



INTUITIVE THINKING SKILLS

Empowering people through education

Enough's Enough

Skilling people to build healthier relationships



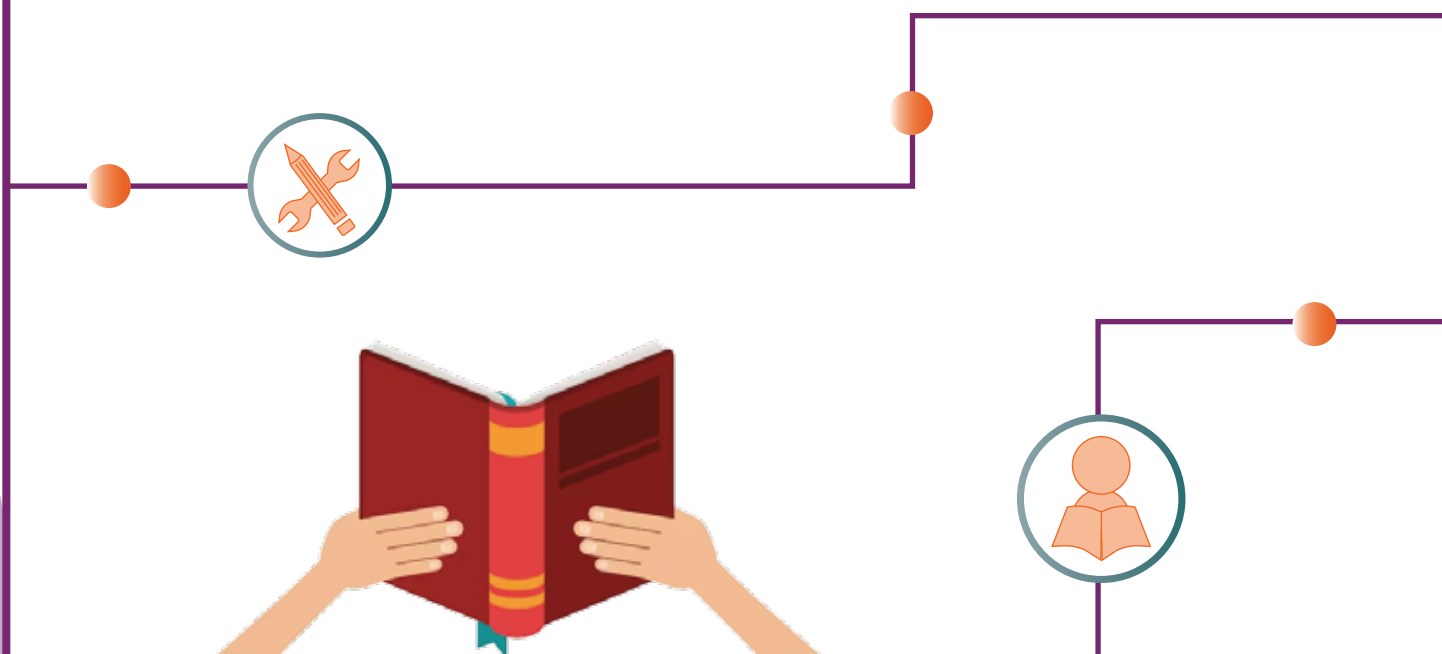
This is an accredited educational programme developed to empower people who have been/are in a domestic relationship to safeguard their future free from fear, guilt and misplaced dependence.

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.



Our course will support the learners to:

- Identify and address feelings of uncertainty towards change.
- Understand the importance of language on their own and others' well-being.
- Improve critical thinking and decision making skills.

Once completed the course, the learners will:

- Understand the definition of domestic abuse.
- Have an increased understanding of what a healthy relationship is.
- Have improved communication skills and self-awareness.
- Understand conditioning.
- Have knowledge of how to plan and commit to the changes you want for their future.
- Achieve a nationally recognised qualification – NOCN Level 1 Award in Understanding Domestic Abuse.

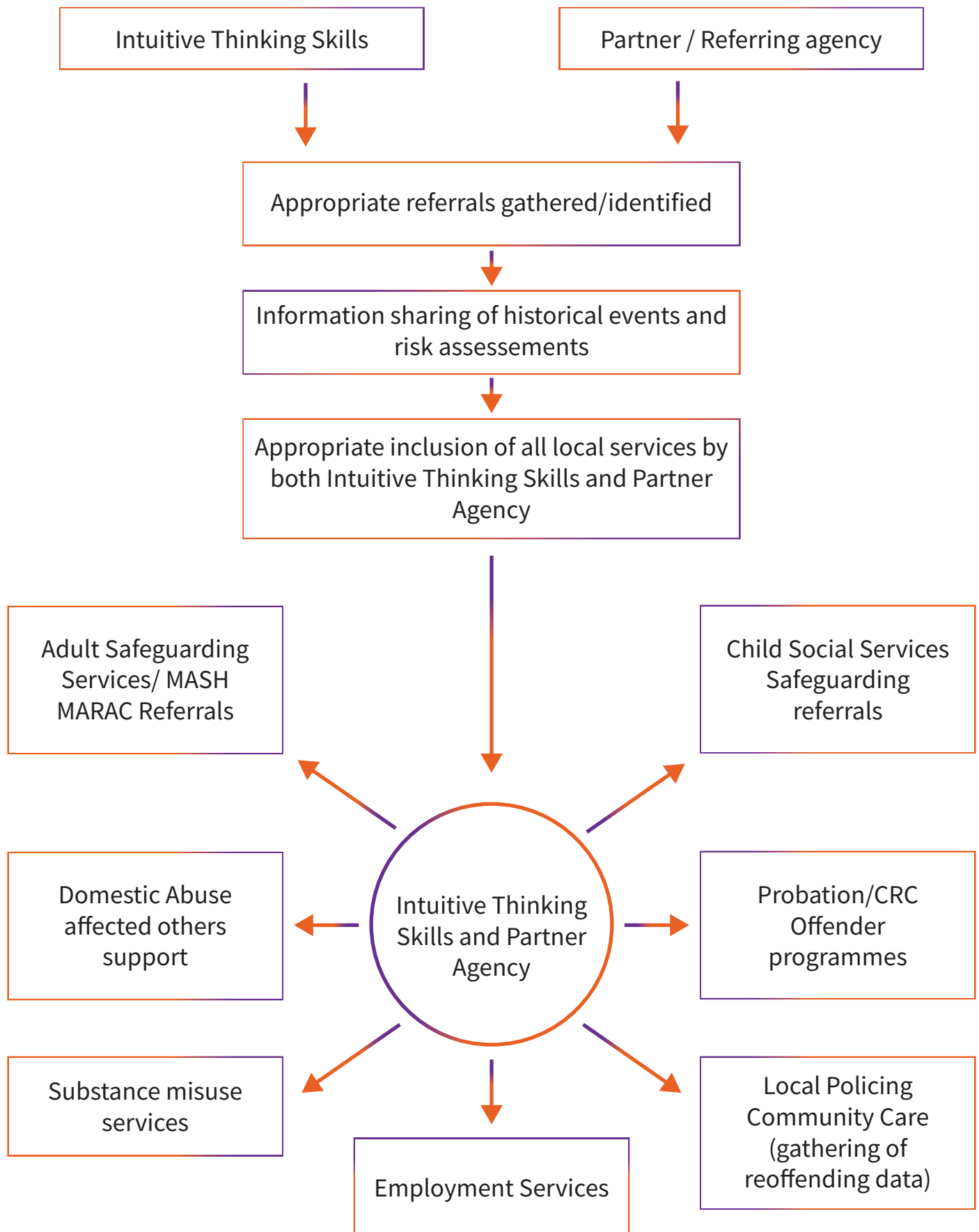
The course can be delivered in both community and custodial settings.

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 Level 1 Award in Understanding Domestic Abuse 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



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