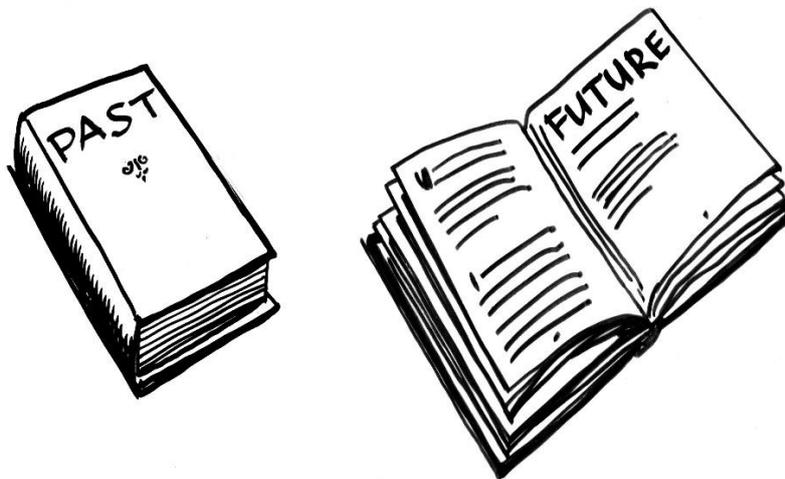


# “enough’s enough”<sup>™</sup>

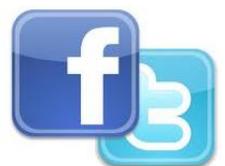
Using your natural skills to build a new future



## Intuitive Thinking Skills

“The specialists in  
attitude change”

**nocn**  
CREATING OPPORTUNITIES



**“enough’s enough”™** is an accredited educational programme that promotes **SIMPLE** and **PRACTICAL** tools as a means to allow people who have been abused within a domestic relationship to move on and build new relationships and careers free from fear, guilt and misplaced dependence.

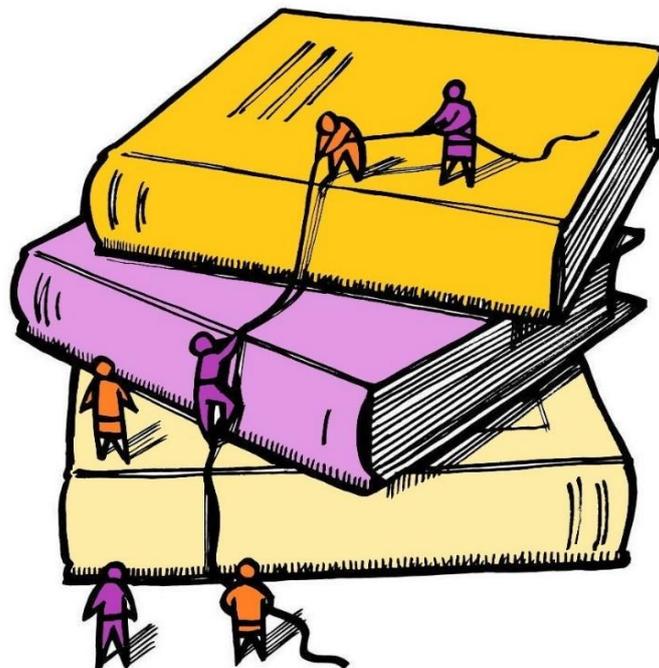
Drawing heavily on our 10 years of experience of dealing with addiction to substances, we recognise that **DEPENDENCE** is the defining problem, be that on substances, abusive relationships, benefits etc. The “enough’s enough” course recognises that people who have been abused hold a range of beliefs and feelings that keep them caged and tied to the abuser, leaving them unable to break free and reluctant to embrace change.

The course, delivered over a minimum of eight, three hour sessions, provides the learner with a structured understanding of what drives their partners (ex or current) behaviours and actions, their feelings and insecurities, along with credible and highly specific skills to **CHALLENGE** their own beliefs and insecurities. It is these **SKILLS, KNOWLEDGE** and **TOOLS** that enable the learner to recognise the consequences of their abusers **CONDUCT**, thereby empowering their own **CHOICES** whilst also removing fear of change.

The final part of the course is the development of a personalised and meaningful development plan, including specific actions to be taken, embedded and reviewed.

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

The course can be delivered in both **COMMUNITY** and **CUSTODIAL** settings with delivery typically offered across five consecutive days although it can be facilitated weekly, during evenings or weekends to ensure accessibility.



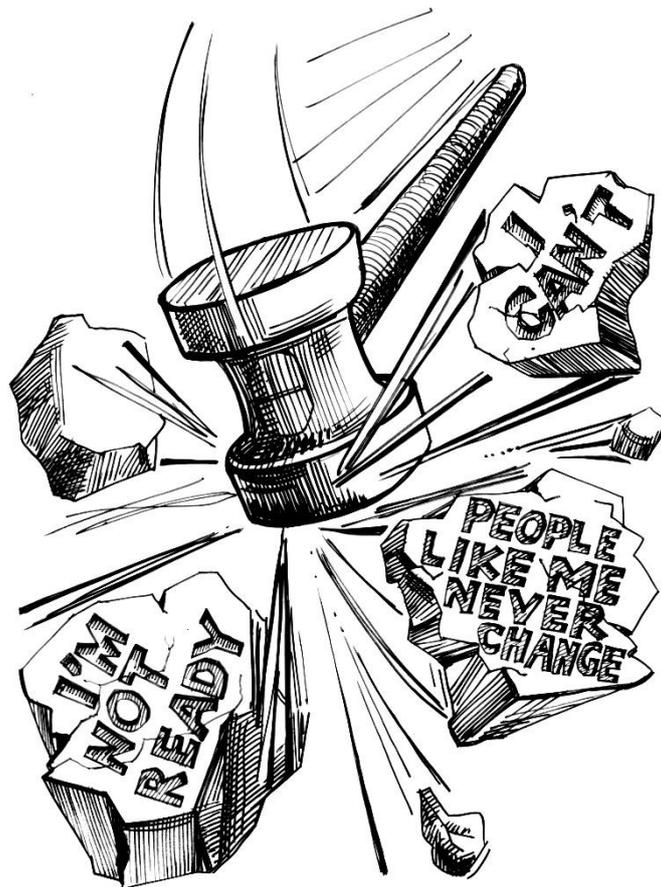
The final three sessions are delivered over two months after completion, with each session tailored around the agreed action plan of each learner.

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 but also highly visible to other service-users and partner agencies. Where graduates provide additional consent, we will continue to track their achievements for up to a year post graduation.

**Peer delivered.** our tutors are recruited from graduates of all our programmes and bring with them a wealth of personal experience in overcoming significant and ingrained life problems.

“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.

It is impossible to adequately describe the power that this classroom relationship fosters, but the resulting outcomes far exceed those of many other programmes.



Our learners leave the programme with a clear understanding of what domestic abuse is, how their learned beliefs condone and excuse their abusers actions and how to easily challenge and change these beliefs. Simply put, they each write and agree an assertive plan of action to NEVER allow another to abuse them again.

Key topics and skills covered include:

- **Defining what abuse is**
- **Understanding ambivalence**
- **The Structural Approach – how fear and pleasure condition thinking.**
- **The hierarchy of dependence**
- **Transposing language**
- **Challenging beliefs**
- **Changed language equals changed beliefs**
- **Critical thinking**
- **Strengths, Weaknesses, Opportunities and Threats (SWOT)**
- **Effective planning**
- **Goal setting**
- **Goal doing**

## **Asset based**

Domestic abuse results in a chronic level of self-esteem and insecurity but the skills utilised to stay alive and function are considerable. Our learners are highly skilled in this regard and yet they often feel unskilled, useless and insecure of their own value. Once a person starts to recognise their personal skills portfolio, they very quickly become willing and open to using those same skills in a positive manner. This is key to the relationship we foster in our classrooms – we see every person as a highly skilled, valuable asset and we seek to help them realise this potential in a positive manner.

## **Challenges**

Part of working with difficult to engage individuals is recognising the challenges that come with institutional dependence, long term addiction, health inequalities and/or lack of academic qualifications. The people we meet are often a mixture of disaffected, apathetic, sceptical or resistant.



By utilising existing relationships, peer led education and employed, skilled Tutors we provide a highly flexible service aimed at helping existing services and partners achieve their key outcomes. We deliver partnership training for identification and referral along with post course strategies to improve and support best practice.

## **“enough’s enough”™ learning outcomes**

### **Qualification Title:**

**NOCN Level 1 Award in Developing Skills to Change Behaviour and Improve Relationships**

### **The learner will/can:**

- Understand the definition of domestic abuse.
- Define abuse within their own relationships.
- Identify their ambivalence towards change.
- Outline how this ambivalence can be used to implement change.
- Understand the tools available to support this change..
- Identify examples of transposing to recognise and resist negative self-talk.
- Understand critical thinking and demonstrate how this can be used to challenge negative beliefs
- Know the importance of future planning
- Create a credible personal development plan

## **Outcomes**

### **These outcomes contribute to:**

- 1) Improved successful exits from established Domestic Abuse partner agencies.
- 2) Improved successful exits from refuge housing and into move on housing
- 3) Safer family environments
- 4) Reduce drug and alcohol problematic using
- 5) Improved family units.
- 6) Vibrant, positive role-models as living proof of the value of investing in change.

## **Getting in touch**

Intuitive Thinking Skills  
The Think Tank  
457 Chester Road  
Trafford  
Manchester  
M16 9HA

**Tel:** 0161 223 1094 **Freephone:** 0800 069 9198 **Fax:** 0161 241 5332

**Email:** [info@intuitivethinkingskills.com](mailto:info@intuitivethinkingskills.com)  
**Web:** [www.intuitivethinkingskills.com](http://www.intuitivethinkingskills.com)  
**Facebook:** [www.facebook.com/IntuitiveRecovery](https://www.facebook.com/IntuitiveRecovery)  
**Twitter:** <http://twitter.com/Intuitiveskills>

## Learner Feedback

Below lists the feedback provided from learners that have completed the Enough's enough course whilst in custody at HMP Downview.

**CP** *"I need to challenge that's it's not about him now, it's about me! I am in control; it was just in the past that I thought that I wasn't. I have recognised many things that I did in the past and have responsibility and I will not allow them to happen again. I feel totally in control. I know I will not go back to that relationship and feel so much happier and positive and I can now plan for a happy future"*

**NK** *"I now recognise the conflicted feelings and how to free myself from that and know my own feelings. I am going to think positive and learn to be happy again and believe in myself. I feel free from feeling pity for him and I have a full understanding of the problem. I feel free of the guilt and my decision to leave"*

**DY** *"I loved the part of 'Taking Control' and it has helped me to understand that I am in full control and either decide to believe the things I was told or not. We should never question ourselves if we should go back as if we do we will put ourselves through the same thing again and for what? I let myself go through all those things and I have lost so much, but now I know I will never go back to it again. I am going to take control of my life, challenge all those thoughts of guilt and blaming myself. The final contract is very powerful as it gave me the power and confidence I needed. I will never allow myself to go through that again. The tutor was so kind and very understanding and has given me the support I needed to finally move on with my life"*

**SS** *"The tutor talked from personal experience and demonstrated positive outcomes. The psychology of addiction is fascinating. The delivery and the content are great and exceeded my expectations. I recognise that although the perpetrator was responsible for his actions, we are also responsible for what we accept. I see that without a plan for the future, I only have a wish. I will never move forward without a plan and that is the reason that I have felt that I wasn't in any better position than I was before, but in fact I am! I and my daughter are now safe and after this course I feel liberated and mobilising in deciding a plan of action. This course is fantastic for anyone who lives their lives listening to and being controlled by others who have a negative impact on their lives"*

**RC** *"I recognise actually how long I was questioning myself over whether to stay in the relationship or go. I need to remember to challenge the negative thoughts and feelings. The course has helped me to understand the way of thinking and how to make positive choices of my own and stay in control"*