

SFJGK106

Provide group support for individuals affected by domestic abuse or sexual violence



Overview

This standard is about planning, preparing and facilitating group support for individuals affected by domestic abuse or sexual violence.

Performance criteria

You must be able to:

1. work with individuals to prioritise their objectives for group support in order to meet their needs
2. make plans for group support sessions which make the best use of time and resources
3. establish the criteria and format for groups of individuals
4. determine the need for external clinical supervision which assesses group support and group dynamics
5. take forward any actions identified through external clinical supervision which contribute to group dynamics and support of individuals
6. discuss and agree group aims with individuals who are part of the group
7. confirm that individuals understand and consent to agreed rules of confidentiality
8. agree aspects of group support with individuals involved
9. facilitate group work sessions using a range of methods, activities and resources to meet identified group aims and objectives and encourage participation from individuals
10. work with individuals in group sessions, in ways which:
 - demonstrate respect and integrity
 - show fairness and consistency
 - encourage and support contributions
 - acknowledge participants' rights and input
11. support and respond to concerns raised by individuals
12. respond to disclosures with the group in line with organisational policies and procedures
13. address any judgmental, challenging and other unacceptable behaviour in line with agreed group guidance
14. involve participants in monitoring and evaluating the effectiveness of group work

Knowledge and understanding

You need to know and understand:

1. legal, organisational and policy requirements relevant to your role, the role of others in your organization and the activities being carried out
2. the relevant national and local guidelines, policies, and procedures available and how and when they should be accessed
3. range of agencies and services you may work with
4. the limits of your authority, responsible and professional competence
5. what constitutes domestic abuse and sexual violence and its prevalence in your local community
6. signs of abuse and methods used by abusers to gain power and control
7. the impact on those affected by domestic abuse or sexual violence
8. how dependents may be used by abusers as part of their abuse
9. types and sources of information and support sought by those affected by domestic abuse or sexual violence
10. the role of external support agencies in providing support and interventions for individuals in your area
11. how to create an environment that puts individuals at ease
12. what is meant by group work
13. the importance of group dynamics when managing group activities
14. the importance and benefits of group work to individuals, including building the confidence of participants
15. the importance of agreeing clear and specified aims for group work
16. resources required for group activities and how to access these within budget and time requirements
17. the importance of effective planning for group support sessions
18. factors to consider when planning group support sessions including potential barriers to effective group work and how to address these
19. methods, techniques and approaches for facilitating and managing group work
20. how to select activities that can meet individual and group objectives
21. ways of encouraging individuals to participate and ask questions
22. the importance of monitoring groups for conflict
23. how to address conflict, challenging and inappropriate behaviour
24. how to monitor and evaluate group work activities and how to involve participants in this

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25. how to recognise achievement and provide constructive feedback to participants
 26. the importance of, and methods for, building trust and empathy with individuals
 27. different styles and forms of communication and how to adapt them to needs of individuals
 28. how different cultures use and interpret body language in different ways
 29. the importance of non-verbal communication
 30. common barriers to communication and ways to overcome them
 31. the importance of being aware of your values and beliefs and the impact this can have when working with individuals
 32. how to challenge discriminatory or potentially damaging attitudes and behaviour and the importance of doing so
 33. how intersectionality impacts on how an individual experiences services
 34. circumstances where it is necessary to go against individuals expressed wishes
 35. the importance of ensuring that individuals understand why their expressed wishes may not be met
 36. limits of confidentiality applying to your role

Glossary

Domestic Abuse

A pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass but is not limited to, a combination of psychological, physical, sexual, financial and emotional abuse.

This definition also includes so-called 'honour' based violence, female genital mutilation (FGM) and forced marriage. Children also experience domestic abuse when witnessing domestic abuse.

Intersectionality

The interconnected nature of social categorisations such as race, class, and gender, regarded as creating overlapping and interdependent systems of discrimination or disadvantage

Needs led approach

A form of advocacy that places the survivor at the centre of interventions and support work. This means listening to their story, concerns and struggles and identifying strengths. It results in the collaborative production of support packages that are specific to survivors' individual needs. A needs-led approach is an empowering endeavour that pays attention to survivors' intersectional circumstances, avoiding the traps of institutional bias or ineffective responses

Strength based approach

Recognising that individuals have strengths. These strengths are recognised and built on as part of aiding recovery.

People at risk

An individual who is defined as in need of special care, support, or protection because of age, disability, risk of abuse or neglect

Sexual Violence (see also definitions below that may be used covering sexual abuse or sexual assault)

Similar in nature to sexual abuse, but this term is more often used to describe brief or single incidences, such as if sexually assaulted by a stranger

Sexual Abuse

Undesired sexual behaviour by one person to another. This is often carried out by force or by taking advantage of the other person. This term is generally used when the sexual behaviour is regular or over a prolonged period of time.

Sexual Assault

Any unwanted sexual behaviour that a person has not consented to. This can range from rape to voyeurism or exhibitionism, to unwanted touching above or under clothes.

Trauma Informed Practice

An approach to health and care interventions which is grounded in the understanding that trauma exposure can impact on a person. Practitioners will work in ways so as to not inadvertently retraumatise impacted people and with an emphasis on client safety, choice, collaboration and empowerment.

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Developed by	Skills for Justice
Version Number	3
Date Approved	26 May 2023
Indicative Review Date	26 May 2028
Validity	Current
Status	Original
Originating Organisation	Skills for Justice
Original URN	SfJGK105
Relevant Occupations	Independent Domestic Violence Advisor (IDVA)
Suite	Providing independent domestic abuse and sexual violence advice and advocacy
Keywords	sexual; domestic abuse; group; challenge; provision; facilitation; deliver; objectives; participants; individuals
