

Abianda Training 2018

Our training and Young Trainers



A B I A N D A

All of our training is co-delivered by **Abianda Young Trainers** to ensure that young women are influencing the **design and delivery of future practice and services**. Our Young Trainers are young women who have been affected by gangs in some way.

This **unique model of co-delivery** is regularly cited by attendees as a strength of our training. Attendees credit our Young Trainers as **inspiring, engaging, brave, informative, articulate** speakers, and consider the use of **first-hand testimony** from gang-affected young women as **invaluable**, and a **powerful and insightful** tool to aid reflection on their own professional practice.

2017 feedback on our model of co-delivery with Young Trainers:

- *Integrated involvement of young women who have gang experience makes this training stand out as exceptional!*
- *Professional and revolutionary training delivered by both Abi and the Young Trainers.*
- *[Young Trainer name] - you are simply amazing. Your strength and courage just shines through. Your experiences will literally change lives as professionals take them away.*
- *[Young Trainers names] are awesome, confident professionals with invaluable experience that needs to be taken seriously by ALL professionals. They are great!*

Working with gang-affected
young women

YOUNG TRAINER SEMINARS



A B I A N D A

Working with gang-affected young women – a three-hour seminar for up to 30 professionals

Seminar content includes:

- An introduction to Abianda's approach and model of working with young women;
- First hand testimony from young trainers with facilitated Q&A;
- Interactive exercises to illustrate the need for a culture shift in the way services engage gang-affected young women;
- Understanding the various roles of young women in gangs, the associated risks and the barriers they face in accessing services;
- Understanding the complexities of young women's 'victim' and 'perpetrating' behaviour.

99% of 2017 training attendees would **recommend** the training to colleagues.

9 out of 10 – the average rating of Young Trainer Seminars by 2017 attendees.

Attendees were asked to rate their **knowledge of how to respond to gang-affected young women** on a scale of 1 to 5 at the start and end of training

Before 2.6

After 4.1

GIRLS AND GANGS

One day introductory and awareness-raising training



A B I A N D A

Working with gang-affected young women – one-day training for up to 30 professionals

Training content includes:

- First hand testimony from young trainers with facilitated Q&A;
- The policy and research context relevant to supporting gang-affected young women;
- Understanding the various roles of young women in gangs, the associated risks and the barriers they face in accessing services;
- Understanding the complexities of young women's 'victim' and 'perpetrating' behaviour;
- Understanding of Abianda's practice model;
- Interactive exercises to illustrate the need for a 'culture shift' in the way services engage with gang-affected young women & vulnerability;
- Introduction to practical tools to ensure a relationship based, and young-women led, approach to enhance engagement and young women's trust in our services.

100% of 2017 attendees would **recommend** to a colleague.

9.1 out of 10 – the average rating of workshops by 2017 attendees.

2.6 to 4.5 – the average increase in attendees' **understanding of what stops gang-affected young women getting help** on a scale of 1 to 5.

Before 2.6

After 4.5

"Today's training was the most engaging and thought provoking insight into the subject matter I could have hoped for."

YOUNG WOMEN AND COUNTY LINES



A B I A N D A

Working with young women and girls involved in county line activity – one-day training for up to 30 professionals

Training content includes:

- First hand testimony from young trainers with facilitated Q&A;
- The policy and research context relevant to county line activity;
- Understanding the various roles of young women play in county line activity and the subsequent risk and harm they experience;
- Understanding how we proactively identify and engage with young women involved in county lines;
- An introduction to the practical tools that Abianda uses to engage and safeguard young women in the unique and complex context of county line activity.

GIRLS AND GANGS

Three-day course



A B I A N D A

Working with gang-affected young women – three-day training for up to 10 professionals

An intensive and practical three-day training programme that improves the skills of practitioners so they are more able and confident to support gang-affected young women (GAYW). Co-delivered by Abianda Young Trainers, senior Abianda specialists and our Solution Focused Therapist.

In addition to our one-day Girls and Gangs training content, professionals will gain:

- Understanding the need for a strengths and participatory response to GAYW and the associated vulnerabilities;
- Understanding the need for a contextualised safeguarding approach in order to respond to the realities and risk that young women experience as adolescents in various contexts;
- Understand and practice the delivery of Abianda's structured programme of work for GAYW;
- Understand theory, techniques and tools (including solution focused therapy) from the Abianda model that can be used straight away in their day-to-day practice.

*100% of 2017 training attendees would **recommend** the course to colleagues.*

***9.4 out of 10** – the average rating of this three-day course by 2017 attendees.*

*Attendees were asked to rate their **skills in working effectively with gang-affected young women** on a scale of 1 to 5 at the start and end of training*

Before 2.9

After 4.3

Participatory and strengths-based
approaches to working with
adolescents at risk

PARTICIPATORY AND STRENGTHS BASED APPROACHES

TO WORKING WITH ADOLESCENTS AT RISK



A B I A N D A

One-day training for up to 30 professionals

This training introduces professionals to the principles of participatory and strengths based practice and how these are beneficial in working with high-risk adolescents (including young people affected by sexual violence, CSE, peer on peer violence, gangs and associated vulnerabilities), and how they are essential in addressing children's rights in service delivery.

We address the challenges and ethical implications in applying a participatory and rights based approach within a safeguarding and statutory context.

This training can be extended to offer a more in-depth understanding, as well as offer practical tools and techniques for practice to support young people to participate in efforts to prevent harm.

PARTICIPATORY AND STRENGTHS BASED APPROACHES

TO WORKING WITH ADOLESCENTS AT RISK



A B I A N D A

Three-day training for up to 30 professionals

An intensive programme that explores the concepts of participatory and strengths based (PSB) practice.

We support professionals to explore how these are beneficial in working with high-risk adolescents (including young people affected by sexual violence, CSE, gangs and associated vulnerabilities), and how they are essential in addressing children's rights in service delivery.

We support professionals to address the challenges they might face in applying a PSB approach in different professional cultures, and statutory and safeguarding contexts.

We provide techniques and tools to support professionals to apply a PSB approach in their practice with high risk, high vulnerability young people and action plan with practitioners on how they will implement the principles and tools in their own practice.

TRAINING IN SOLUTION- FOCUSED BRIEF THERAPY



A B I A N D A

Two-day training for up to 20 professionals

A comprehensive and experiential introduction to the tools and techniques of solution-focused brief therapy (SFBT).

Participants will:

- Understand the principles of solution-focused brief therapy;
- Understand and practice SFBT techniques with the support of Abianda's SFBT therapist;
- Apply the tools and techniques within the context of their own practice setting;
- Receive worksheets, tool and techniques to use in their practice.

Child Sexual Exploitation

CHILD SEXUAL EXPLOITATION



A B I A N D A

Awareness training on CSE – one-day training for up to 30 professionals

This day combines trainer-led presentations, participatory exercises, group discussions and case studies.

At the end of the training participants will be able to:

- Understand the research and policy context of CSE;
- Understand definitions of CSE;
- Understand different models/profiles of CSE;
- Identify the risk factors for children and young people at risk of CSE;
- Identify the indicators that would tell them that a child or young person was being sexually exploited;
- Understand the steps they should take in responding to CSE;
- Apply knowledge of identifying and responding to sexually exploited children and young people, using case study and practice outcomes.

100% of 2017 training attendees would **recommend** the training to colleagues.

9.3 out of 10 – the average rating of CSE training by 2017 attendees.

Attendees were asked to rate their **ability to identify young people at risk of CSE** on a scale of 1 to 5 at the start and end of training.

Before 2.8

After 4.4

Contact details

To find out more, please email hello@abianda.com or call 020 7686 0520.

We are happy to discuss your unique training requirements including multi-agency or single agency audiences, lead times, etc.



Abi Billinghamurst and Associates, t/a Abianda.
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knowledgeable
extremely
outcome person
good useful strength
involve allow session
participatory enjoyed Thanks
professional informative
day progressing reflection revolutionary organised tool
amazing practical really police
engaging given input work young back
delivered training awesome
ability Thank great hear
participate actually APPROPRIATE provoking encouraged change
thing knowledge trainer take delivery
space balance Professional lot SFBT think evidence
thought learned lot experience
focussed important use Excellent skilled activity
invaluable relevant application helpful