



ENOUGH'S ENOUGH®

Taking back control

Helping people use skills to overcome domestic abuse

Domestic Abuse Victims



“The specialists in attitude change”



Enough's Enough™

This is an accredited educational programme developed to empower people who have been/are in a domestic relationship to safeguard their future free from fear, guilt and misplaced dependence.

We have over 13 years of experience of delivering highly effective and evidenced **(ABC)** peer led **Attitude, Behaviour, Culture** change programmes. The “**enough's enough**”™ course is for people who are or have been in an abusive relationship, holding a range of beliefs and feelings that keep them caged and tied to the abuser; leaving them feeling that they are unable to break free and reluctant to embrace change. We often find that interdependent lifestyles can often complicate difficult relationships leading to a number of forms of abuse including financial, emotional, physical, psychological and sexual.

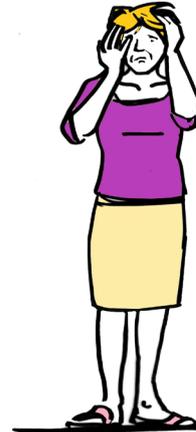
The demand for domestic abuse services is high. It is difficult to exactly demonstrate demand nationally as many people who could benefit from assistance are often too frightened, embarrassed or believe the abuse will end of its own accord. Having said that, we take referrals from a range of partners and work alongside those existing support and justice mechanisms to inspire independent thinking and effect positive change. This leads to better skilled and more resilient individuals who can go on to lead successful lives.

The course is delivered over a minimum of eight, three hour sessions, providing the learner with a structured educational approach to understanding what drives abusive behaviour along with credible and highly specific skills to enhance their beliefs and decision making skills. It is these **skills, knowledge** and **tools** that enable the learner to recognise the impact of abuse, empowering their choices whilst also removing fear of change.

The course includes a personalised and meaningful personal development action plan that is embedded and reviewed at follow up sessions.

The course can be delivered in both **community** and **custodial** settings.

“**enough’s enough**”™ is available also as an **EXTENDED COURSE**, taught over 31 hours of classroom time, and giving our students additional modules such as substance misuse education, abstinence planning and commitment, employment action planning and in-depth conflict resolution. Further information is available on request.

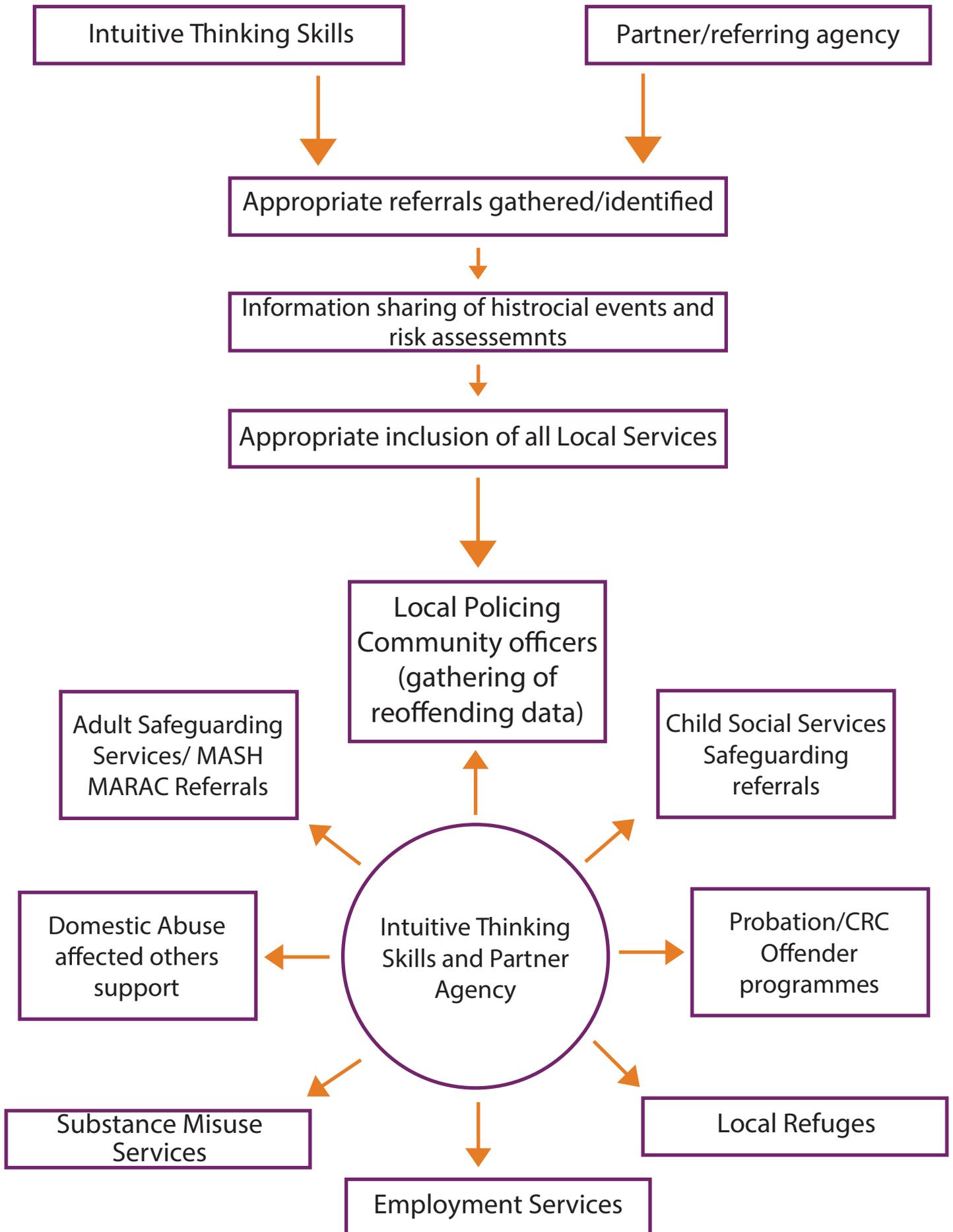


After completion the outcomes and anecdotes made by each student are collated to form an impact report. Each graduating student is presented with their **NOCN qualification** at a celebration event ensuring their achievements are fully recognised. Where graduates provide additional consent, we will continue to track their achievements for up to a year post graduation.

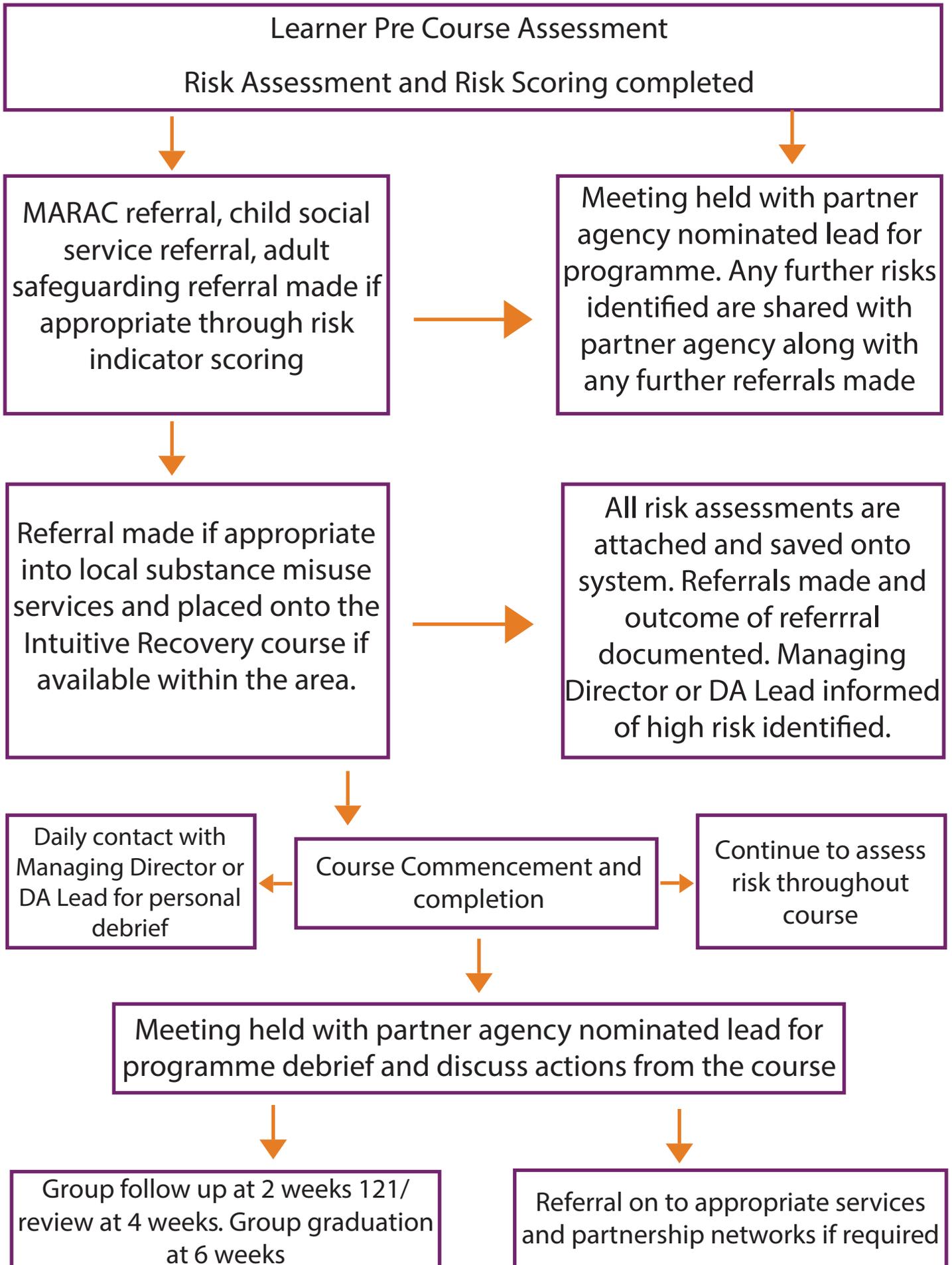


“**enough’s enough**”™ is delivered by people who have themselves been involved in an abusive relationship. The understanding they bring, and their ability to challenge without judging is unrivalled, resulting in our learners gaining a true insight into how their behaviour has impacted on their lives and how it continues to affect others.

Domestic Abuse local Service Delivery Model



Domestic Abuse local Service Delivery Model



NOCN Level 1 Award in Understanding Domestic Abuse

Mandatory Components 2



Title:	Understanding the Impact of Abusive Behaviour on Personal Relationships
Level:	1
Credit value:	1
GLH	10
Unique Reference Number:	Y/650/1509
Aim:	The aim of this unit is to enable learners to understand conditioned and instinctive responses by victims to domestic abuse; the negative impact of abusive language on the victim's beliefs about themselves; to recognise the words and phrases used by the victim/perpetrator to condone or justify abuse and consider the costs to the victim and their friends/family of domestic abuse.
Assessment	Portfolio of Evidence/workbook.
Learning outcomes <i>The learner will:</i>	
1. Be able to examine problems that they are experiencing in their personal relationships.	
Delivery content: The aim of this learning outcome is to enable learners to identify current issues in their relationships with others and what they would like to achieve in their relationships in future. The learner must: <ul style="list-style-type: none">• identify issues or problems that they experience in their relationships with others.• outline what they want to achieve in their relationships.	

2. Understand how domestic abuse affects individuals.

Delivery content:

The aim of this learning outcome is to provide the learners with an understanding of what domestic abuse is and how it can lead to conditioned and ambivalent responses in the victim and perpetrator over time.

The learner must:

- identify what 'domestic abuse' is.
- outline how a pattern of abuse can be formed over time.
- identify the conditioned and instinctive responses people use to maintain their safety in a relationship.
- state why a person may have conflicting thoughts about a relationship.

3. Understand the impact of abusive language on individuals.

Delivery content:

The aim of this learning outcome is to provide learners with an understanding of the negative impact of abusive language on what the individual thinks and believes about themselves and how they behave. It will also enable learners to recognise common words and phrases that are used by the perpetrator/victim to justify or condone the abuse.

The learner must:

- identify the impact of abusive language on an individual's thoughts, feelings, beliefs and reactions.
- recognise words and phrases that people use to justify or condone abuse.

4. Understand the costs to themselves and others of continued internal debate.

Delivery content:

The aim of this learning outcome is to get learners to consider the negative impact on themselves, their family and friends of their conditioned responses and ambivalence to continued abuse.

The learner must:

- outline the practical and emotional costs to themselves and their family and friends of domestic abuse.

NOCN Level 1 Award in Understanding Domestic Abuse

Mandatory Components 2



Title:	Developing Personal Skills to Support Changes in Behaviour
Level:	1
Credit value:	1
GLH	10
Unique Reference Number:	T/650/1508
Aim:	The aim of this unit is to enable learners to use critical thinking skills, active language and transposing to challenge their mindset; understand their rights and responsibilities and personal strengths and weaknesses in relationships; opportunities and potential obstacles to change; to reflect on what they have learnt from the programme and use a self-appraisal to give examples of that they can do in future to achieve their goals.
Assessment	Portfolio of Evidence/workbook.
Learning outcomes <i>The learner will:</i>	
1. Be able to use critical thinking skills, active language and transposing to change their mindset.	
Delivery content: The aim of this learning outcome is to equip learners with techniques to challenge their current thoughts and beliefs about themselves and abusive behaviour and use active language to change their mindset about their situation. The learner must: <ul style="list-style-type: none">• give examples of how critical thinking skills can be used to challenge their thoughts or beliefs about:<ul style="list-style-type: none">○ themselves.○ coercive behaviours.○ controlling behaviours.• use active language to demonstrate that they can change their beliefs about themselves, others and their situation.• identify how to transpose suggestions made by their conditioned voice.	

2. Understand the rights and responsibilities a person has in their relationships with others.

Delivery content:

The aim of this learning outcome is to enable learners to understand their rights and responsibilities in a relationship where domestic abuse occurs, including their legal rights. They will then list the positive behaviours and strengths that they bring to other relationships in their lives.

The learner must:

- give examples from domestic abuse legislation, schemes or orders that could relate to their situation.
- state their rights in a relationship and their responsibilities towards their partner.
- list the different relationships that they have and the positive behaviours and strengths that they bring to each relationship.

3. Understand personal strengths and weaknesses in relationships; opportunities and potential obstacles to change.

Delivery content:

The aim of this learning outcome is to enable learners to undertake a SWOT analysis of the strengths and weaknesses they bring to a relationship, opportunities for change and potential obstacles to change.

The learner must:

- list the strengths, skills and weaknesses they bring to a relationship.
- list any opportunities for change.
- list potential threats that may prevent them from being successful in a relationship.
- state how they could transfer their strengths to other aspects of their life in future.

4. Be able to use self-reflection and self-appraisal to move forwards positively.

Delivery content:

The aim of this learning outcome is to enable learners to reflect on what they have learnt from this training and give examples from a self-appraisal of what they can focus on in the future to achieve their goals.

The learner must:

- reflect on what they have learnt from this programme.
- give examples from a self-appraisal of what they can do in future to achieve their aims.