to the most common questions posed by the law enforcement community will also be provided during the training.

The Role of Sexual Assault Crisis Center Counselors and Advocates in Responding to Sexual Violence

This training is aimed at giving participants an overview of sexual assault crisis services offered through The Alliance's nine community-based sexual assault crisis programs. Participants will learn how sexual assault crisis programs work with victims, families, community members and others to ensure that victims of sexual violence have full access to the healthcare, law enforcement and criminal justice systems. Participants will gain an understanding of how sexual assault center counselor/advocates work within these systems, as well as how counselor/advocates partner with others to address the multitude of needs of survivors.

Prevention is Possible: Shifting the Focus

With increasing attention being paid to sexual violence and its impacts on our society, there has been a shift from focusing solely on providing support to survivors to preventing the perpetration of sexual violence. This workshop offers participants ways that they can engage in sexual violence prevention in their professional and personal lives. We will explore common myths, attitudes and beliefs associated with sexual violence, and will offer ways in which primary prevention differs from "risk reduction" strategies. Through interactive exercises and self-assessment, participants will leave with tactics for becoming an active bystander and engaging in sexual violence prevention in their communities.

Exploring the Intersections of Oppressions in the Prevention of Sexual Violence

The role of intersectionality and oppression in the lives of survivors of sexual violence are explored in this training. The unique challenges that many survivors face due to their identities often negatively impacts survivors' willingness to disclose their experiences, as well as to seek

critical interventions following sexual violence. Training participants will explore how oppression and discrimination based on race, class, gender, sexual orientation, gender identity, age, ability and other identities may present barriers to survivors. The training will offer participants a critical lens to approach working with victims from oppressed groups and explore vital skills for working to address and overcome these barriers.

The Connection Between Rape Culture and Bystander Intervention

In order to end sexual violence, we as a society must not only interrupt perpetration but also stop the culture that supports sexual violence. Often referred to as “rape culture,” this culture normalizes a lack of consent as a regular part of sexual encounters and wrongly puts the onus on potential victims to prevent violence. This workshop will focus on the interaction between rape culture, primary prevention and bystander intervention. Participants will gain tools to craft their own primary prevention strategy that addresses rape culture with a deep understanding of primary prevention.

Campus Trainings

Responding to Sexual Violence on Campus: Policy Implications for Higher Education

This workshop explores common policies, procedures and promising practices for addressing and preventing sexual violence on campuses. The workshop focuses on understanding state and federal policies, such as the Clery Act, Title IX, and the Office for Civil Rights’ guidance, and their implementation. We highlight how to balance victims’ rights within the context of existing policies, as well as examine how campuses can support students through a complex and painful process. Workshop participants are encouraged to share their own policies for review, as well as to create collective recommendations for improving their campus response.

Balancing Victims’ Rights and Institutional Responsibilities

This training is designed to assist Connecticut colleges and universities in meeting the needs of victims of sexual violence on their campuses. The training provides information about the prevalence of sexual violence on college campuses, the unique culture of college campuses, and how to address the confidentiality concerns of victims on campus. The training addresses strategies for how institutions can balance institutional obligations and victims’ rights, including the importance of having policies in place for coordinated responses to incidences of sexual violence that include both campus and community-based services. Best practices in the field of sexual violence prevention and a comprehensive overview of state and federal policies pertaining to sexual violence is also included.

Building Your Campus Sexual Assault Resource Team (SART)

Coordinated resource teams are designed to ensure that survivors are provided with a wide array of care and services following an assault, as well as to aid survivors in navigating complex and overwhelming processes for reporting and addressing sexual violence. This workshop is designed to engage members of campus-based SARTs in building their institution's capacity to supportively respond to the needs of survivors on campus, to identify and address barriers and gaps in services for survivors, and to explore best practices in engaging entire campus communities in sexual violence awareness and prevention strategies.

Transforming Campus Culture: Strategies for Addressing Rape Culture on Your Campus

Sexual violence is an issue on every campus; however, in order to prevent sexual violence we must create a culture shift. Participants will learn more about common attitudes, beliefs and myths about sexual violence that are perpetuated by individuals and our society. We will explore how the dominant narrative about sexual violence leads to victim-blaming, survivors not accessing services, and perpetrators not being held accountable. Interactive exercises will let participants explore their own knowledge and comfort in addressing and preventing rape culture.

Training Fees

The Alliance utilizes the federal consultation and training rate of \$650 per day. Training fees are calculated based upon the length of the training and preparation time. Training fees are negotiable and available on a sliding scale when appropriate. Please do not hesitate to contact us even if you have a limited budget. We are committed to making our trainings accessible to all.

Contact Us

For more information or to schedule a training, please contact:

Elise Delacruz, Training & Technical Assistance Coordinator at elise@endsexualviolencect.org

Beth Hamilton, Associate Director at beth@endsexualviolencect.org

Connecticut Alliance to End Sexual Violence
96 Pitkin Street, East Hartford, CT 06108
EndSexualViolenceCT.org
860-282-9881