

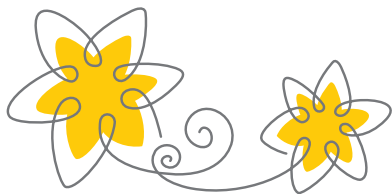
## Who is the Recovery Toolkit for?

The Recovery Toolkit is for any woman who has suffered domestic abuse and no longer has contact with her perpetrator or their perpetrator is on a recognised programme.

Once referred, each woman will be invited to attend a preliminary interview, which will explain what the group will work through in greater detail and provide the space for her to ask questions, to help dispel any fears and anxiety about the group. Similarly they will be asked what areas of support a woman is receiving, as the Toolkit is based upon Cognitive Behavioural Therapy and if a woman is receiving counselling at the same time using a different method, this may be confusing and unhelpful in her recovery. We want to ensure each woman knows what she is taking on so she can succeed and ensure the best outcome for her.

## What does the Recovery Toolkit achieve?

A woman will gain knowledge about the effects of abuse. Each week they will learn techniques to challenge negative thoughts to build positive healthy relationships in a new life free of abuse.



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WOMEN'S AID

**Gyda'n gilydd rydym yn gryfach**  
**Together we are stronger**

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# The Recovery Toolkit

A new life... free of abuse



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## The Recovery Toolkit

Cyfannol Women's Aid runs the Recovery Toolkit in Monmouthshire and Torfaen.

The programme runs for twelve continuous weeks.

It recognises the effort a woman has made to keep both her and her family safe, but while these strategies have been useful to enable her to recover, these may not be helpful for her to develop a new life free of abuse.

However, once out of an abusive relationship, many women find the hardest part of recovery is dealing with the lasting effects of the psychological distress.

Often, the psychological effects reveal themselves in how a woman perceives herself, her level of self esteem and in how she deals with emotional pain, as drugs or alcohol can be used to numb this pain. Her parenting skills and levels of trust as well as boundaries may not be respectful.

Everyone is entitled to respect and is no way responsible for any abuse they have received.

# A brief outline to what the sessions will explore

- **What is abuse?**  
Identify the cycle of abuse and how it manifests.
- **Self esteem**  
Explore the Bill of Rights and look at positive self esteem.
- **Coping and the consequences to our Mental Health**  
Look at how a woman will keep her and her family safe and how this impacts upon her mental health and look at relaxing techniques.
- **The effects of child abuse on children and our parenting skills**  
Discuss the effects of abuse upon a child and how this can sabotage the parenting relationship and how this changes the relationship. Look at ways relationships can be improved and implementing boundaries.
- **Self esteem and affirmations, the power of positive self talk**  
Look at how negative thinking leads to low self-belief and explain how positive affirmation works.
- **Anger and conflict – what about being assertive**  
Examine the behaviour of assertiveness, passiveness and anger. Look at being assertive and making changes towards this.
- **Anger conflict, assertiveness revisited**  
Identify when we get angry and how this makes us feel and act. Think about managing anger techniques.
- **Boundaries and trust, protecting ourselves and those we love**  
Explore how previous abuse may have affected how they may see boundaries and their expectations of these. Discuss how these can be changed.
- **Making mistakes, setting goals**  
Identify what has been lost in an abusive relationship and allow a woman to realise there may be unresolved grief surrounding this.

- **Healthy relationships**

Discuss what a healthy relationship is while exploring the early warning signs.

- **Action for the future**

Discuss how the group has progressed as well as looking at assessing confidence. To ensure, if a woman still needs support, she has information regarding this.

