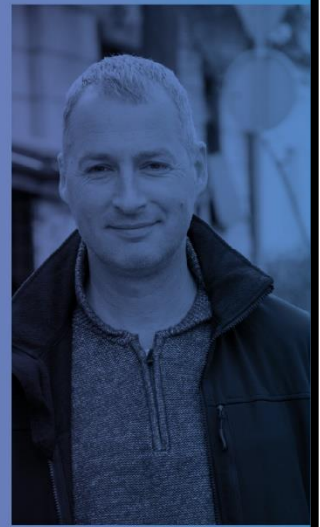
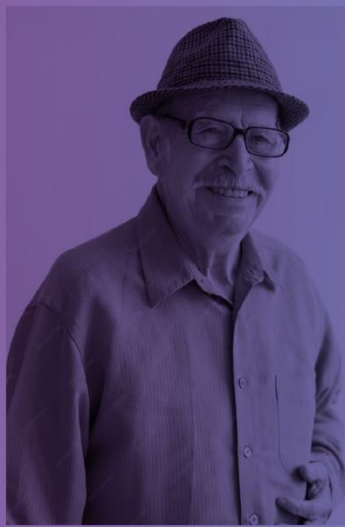


# TACKLING & PREVENTING DOMESTIC ABUSE

Buckinghamshire Multiagency  
Training Catalogue – 2025/26



BUCKINGHAMSHIRE  
Domestic Abuse Board

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## Foreword

Welcome to the fourth edition of the Buckinghamshire Tackling and Preventing Domestic Abuse 2025/26 Training Catalogue.

Over the last three years there have been over 1850 attendances to the training. The offer continues to be entirely free of charge to encourage as many individuals as possible to upskill or refresh their knowledge.

Our ambition is for professionals to feel confident in identifying the signs of abuse and to give appropriate support and sign posting to victims. Domestic abuse and violence against women and girls is everyone's business. It is a societal issue, and we continue to provide high quality training so victims get the support they need, sooner.

Our new training offer runs from September 2025 to March 2026. It comprises of 16 different courses, 8 of which are brand new.

These new courses are:

- Being Trauma Informed
- Stalking and Cyber Stalking
- Post Separation Abuse
- Responding to Disclosures
- Buckinghamshire Referral Pathways
- Protective Orders
- Mental Health and Suicide Prevention (DA Context)
- Understanding Risk and Managing Safety

With our significant investment in this training programme, I strongly encourage you to share this offer with colleagues and partners to ensure this training has an impact and improves practice.

**Craig McArdle**

Buckinghamshire Domestic Abuse Board Chair and Corporate Director Adults and Health at Buckinghamshire Council.

## Introduction

All of the courses detailed within this training offer are entirely free of charge however there is a £70 cancellation fee should notice not be given more than **48 hours in advance** of training delivery.

The training is a mixture of “power hours”, half and full day sessions. Power hour virtual sessions are delivered to encourage higher levels of attendance.

Most of the courses in the catalogue are online to fit in with evolving working patterns. Please double check the joining instructions ahead of your chosen course(s).

## How to book training

Reducing the Risk offers a website for DA Champions, professionals, staff and volunteers to join up and access training.

**Important**- You will need to sign up to the hub to book space for the training sessions offered in this catalogue via [Home | Reducing the Risk Champion Hub](#)<sup>1</sup>. Please select the user group 'DA Champion - Untrained' on the registration form.

*If you are already a member of the Bucks DA champion's Network and have your login details, then sign in and sign up to the training sessions. If you have forgotten your login details, then click on “forgot your password?”.*

Questions regarding signing into the hub please email [contact@reducingtherisk.org.uk](mailto:contact@reducingtherisk.org.uk)

Questions regarding the training courses, please email [Bucksdap@buckinghamshire.gov.uk](mailto:Bucksdap@buckinghamshire.gov.uk)

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<sup>1</sup> [www.hub.reducingtherisk.org.uk/homepage](http://www.hub.reducingtherisk.org.uk/homepage)

## Understanding Risk & Managing Safety

**Virtual via Ms Teams**

**Course Length-** 3.5 hrs

**Cap-** 25 attendees per session

### Description

This session revisits the basics of what constitutes domestic abuse within the UK. It gives an overview of assessment and management of risk through DASH indicators, Homicide Timelines and Triad. We will consider the severity of abuse, look at the RARA framework of managing risk and lead into appropriate safety planning.

### Learning Aims & Objectives

- Define the concept of "risk of serious harm" within the context of domestic abuse.
- Understand the purpose and components of risk assessment tools (e.g., DASH-RIC, HDASH & SDASH) and how to apply them appropriately.
- Identify key indicators and complementary tools that help identify a level of risk of serious harm
- Apply practical strategies for managing safety, supporting victims and making appropriate referrals.

### Dates & Times

28<sup>th</sup> October 2025- 09:30-13:00

25<sup>th</sup> February 2026-09:30-13:00

## Responding to Disclosures (Power Hour)

**Virtual via Ms Teams**

**Course Length-** 1 hr

**Cap-**100 attendees per session

### Description

This session was designed as a simple approach for anyone wondering how to have those difficult conversations when someone is actually ready to open up because they trust you enough. It is a privileged position to be in and this session just gives a few guidelines about what to do and what to avoid doing.

### Learning Aims & Objectives

- Understanding what domestic abuse actually is.
- Recognise signs that someone is in 5 stages of victimhood.
- Respond appropriately and empathetically to disclosures.
- Understand what to say — and what not to say.
- Know where you can signpost someone.
- Know the immediate steps to take following a disclosure.

### Dates & Times

12<sup>th</sup> November 2025- 11:00-12:00

12<sup>th</sup> February 2026-11:00-12:00

## Mental Health & Suicide Prevention in DA (Power Hour)

**Virtual via Ms Teams**

**Course Length-** 1 hr

**Cap-**100 attendees per session

### Description

To equip participants with foundational knowledge and practical tools to recognise and respond to mental health concerns and suicide risks in individuals experiencing domestic abuse.

### Learning Aims & Objectives

- Consider the link between domestic abuse, mental health deterioration, and increased suicide risk.
- Identify common signs and symptoms of mental health distress and suicidal ideation in survivors of domestic abuse.
- Understand the unique barriers that victims of domestic abuse may face in accessing support.
- Explore appropriate referral pathways and resources available for crisis intervention and ongoing support.

### Dates and Times

18<sup>th</sup> November 2025- 11:00-12:00

12<sup>th</sup> March 2026-11:00-12:00

## Being Trauma Informed (Power Hour)

**Virtual via Ms Teams**

**Course Length-** 1 hr

**Cap-**100 attendees per session

### Description

To increase participants' understanding of trauma and equip them with key principles and practical strategies to provide trauma-informed support to individuals affected by domestic abuse.

### Learning Aims & Objectives

- Consider what it means to be trauma-informed and explain the core principles of trauma-informed practice.
- Recognise how trauma manifests in individuals who have experienced domestic abuse, including emotional, physical, and behavioural responses.
- Understand the impact of trauma on decision-making, communication, and trust in services.
- Apply practical strategies to create a safe, supportive, and empowering environment for survivors.
- Identify opportunities to embed trauma-informed practice into their own work and within their wider organisation.

### Dates and Times

23<sup>rd</sup> October 2025 11:00-12:00

7<sup>th</sup> January 2026- 11:00-12:00



## Stalking & Cyberstalking (Power Hour)

**Virtual via Ms Teams**

**Course Length-** 1 hr

**Cap-**100 attendees per session

### Description

This session will focus on how stalking can differ from harassment and explore these crimes in the UK. The session will explore what victims are living with as well as stalker typologies. We will move onto what attendees can and should not do and where they can signpost people to find help.

### Learning Aims & Objectives

- Identify what harassment & stalking is.
- Understand the crimes in the Protection From Harassment Act, 1997.
- Consider the typologies of stalkers, especially the rejected type.
- Appreciate the impact physically, mentally, socially, study/work.
- How technology can be adapted by perpetrators of DA- cyberstalking/ tech enabled domestic abuse.
- Consider how to manage cases with tools such as Stalking Protection Orders.
- Discuss what attendees can do to help & what not to do.
- Identify specialist services that can support and advocate.

### Dates and Times

6<sup>th</sup> November 2025- 11:00-12:00

10<sup>th</sup> March 2026 11:00-12:00



## Protective Court Orders (Power Hour)

**Virtual via MS Teams**

**Course Length-** 1 hour

**Cap-** 100 attendees per session

### Description

This session considers the variety of protective orders that both criminal, family and civil courts can issue. It looks at the differences between courts and burdens of evidence and also considers the consequences in breaching the different orders. If somebody is not acting in their own best interests (by complying) we need to raise the concerns of risk.

### Learning Aims & Objectives

- Compare the burden of proof in different courts.
- Consider a range of protective orders for domestic abuse.
- Explore their prohibitions and restrictions.
- Consider some protective steps for children and vulnerable adults.
- Discuss the sanctions for breaching different orders.
- Discuss the changes coming with DAPOs.

### Dates & Times

16<sup>th</sup> September 2025- 11:00-12:00

18<sup>th</sup> February 2026-11:00-12:00

## Post Separation Abuse (Power Hour)

**Virtual via MS Teams**

**Course Length-** 1 hour

**Cap-** 100 attendees per session

### Description

This session will enhance participants' awareness and understanding of post-separation abuse, equipping them to recognise its signs and respond appropriately to support victim-survivors.

### Learning Aims & Objectives

- Define post-separation abuse and understand how it fits within the wider context of coercive control.
- Identify common tactics and patterns of post-separation abuse, including legal, financial and child-related abuse.
- Recognise the ongoing risks and safety concerns faced by victim-survivors after leaving an abusive relationship.
- Understand the impact of post-separation abuse on adult and child victim-survivors, including trauma, re-victimisation, and barriers to recovery.

### Dates & Times

4<sup>th</sup> December 2025- 11:00-12:00

10<sup>th</sup> February 2026-11:00-12:00

## Buckinghamshire Referral Pathways (Power Hour)

**Virtual via MS Teams**

**Course Length-** 1 hour

**Cap-** 100 attendees per session

### Description

To increase participants' understanding of domestic abuse referral pathways in Buckinghamshire, enabling them to respond appropriately and confidently to disclosures and ensure timely support for those affected.

### Learning Aims & Objectives

- Identify the key services and referral pathways available within Buckinghamshire for individuals experiencing domestic abuse.
- Explain the appropriate steps to take when responding to a disclosure of domestic abuse, including immediate safeguarding actions.
- Demonstrate how to make a referral to key local agencies, including MARAC (Multi-Agency Risk Assessment Conference), Aylesbury Women's Aid, and other local specialist services.
- Recognise when and how to share information appropriately, considering consent, confidentiality, and safeguarding responsibilities.

### Dates & Times

7<sup>th</sup> October 2025 11:00-12:00

13<sup>th</sup> January 2026 11:00-12:00



## Homicide Timeline (Power Hour)

**Virtual via MS Teams**

**Course Length-** 1 hour

**Cap-** 100 attendees per session

### Description

This session will focus on Prof. Jane Monckton-Smith's 8 stages of homicide timeline. We will break down and explore in detail each of the stages from research into domestic homicides. We use two case studies to illustrate what happened within each stage for both cases and follow them to their tragic end.

### Learning Aims & Objectives

- Familiarisation with the timeline and its research.
- Appreciation as to how it can complement a risk assessment.
- Understand how to manage risk.
- Adopt the RARA risk framework model.
- A few do's and don'ts.

### Dates & Times

25<sup>th</sup> September 2025- 11:00-12:00

11<sup>th</sup> December 2025- 11:00-12:00

## DA and Protected Characteristics (Power Hour)

**Virtual via MS Teams**

**Course Length-** 1 hour

**Cap-** 100 attendees per session

### Description

This is a one-hour presentation on Protected Characteristics. It is aimed at anyone interested in finding out more about what the Equality Act sets out as Protected Characteristics and how they are impacted by domestic abuse. The session will cover the issues and give you greater awareness of how domestic abuse can impact different types of people in a variety of ways.

### Learning Aims & Objectives

- Identify what protected characteristics are.
- Understand how those with protected characteristics can be discriminated against.
- Consider what leads to discrimination and the impact of it.
- Consider how to manage cases dealing with people who fall under protected characteristics.
- Discuss what you can do to help & what not to do.
- Identify specialist services that can support and advocate.

### Date & Time

22<sup>nd</sup> January 2026- 11:00-12:00



## Introduction to Child and Adolescent to Parent Abuse (CAPVA)

### **Virtual via MS Teams**

**Course Length-** 3 hrs

**Cap-** 20 attendees per session

### **Description**

An interactive, practical session introducing the themes of Child and Adolescent to Parent Violence and Abuse. It is designed to raise awareness of CAPVA and provide participants with an opportunity to explore the dynamics of the issue and strategies to support families. Information will be provided on definitions, background theories, prevalence, risk factors, case studies and behaviour patterns and an overview of models of work will be provided. The session aims to increase practitioner knowledge of this issue and explore ways to respond, give an example of an intervention and some useful activities for supporting both parents and young people.

This half-day (3hrs) course is suitable for all those who currently work with young people or families and wish to further their knowledge on CAPVA. It is suitable for both frontline practitioners and service managers including domestic abuse specialists, youth offending teams, social care & children's services, police, NHS, youth workers, parenting workers, educationalists etc.

### **Learning Aims & Objectives**

- To gain an understanding of the dynamics and contexts of CAPVA.
- To gain an overview of background theory, sector statistics and risk factors.
- To understand the barriers and approaches for engaging families.
- To look at key strategies in supporting families facing CAPVA.
- To increase knowledge about current service provision and developing practice.

### **Dates & Times**

10<sup>th</sup> September 2025 09:30-12:30

3<sup>rd</sup> February 2026 09:30-12:30

## CAPVA Champion

**Delivery-** In-person

**Course Length-** 1 Day

**Cap-** 15 attendees per session

### **IMPORTANT**

This training is specifically for people who have already attended the 'Introduction to CAPVA' session (page 15) and work within one of the following remits:

Buck's Schools, Buckinghamshire Council Social Care teams, Buckinghamshire GP practices & social prescribers

### Description

This session introduces the role of the CAPVA Champion and explores the key responsibilities for those taking on this role in their organisation. This session will provide a networking opportunity and encourage Champions to consider the local picture, in terms of pathways to support for Bucks-based families. Reflecting on concepts of professional curiosity and unconscious bias, Champions will consider barriers to support for families affected by CAPVA and how professionals may recognise CAPVA and encourage help-seeking, and their role in helping this. The principles of safeguarding are considered, in the context of CAPVA and diversity, including neurodiversity. Tools and resources from practice will be shared to equip CAPVA Champions as they support colleagues to encourage families to talk about CAPVA and complete safety plans.

### Learning Aims & Objectives

- Understand the role of a CAPVA Champion in Bucks and feel equipped with the knowledge and skills they need to feel confident in the role.
- Develop networking links with other CAPVA Champions across the county, providing peer support.
- Reflect on some of the specific dynamics of CAPVA and how this may influence help-seeking.
- Learn strategies and tools which CAPVA Champions can share with professionals to support them to start discussions with families about CAPVA.

**Further learning opportunities:** Participants have the option to attend quarterly CAPVA Champions network meetings and potentially to co-facilitate our Introduction to CAPVA training.

### Dates, Times, Location

9 Dec 2025 Gateway, Jubilee room 09:30-16:00

21st Jan 2026 Aylesbury Town Council 09:30-16:00

26 March 2026 Gateway, Jubilee room 09:30-16:00



## Domestic Abuse Risk Assessment (DASH) Training

**Virtual via MS Teams**

**Course Length-** 1 day

**Cap-** 20 attendees per session

### Description

This course is suitable for professionals that need to complete the DASH Risk Assessment and also gives an overview of the MARAC (Multi Agency Risk Assessment Conference) process.

### Learning Aims & Objectives

- Defining domestic abuse with an update on the DA Act 2021 and the changes to current practice/legislation.
- Handling disclosures of domestic abuse and responding well.
- How to introduce and use a DASH Risk Indicator Checklist (RIC).
- Understanding risk thresholds of the DASH and next steps.
- Understanding MARAC and making referrals.
- Practice completing initial safety planning and how to support the client to access specialist services.

### Dates and Times

20th November 2025- 09:30-15:30

28th January 2026- 09:30-15:30

19th March 2026-09:30-15:30

## “Honour” Based Violence (incl Forced Marriage)

**Virtual via MS Teams**

**Course Length-** 3.5 hrs

**Cap-** 35 attendees per session

### Description

To raise awareness, identification and support processes of Honour Based Abuse/Forced Marriage and the impact on victims/children. Enabling practitioners to be able to understand the issues and support processes available to children and adults subjected to Honour Based Abuse /Forced Marriage across all cultures and religions and families.

### Learning Aims & Objectives

- The context of Domestic Abuse & so-called Honour Based Abuse.
- Definitions of Honour Based Abuse/Forced Marriage & Government / Policing Strategy.
- Differences between Arranged / Forced Marriage & why they happen.
- Risk indicators / triggers.
- Why an individual may suffer Honour Based Abuse / Forced Marriage.
- Challenge community/cultural beliefs.
- Risk assess and manage the risk to support victims / children - work with case studies.
- How practitioners can identify the risks in an agency setting and safety plan.
- Forced Marriage Protection Legislation & immigration / policy to support victims with No Recourse to Public Funds (Spousal Visa only)
- Missed opportunities - the lived experience survivor story.

### Dates & Times

4th November 2025-09:30-13:00

4th March 2026-09:30-13:00

**BAL KAUR HOWARD**

## Incels: A deep dive into extreme misogyny

**Virtual via MS Teams**

**Course Length-** 3.5 hrs

**Cap-** 35 attendees per session

### Description

This course is designed to raise awareness, identification and intervention with regard to incels and incel ideology. Despite having existed for decades, this fringe online ideology is becoming increasingly mainstream with far reaching implications for misogyny, radicalisation of young people, men's mental health and women's safety. Given the increasing instances of real-world violence, it is more important than ever that we gain a deep and accurate understanding of incel ideology, its context and how to effectively safeguard and referrals for those affected.

### Learning aims and objectives

- Understand who incels are.
- Learn the scope of incel culture and misogyny.
- Understand core beliefs and ideas.
- Learn effective safeguarding and referral options.
- Learn what the risk indicators are.
- Recognise incel lexicon and memes.
- Take part in immersive learning through case studies.

### Dates and Times

21st October 2025-09:30-13:00

20th January 2026-09:30-13:00

**BAL KAUR HOWARD**

## Spiritual Abuse & Ritualistic Abuse (SARA)

Abuse linked to Accusations of Witchcraft / Spirit Possession / Faith

Virtual via MS Teams

Course Length- 3.5 hrs

Cap- 35 attendees per session

### Description

The course brings greater awareness and understanding to abuse that takes place here in the UK, affecting thousands of people every year, delivered by a leading expert in the area.

### Learning aims and objectives

- Learn what Spiritual and ritual abuse is.
- RRRM process (*Recognise, Report, Refer, Manage*)
- Cultural awareness of beliefs, superstitions and spirituality
- Understanding our own beliefs and why they are important to us.
- Understand how this abuse is embedded in other forms of abuse.
- Review of case studies & learning from them, so we do not continue to make the same errors in judgement.
- Understand different terminology related to different beliefs and spiritualities.
- Review key reporting statistics of SARA in the United Kingdom
- Understand key significant indicators to recognise this abuse.
- Learn how to confidently manage a report of SARA.
- Effective communication styles that support victim/survivors of SARA.
- Learn how to develop an impactful referral through proven techniques to ensure other agencies act on your concern.
- Doubt Based Advocacy – *DBA*
- Scenario based learning – taken from actual investigations led by the facilitator with over 20 years' experience supporting victim/survivors of this abuse directly and working with partner agencies.

### Dates and Times

23rd September 2025-09:30-13:00

5th February 2026-09:30-13:00

BAL KAUR HOWARD

## No Recourse to Public Funds (NRPF)

**Virtual via MS Teams**

**Course Length-** 1 hr 30 minutes

**Cap-** 99 attendees per session

### Description

The session sets out the information and support available for people subject to immigration control who have a restriction on their stay of No Recourse to Public Funds. The session identifies the referral routes and signposting agencies available for a person at risk of domestic abuse when they are unable to access benefits and housing pathways.

### Learning Aims & Objectives

- Understand what "public funds" are.
- Who is entitled to them.
- What alternative funding and support is available if public funds cannot be accessed.
- How to change conditions of stay to get access to public funds.

### Date & Time

3<sup>rd</sup> December 2025-11:00-12:30

