

One day training with
Ursula Benstead, creator
of **The Shark Cage™**



MELBOURNE

Friday 3 May 2013

Darebin Arts and Entertainment Centre
Cnr Bell Street and St Georges Road, Preston

www.darebinartscentre.com.au

9am - 5pm

The Shark Cage™: A practical framework for addressing vulnerability and re-victimisation in women who are victims of abuse and domestic violence

See article here: www.psychotherapy.com.au/SharkCage.pdf

This skills based training attracts 7 CPD hours for psychologists and is designed to meet Medicare Focused Psychological Strategies requirements. This training also attracts 7 PACFA CPD points.

TRAINING DESCRIPTION

All too often women who present with symptoms of depression and anxiety have a history of abuse. Many of these clients have had multiple experiences of abuse often beginning in childhood. In fact it has been found that childhood experiences of physical or sexual abuse render women twice as likely to experience domestic violence in adulthood (Mouzos & Makkai, 2004). Women often believe that they must be to blame for abuse in their lives if it keeps happening. The Shark Cage™ framework will assist professionals and their clients to understand re-victimisation in a way that does not blame the victim.

In five easy to follow steps, the Shark Cage™ Framework gives professionals and clients the knowledge and tools to feel empowered and actively decrease the likelihood of further victimisation in the client's life. Ursula will provide an explanation and demonstration of each step and guide participants in experiential learning. **Strictly limited participant numbers** will allow opportunities for practice and coaching. The broad therapeutic approaches utilised in the Shark Cage™ Framework are psycho-education, cognitive behavioural therapy and skills training. **This training will be useful for generalist counsellors, psychologists, social workers, refuge workers and other support workers who encounter women who have experienced abuse in their life and are vulnerable to re-victimisation.**

What previous participants have said about Shark Cage™ training:

"This framework is instantly applicable and I can already apply it when I return to work tomorrow having several clients in mind throughout the training"

"Best and most practical training I have ever attended. Focused and time bound. Very practical and useful techniques based on solid theory"

"Ursula was absolutely fantastic. I loved her style of presentation. She is inspirational. I learnt so much from this training. It was very rewarding"

Ursula Benstead

CONSULTING



URSULA BENSTEAD

Ursula is a psychologist in private practice in Melbourne. She also works part time for the Western Region Centre Against Sexual Assault.

Ursula has twenty years experience in the field of complex trauma, particularly in the areas of family/domestic violence and sexual assault.

She has spoken and written about issues relating to violence against women, complex trauma and re-victimisation in many different forums.

Ursula has provided Shark Cage™ training by agency request in Australia and internationally. This is the first time the training has been made available to the general therapeutic community.

More information about Ursula can be found on her website: www.ursulabenstead.com.au

Learning Objectives:

By the end of this training participants will be able to:

- 1 Use the Shark Cage™ metaphor with women to externalise the issue of violence against women and challenge self blame in a simple and engaging way.
- 2 Assist women to identify what bars they want to install or strengthen in their Shark Cage™ and link this activity to a human rights framework.
- 3 Help women rig up an alarm system in their renovated Shark Cage™. This involves helping women tune into feelings and body sensations and increase their awareness and ability to manage dissociative responses.
- 4 Help women to prepare for and respond to Shark Cage™ breaches. This involves assertiveness training with an emphasis on boundary setting and defending.
- 5 Draw out a woman's intimate knowledge of Sharks and turn this knowledge into an accurate radar for detecting potential boundary violations.

In acknowledgement of the challenges in working with issues of male violence against women, some time will be spent at the beginning of the training for reflection on the rewards in this work and the day will conclude with a focus on how professionals can look after themselves in this work.

Please cut here, and mail to: Ursula Benstead, 74a Windsor St, Seddon 3011, Victoria

Registration

ABN: 67750424766. No GST.

Lunch and morning and afternoon teas included.

PLEASE NOTE: Places cannot be confirmed before payment is received.

Please register me for Shark Cage™ training:

Early bird registration: (payment must be received by March 5th 2013)

\$295.00

Regular registration:

\$345.00

N A M E

A D D R E S S

..... P O S T C O D E

P H O N E

E M A I L

CANCELLATION POLICY: Refunds less a \$50.00 administration fee will be issued if notification is given in writing via email before April 3rd.

Please direct any enquiries to ursula@ursulabenstead.com.au or contact Ursula on **0408 861 260**

Payment type:

1 EFT (Please indicate name when making transfer):

Ursula Benstead
Commonwealth Bank
BSB: 063181
ACCOUNT NO: 10154289

2 Cheque made out to Ursula Benstead, enclosed.

Please mail, with completed registration to:

Ursula Benstead,
74a Windsor St,
Seddon 3011,
Victoria.