

TRAINING INFORMATION

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What is the Own My Life course?

The Own My Life course is an innovative, creative, educational 12-week course for women who have been subjected to male violence. The course enables organisations to support women in regaining ownership of their lives after they have been in a relationship with an abuser.

After attending three-day Own My Life Facilitator Training, practitioners can deliver the course to women. Upon completion of the Facilitator Training, practitioners will be provided with all the resources to run the course with up to 10 women. Resources for further groups can be ordered.

The Own My Life course uses multi-media content to show messages within popular culture that reinforce or perpetuate sexism, rape culture, violence, disrespect in relationships and abusive behaviour. The 22 Own My Life course videos explain complex concepts in easy to understand terms, with the Own My Story journal providing participants with all the ideas, key concepts and content from the course with space for reflection and notes. At the end of the course, if it is safe to do so, participants can take their journal away to continue their learning and reflection.

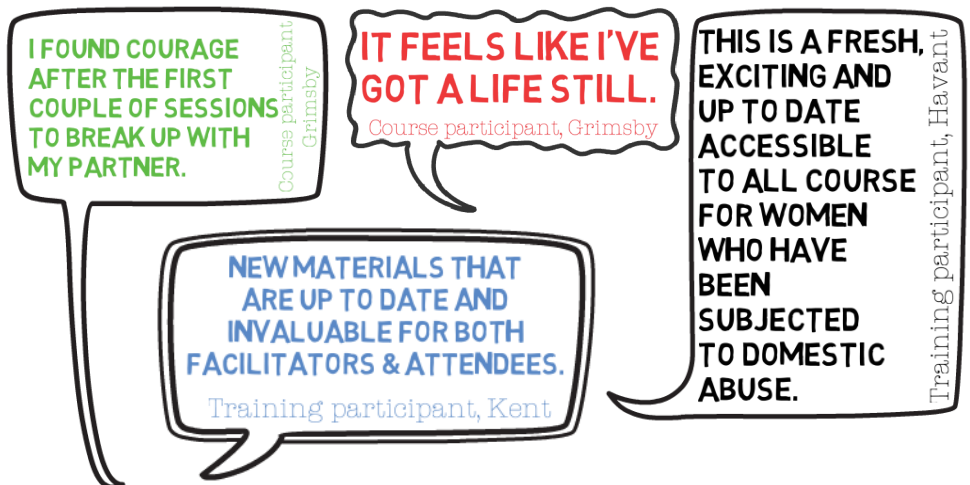
The format for each session includes six key elements: Own My Mind, Own My Body, Own My Choices, Own My Relationships, Own My World, Own My Feelings.

The first session introduces women to the course and its values. The final week is the Own My Future session and includes opportunity for participants to create an action plan for developing a self-organised group.

The Own My Life is under the governance of The Women's Liberation Collective CIO (registered charity no. 1184411). The course was created by Natalie Collins (www.nataliecollins.info) and was funded by the Sir Halley Stewart Trust. Natalie first delivered programmes for women in 2010. She is the Creator and Director of the DAY Programme (www.dayprogramme.org), training hundreds of practitioners to deliver the DAY Programme to young people in schools, youth groups, youth offending services, youth housing services and more.

Various factors contributed to the development of the Own My Life course:

- Developments in the science of trauma
- The problems of a diminished gendered analysis of domestic abuse in the UK.
- The need to rediscover second wave feminism's consciousness raising work with women.





Karen's Story

Karen has ADHD and says she has never really engaged with domestic abuse services. She only attended the course because her friend invited her, she says, "I thought this course was going to be a pile of shit because I thought I knew everything I needed to know about abuse, but now I tell everyone I know about it and they all want to do the course." Facilitators say that Karen "has been amazing. She's loved the course so much." Karen says "It seems like the course has been designed especially for people like me with ADHD".

Data from the completed Grimsby Own My Life course pilot:			
Before attending the course		After attending the course	
47% of women never felt in control of their lives	<ul style="list-style-type: none"> Definitely Mostly Sometimes Never 	73% of women definitely or mostly felt in control of their lives.	<ul style="list-style-type: none"> Definitely Mostly Sometimes Never
40% of women were never able to make sense of their lives.	<ul style="list-style-type: none"> Definitely Mostly Sometimes Never 	60% could definitely or mostly make sense of their life.	<ul style="list-style-type: none"> Definitely Mostly Sometimes Never
0% of women definitely felt good about their lives.	<ul style="list-style-type: none"> Definitely Mostly Sometimes Never 	33% of women definitely felt good about their lives.	<ul style="list-style-type: none"> Definitely Mostly Sometimes Never

IT IS INVALUABLE. EVERYONE SHOULD COMPLETE THE TRAINING AND THE COURSE - LIFE CHANGING!

Training participant, Havant

AMAZING PROGRAMME. THE MISSING LINK WE HAVE BEEN WAITING FOR FOR YEARS!!! GOING TO HAVE A HUGE IMPACT (POSITIVE!) ON WOMEN'S LIVES.

Training participant, Kent

IT'S TAUGHT ME TO BE THE PERSON I WANT TO BE, NOT WHO I WAS.

Course Participant, Winchester

THROUGH IT I'VE REALISED WHY I'M FEELING HOW I AM.

Course participant, Winchester



Core Principles

1.Feminist Analysis: A feminist analysis is necessary to effectively respond to male violence and the harm men do to women and children.

2.Intersectionality: Alongside sex, there are other axis of oppression including race, ethnicity, sexuality, class, disability, gender identity, education, age, job, religion, and economic status that interact with the impact of male violence on women's lives.

3.Ownership and Entitlement: Men's abuse and violence is rooted in their beliefs that they own their partner (and children) and they are entitled to behave in whatever ways they choose to.

4.Controlling Behaviour: Men who abuse use the following tactics to control women and children, and to maintain their beliefs of ownership and entitlement: isolation, exhaustion, monopolising their partner's perceptions, threats, occasional indulgences, violence and sexually harmful behaviour, humiliation and degradation, enforcing trivial demands. (Biderman, 1957)

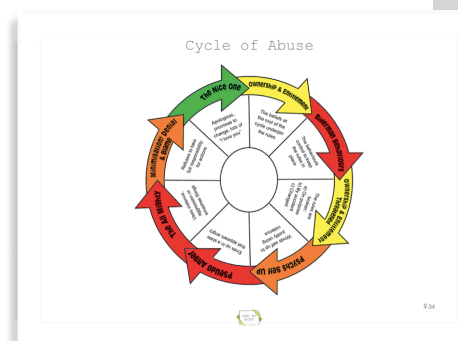
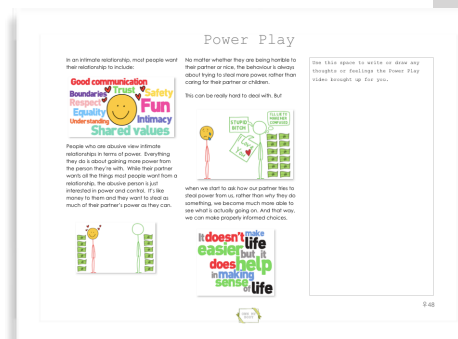
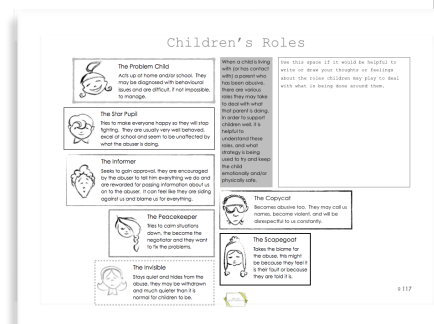
5.Space for Action: In order to leave an abuser and move forward with their lives women need space for action, where the abuser's tactics become less effective and they have a supportive

space to take positive action for their lives. (Kelly, 2003)

6.Consciousness Raising: This refers both to a woman's consciousness of her own personal life but also to gaining understanding about the dynamics of domestic abuse and what is driving the abuser's behaviour. It also includes socio-political education in identifying misogyny, patriarchy, and sexism in media, law, history, and across society.

7.Regaining Ownership/Building Self-Efficacy: Women need to be enabled to take back ownership of their lives from the abuser. They can be supported to do this through having space for action and through consciousness raising. Self-efficacy involves having confidence in your ability to exert control over your own motivation, behaviour, and social environment. Helping women to build self-efficacy is integral to recovery after a relationship with an abuser. (Bandura, 1994)

8.Safety: Abusive men kill women and children. They rape, injure, disfigure and violate women and children. Any intervention with women may increase an abuser's risk to them, and this requires practitioners and organisations to make every effort to maintain and increase the safety of women and children.



Core Values

1. Women are the experts on their own lives: They need our support in moving forward (much like a pregnant woman needs a midwife to help her through labour) but women are the experts on their lives, what they need and how we can best support them.

2. Addressing the professional/personal dichotomy: Women's services have developed a tendency to treat professional knowledge and expertise as being of greater value and have viewed it as inappropriate for female practitioners to share their personal experiences with service users. However, appropriate and ethical use of our personal narratives as professionals can be helpful and useful to women.

3. Depathologisation: Often women with abusive partners are pathologised, which means to treat them as if they are "psychologically abnormal". However, women's reactions and management of their lives with an abuser are usually totally normal. The issue is the abuser, not the woman.

4. Trauma literacy and psychoeducation: Building women's literacy about trauma will enable them to more quickly regain ownership of their lives and make sense of the ways they have responded to an abuser and the wider pressures and challenges within their life.

5. Information ownership: The information within the group will be owned by the group. This is particularly important with regard to the Own My Story journals. Practitioners should NEVER look in women's journals without being invited to do so by women themselves. The journals need to be stored securely. Agreements around confidentiality should be reiterated in every session to ensure that if women do disclose information they are fully aware that the information may be shared outside of the group.

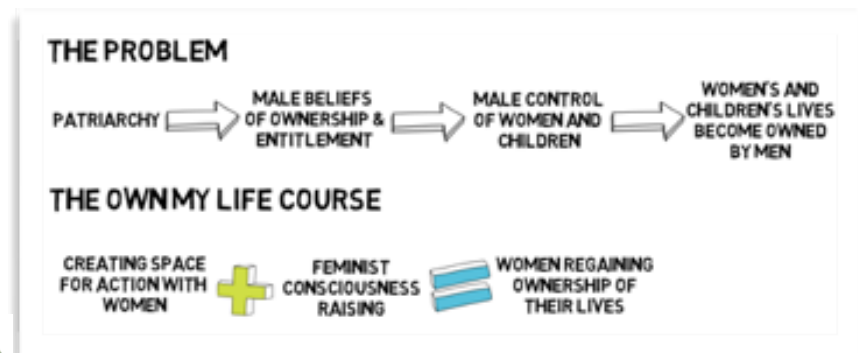
6. Right use of power: The facilitator and the organisation running the Own My Life course holds significant power and this must be acknowledged and managed appropriately.

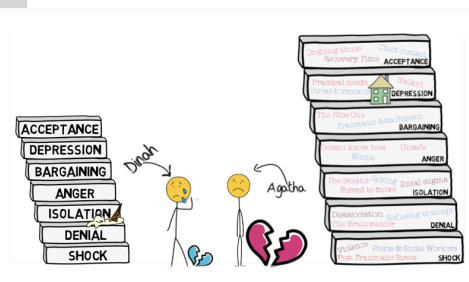
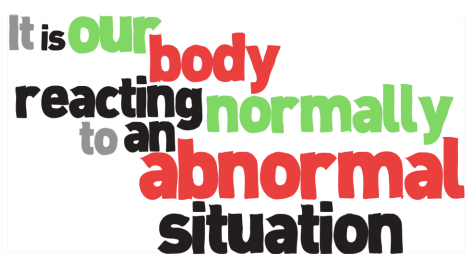
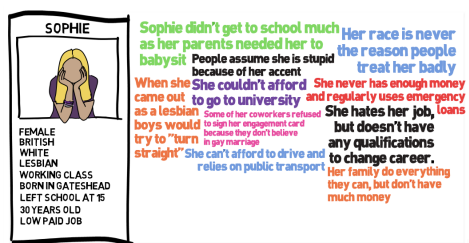
7. Collaborative not competitive: The Own My Life course recognises that patriarchy seeks to divide women to conquer them, this is evident in women's magazines, TV programmes, the beauty industry and across society. We seek to foster collaborative spaces that build sisterhood and combat competitive attitudes.

8. Honouring resistance: Women always resist abusers and this resistance should be honoured. Sadly, most often when women share how they have resisted abuse, they are met with scorn and blame. The Own My Life course seeks to honour women's resistance.

9. Liberation and equality: In light of the Own My Life course's Core Principles of feminism and intersectionality; the value and equality of all human beings is recognised. The current state is one in which women are oppressed by men; black people are oppressed by white people; lesbian and gay people are oppressed by heterosexual ideals; transgender people are oppressed by transphobia; and disabled people are oppressed by a society designed by and for able-bodied people. The Own My Life course works to ensure all participants experience equality of opportunity but seeks to move beyond equality to full liberation.

Theory of change





Method

- Problem-posing education:** Based on Paola Friere's work, problem-posing education recognises that education is not simply deposited from a teacher to a student but instead should be a dialogue between the two people. It is not the teacher working for the student but WITH the student. Problem-posing education should include listening, dialogue and action.
- Reflective practice:** For both facilitators and participants on the Own My Life course, reflective practice is encouraged. This practice involves the ability to reflect on our actions so that we can engage in a continuous process of learning. Within both the WoManual content and the Own My Story journal, exercises for reflective practice are included.
- Group work:** The Own My Life course sessions include work in a large, in small groups and in pairs.
- Individual work:** The Own My Story journal includes space for individual writing and/or drawing throughout each session. Also, the course can be delivered on a one-to-one basis if necessary, though this will decrease the full benefit of the course with the community elements not included.
- Fun and laughter:** Abusers steal our joy, and so we ensure that fun and laughter are part of how we deliver the Own My Life course.

Evaluation

The evaluation process for the course has two elements:

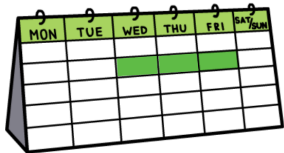
- Start and end of course evaluation forms for participants
- Weekly evaluations through the course's emoji-based ballot

These can be used to measure changes in understanding and give participants an opportunity to write how the Own My Life course has helped them. All completed evaluation forms and ballots should be recorded in the Own My Life course Evaluation Spreadsheet (found on the e-Hub). At the end of the course this provides a format to report the impact of the course with measurable outcomes. Alongside this, facilitators are encouraged to complete a weekly reflective evaluation.

Facilitator Training

Training is available for practitioners working within women's services and other organisations working to respond to domestic abuse and sexual violence. The Women's Liberation Collective partners with organisations, local authorities and individuals to deliver Own My Life course training.

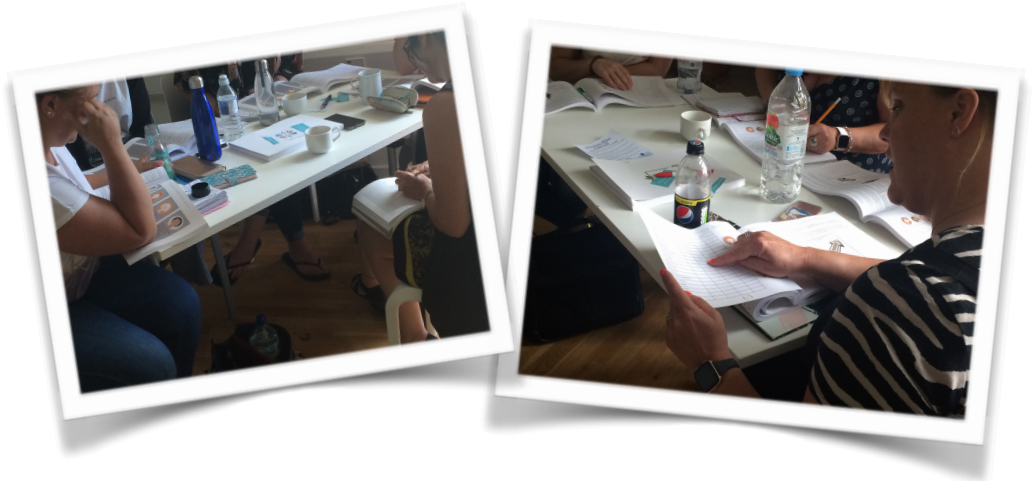
A partner organisation provides the venue and training participants and we provide a qualified trainer to deliver the training. Occasionally the Own My Life course organises training that individuals and organisations can book onto.



Own My Life course training takes place over three consecutive days. The training normally runs from 9.30am - 5.30pm and a minimum of five participants are required. There can be a maximum of forty participants.

Own My Life training includes:

- Full instruction in running the Own My Life course.
- Comprehensive domestic abuse education.
- Building literacy in the physiology of trauma.
- The course WoManual.
- 10x Own My Story journals for running the course.
- Other course materials.
- Access to the Own My Life e-Hub.



Comments from Own My Life facilitator training participants:

BRILLIANTLY WRITTEN & PUT TOGETHER. GREAT TRAINING, WELL THOUGHT OUT. FRESH AND SUCH A GREAT INNOVATION & TOOL.

BRILLIANT. EVERYTHING ABOUT THE TRAINING MADE SENSE. FLOWED GREAT & WAS DELIVERED WELL. WHAT AN AMAZING EXPERIENCE.

IT WILL HELP YOU UNDERSTAND WHERE YOU ARE, HOW TO CHANGE YOUR THOUGHT PROCESS AND MOVE YOUR LIFE ON.

WOW! WHAT AN AMAZING LIFE CHANGING COURSE.

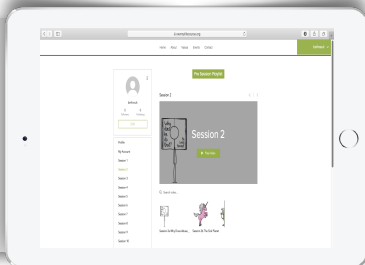
Course materials



The WoManual includes all the session plans, forms & a full copy of the Own My Story journal. Each facilitator needs a copy of the WoManual.



The Own My Story journal includes scripts of all the videos, the course quizzes and other activities, & a way for women to record their journey on the course. Each course participant needs a journal.



The e-Hub includes the 22 course videos, additional video content, a positive songs playlist, forms, evaluation spreadsheet & more.



The other course materials include traffic light laminates & pens for the weekly Own My Choices activity, string for a Session 2 activity, the evaluation ballot box & emojis.

What are Own My Life course facilitators saying about the WoManual and the Own My Story journal?

**REALLY EASY
TO NAVIGATE -
MADE SENSE.**

**EXCELLENT TRAINING
TOOL - FABULOUS WAY
OF LOOKING BACK ON
WHAT WE HAVE LEARNED.**

**FOOL PROOF.
VERY USER FRIENDLY**

**I LOVE THE FORMAT
& HOW IT IS PRESENTED.
EASY TO USE & TRANSLATE
TO THE WOMEN'S JOURNAL
DURING EACH SESSION.**

**AMAZING - LOVE THE
WAY THE COURSE IS
FULLY LAID OUT IN THE
WOMANUAL.**

**I LOVE IT AND
I KNOW THE
WOMEN WHO
ATTEND THE
COURSE WILL
ALSO LOVE IT.**

**BEAUTIFULLY DONE.
PERSONAL TO THE
CLIENTS & SOMETHING
TO KEEP AND REFER BACK TO.**

What do Own My Life course participants like about the Own My Story journal?

Everything
The activities It's colourful
We could write in it The pictures
Easy to understand
Well set out In depth
Explanation of the videos





Sarah's Story

Before starting the Own My Life course, Sarah had attended other programmes run by the domestic abuse service and is still with her abusive husband. She says, "This course has definitely helped me to get to a place where I can leave my husband. It has helped me understand why I feel the way I do and that it's normal to feel like this." Sarah explains, "I've realised that all my needs are dependent on my husband, but I can see there's a way past that, that's what the course helped me to see."

What are course participants saying about the course?

IT HAS HELPED
ME OWN MY LIFE!
(I AM AN ANXIOUS
PERSON).

WE KNOW ALL THE SAME
STUFF, IT'S LIKE WE'RE PART
OF A GIRL CLUB, WE DON'T
HAVE TO EXPLAIN TO EACH
OTHER. OTHER PEOPLE WHO
HAVEN'T DONE THE COURSE
DON'T GET IT.

THE FIVE FS VIDEO WAS
MINDBLOWING. AFTER
WATCHING THE
UNDERSTANDING THE
BRAIN VIDEO I BEGAN TO
SHIFT THE TRAUMA AROUND
IN MY HEAD. I COULD FEEL
IT MOVING AROUND MY
HEAD, I WOULD GET A BAD
HEADACHE IN THE PART IT
WAS IN, AND I WAS ABLE TO
MOVE IT TO THE RIGHT PART
AFTER A FEW WEEKS.

IT REALLY MAKES YOU
REALISE ABUSE IS NOT
ACCEPTABLE AND WE
SHOULDN'T PUT UP WITH IT.

I WAS IN THE HOSPITAL
THIS WEEK BECAUSE I
WAS ILL AND I WAS
CRYING IN THE HOSPITAL
WARD BECAUSE I COULDN'T
DO THE COURSE. I WAS IN
MY BED CRYING AND
SAYING, 'I WANNA GO TO
THE COURSE!'

IT MAKES YOU THINK.
IT MAKES YOU REALISE
THAT WHAT YOU BELIEVED
ISN'T ACTUALLY RIGHT.

Own My Life course pilots

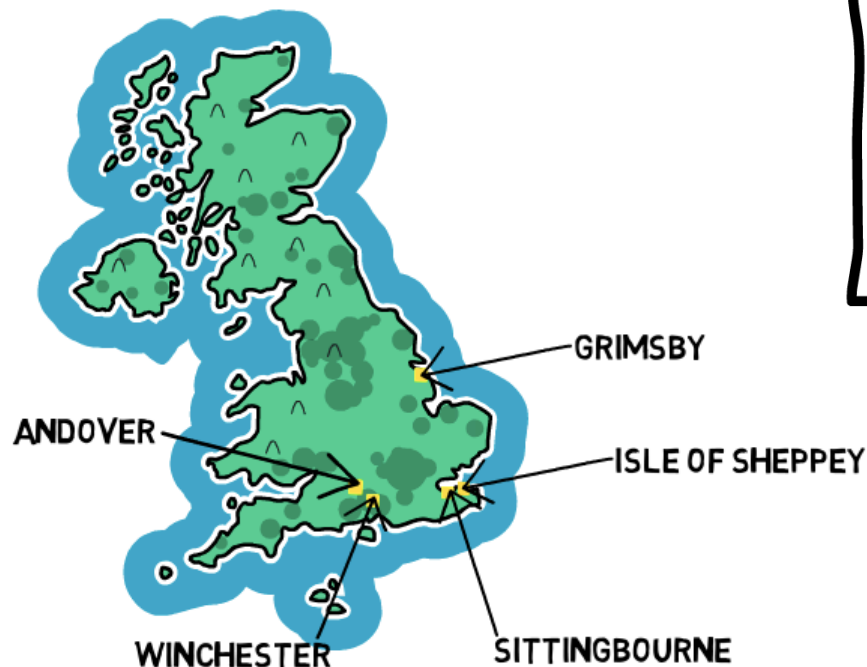
Across 2018/19 there have been three pilot Own My Life course facilitator training events across England, with 35 practitioners trained as Own My Life course facilitators.

Five pilots are running across England. These are being run with three domestic abuse services in their outreach services, and with women in a refuge.

One pilot course was completed in July 2019, with other pilot courses due to finish in December 2019 and February 2020. Data and feedback from these pilots will be incorporated into an evaluation report by Easter 2020.

Facilitators have described the course as life-changing, and have shared that it has positively impacted a diverse group of women, including women with complex needs. Women who have found the course incredibly beneficial are those with dyslexia, ADHD, other learning needs, history of street homelessness, and those with significant mental ill-health.

Facilitators have said that they found the training excellent, that the course is simple to deliver and that the course materials are comprehensive and 'amazing'.

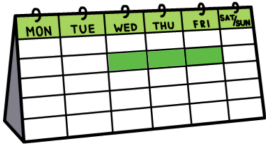

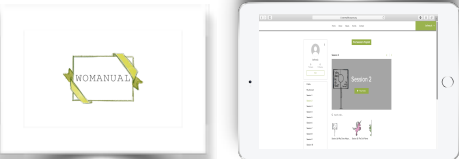


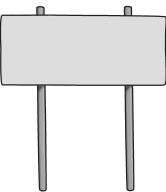

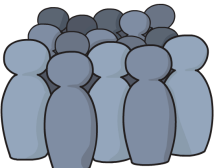



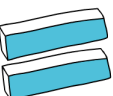
THOROUGHLY ENJOYED EACH SESSION, COVERED WIDE VARIETY OF EFFECTS OF ABUSE. QUESTIONS AND CHALLENGES SOCIAL AND PERSONAL BELIEFS OF FEMINISM AND DOMESTIC ABUSE WELL AND WITH CONSIDERATION.

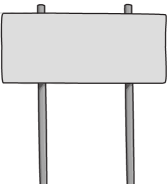

THIS IS VITAL - IF WE WANT TO INFLUENCE OR IMPLEMENT SOCIETAL CHANGE WE NEED MORE PEOPLE TO BE AWARE.

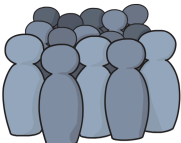
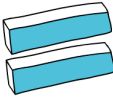
AS A SURVIVOR, I WOULD HAVE LIKED THIS INFORMATION. IT'S LIKE A ONE STOP OF INFO.

Course costs

Course resources	Quantity	Post-2020 cost	2020 cost
 3 days training	 1 per trainee	£400	£0
 WoManual and e-Hub access	 1 per trainee	£40	£40
 Other resources	 1 per organisation	£60	£60
 Own My Story journal	 10 per course	£100	£100
Total		£600	£200


 Per trainee  **£40**


 Per organisation  **£60**


 Per course  **£100**

Accessing facilitator training

In 2020, the Sir Halley Stewart Trust funded the Women's Liberation Collective to deliver five Own My Life course facilitator training events across the UK, and we are seeking to partner with local services and other interested organisations to deliver the training. There are two ways for practitioners to access the facilitator training:

	Hosting the Own My Life course training	Participating in a hosted training event
What is involved?	Providing a venue and participants for the course.	Attending the training.
What are the benefits?	The training will happen in your locality and you can determine the best dates for the training. Because you are hosting the training, you will get a FREE set of the course resources worth £160.	You (or your organisation) don't need to provide a venue or do any admin to organise the training.
What will it require of us?	You will need to provide someone to liaise with us about the course, provide a venue for the course, and be willing to allow participants from other organisations/areas to join the training.	You (or your staff) will be limited to attending training when and where it has been organised with host organisations. If a training event is not local to you, you will need to cover accommodation and travel costs for you (or your staff).

The Sir Halley Stewart Trust has funded the training costs for five 2020 Own My Life course training events. This includes the trainer's expenses and fees. However, the training venue will need to be provided by a host organisation, with organisations or individuals paying for the training resources.

We recognise that all women's organisations are underfunded and some will struggle to cover even the training costs. In light of this, the Women's Liberation Collective will be seeking grant funding to subsidise the training costs where possible. This is dependent on the collective successfully applying for grants and so is not guaranteed.



Example costs



The service have five staff members they would like to train to run the Own My Life course and they are planning to run the course with groups of ten. They envisage running three groups over 2020. They hope to run three courses with groups of 15 in 2021.

2020 costs:

Trainee costs: $£40 \times 5 = £200$

Other resources: $£60 \times 1 = £60$

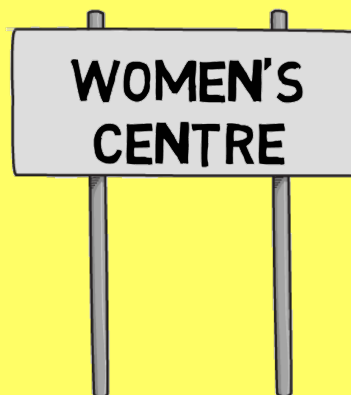
Own My Story journals: $£10 \times 10 \times 3 = £300$

Total: £560

2021 costs:

Own My Story journals $£10 \times 15 \times 3 = £450$

Total: £450



The centre have seven staff members they would like to train to run the Own My Life course and they are planning to run the course with groups of 15. They envisage running four groups in 2020 (with two groups running on the same day/time). In 2021, they hope to run five courses with groups of 15 in 2021.

2020 costs:

Trainee costs: $£40 \times 7 = £280$

Other resources: $£60 \times 2 = £120$

Own My Story journals: $£10 \times 15 \times 4 = £600$

Total: £1000

2021 costs:

Own My Story journals $£10 \times 15 \times 5 = £750$

Total: £750



The prison have two staff members they would like to train to run the Own My Life course and they are planning to run the course with groups of eight. They envisage running two groups in 2020. In 2021, they hope to run three courses with groups of 10 in 2021.

2020 costs:

Trainee costs: $£40 \times 2 = £80$

Other resources: $£60 \times 1 = £60$

Own My Story journals: $£10 \times 8 \times 2 = £160$

Total: £560

2021 costs:

Own My Story journals $£10 \times 10 \times 3 = £300$

Total: £300



2020 Training: Expressions of interest

If you represent an organisation or are an individual interested in participating in Own My Life course training please complete the online 2020 Training Interest Form by [CLICKING HERE](#).

This is a sample version of the form:

2020 Training Interest Form

Before completing this form, please read the Own My Life course INFORMATION FOR ORGANISATIONS that can be accessed by [CLICKING HERE](#).

Name *
Organisation name (if applicable)
Email *
Phone *
Location *
Your role within the organisation *
Do you want to host a training event? (yes/no) *
Do you (or your staff) want to participate in a training event? (yes/no) *
Do you have a timeframe for completing the training? *
Minimum number of training participants from your organisation *
Maximum number of training participants from your organisation *
Can you afford the 2020 training costs? (yes/no) *
If you cannot afford the full costs, what can you afford?
Any other information?

Submit





To request further information about the Own My Life course, please contact:

The Women's Liberation Collective



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ownmylifecourse.org

