

## ABOUT THIS COURSE

This 12-week online integrative course is designed for counselors, therapists, and other mental health practitioners who may wish to work with survivors of sexual violence, or who may be already working with survivors and would like to more deeply inform their counselling practice.

Registrants must have, at a minimum, a bachelors level education in a social or health services discipline and/or are registered/licensed with a professional association that maintains a code of ethics and standards of practice that provide parameters for the registrant's scope of practice. Special considerations may be accommodated on a case-by-case basis.

While this course does not provide in-depth training in a specific modality it will introduce and critically consider various modalities, theories, principles and ethics associated with working with survivors of sexual violence.

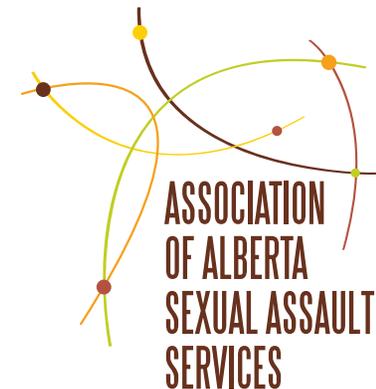
### COURSE WORK

Students can expect to invest 5-6 hours per week in live class and homework. Homework includes: reading, watching videos, reflective writing (journaling).

*"I really enjoyed every part of this course... I felt my instructors were very informative and presented the course great"*

Association of Alberta Sexual  
Assault Services

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*#IBelieveYou*

Counselling Adult  
Survivors of  
Sexual Violence

# Counselling Adult Survivors of Sexual Violence

## LEARNING OBJECTIVES

At the completion of this intermediate level, 12-week online integrative course, students will be able to:

- Discuss evidence-based self-care practices, including building a community of support, to increase resilience and minimize practitioner burnout;
- Articulate theoretical frameworks for understanding sexual violence and trauma, how they reflect values, worldviews, and interventions;
- Describe the complexities of responding to the effects and impacts of sexual violence, that there is 'no average client' and to affirm practitioners' capacities to co-create and sustain a therapeutic relationship;
- Recall the principles, tools, and skills to reduce distress and provide stability (including case work), and to conduct initial and on-going assessment strategies (e.g. feedback informed therapy);
- Name the basic principles, tools, and skills of a variety of evidence-based approaches to the effects of sexual violence and trauma, including mindfulness, cognitive, emotional, somatic and anti-oppressive approaches;
- Draw from a number of approaches to work collaboratively with adult survivors of sexual violence, addressing the relationship issues that may be specifically meaningful to them such as: self-advocacy in the legal system, interpersonal boundaries, healthy sexuality, political action;
- Mindfully bring the therapeutic relationship to closure.

## COURSE DESCRIPTION

This course offers an integrative, mindfulness-based approach to ongoing assessment and interventions with adult survivors (all genders) of sexual assault and childhood sexual abuse. It draws on the most current theory including feminist, attachment, regulation, and interpersonal neurobiology; and evidence-based practices, including mindfulness, cognitive, emotion-centred, somatic, neurofeedback and other emergent approaches for trauma, addiction and mental health.

The baseline premise is that the embodied present-moment personhood of the therapist is the primary evidence-based intervention in working with survivors. The course is also situated within an understanding of culturally relevant practice and how multiple identities, social locations and historical contexts inform interventions with survivors; and how counsellor reflection, self-knowledge and self-care form the basis for ethical counsellor praxis.

Participation is open to those in the helping fields (mental health professionals, social workers, etc.) whose scope of practice falls within the code of ethics and standards of practice of the professional body to which they belong.

## OTHER INFORMATION

**COST:**  
\$595 early bird, \$625 regular

**CERTIFICATES:**  
To receive a Certificate of Continuing Education credit for social workers, full attendance, completion of 12 journal entries, and completion of an evaluation is required. Certificates will be sent via email once these have been submitted.

**TO REGISTER:**  
Visit [aasas.ca](http://aasas.ca)

**MORE INFORMATION:**  
More details about the objectives, course outline, grievances, accommodations for persons with disabilities, facilitator biographies, certificates of completion, cancellation, and refunds can be found at [aasas.ca](http://aasas.ca).

or contact the AASAS Continuing Education Coordinator:  
[mailbox@aasas.ca](mailto:mailbox@aasas.ca)  
403-237-6905 ext. 268.

*Association of Alberta Sexual Assault Services #1645 is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Association of Alberta Sexual Assault Services maintains responsibility for this course. ACE provider approval period: 11/29/2018-11/29/2021. Social workers completing this course receive 20 Category A continuing education credits.*