

## Aims of Patter Changing Courses

To provide a safe space where survivors can be encouraged and supported in developing:

- A firm belief in basic rights for all human beings
- An understanding and an ability to set boundaries
- Assertiveness skills that can be used to ask for basic rights and to protect boundaries.
- An increased sense of self worth and self-esteem.

## Contact details

If you are interested in finding out more about this course, please contact Bridge Associates on 07876087061 or email [contact@bridge-associates.org.uk](mailto:contact@bridge-associates.org.uk)

This leaflet can be made available in other languages and formats. For more information please telephone 01803 841506.

**Speak  
out  
break  
free**

## Pattern Changing

A Course for  
Survivors of  
Domestic Abuse



## Introducing Pattern Changing

Pattern Changing Courses are for survivors of domestic abuse. The course is designed to provide an understanding of domestic abuse, a safe space in which to explore past patterns of behaviour and to learn the techniques and skills to change these patterns.

Pattern Changing Courses offer education and support to survivors who would like the opportunity to make positive changes in their lives. Pattern Changing Courses are open to women who are or have been in an abusive relationship.

## Practicalities

Pattern Changing Courses run for 14 weeks, each session lasts for 2 hours. Each course has a maximum of 14 women in the group. The course does not run over the school holidays, i.e., Easter, Christmas, summer holidays and half terms. The venue for the course is within the Torbay area.

Assessments prior to the start of the course will determine the appropriateness of the course for each individual.

## An Overview of Pattern Changing Courses

Pattern Changing Courses cover the following topics:

- Basic rights of all human beings
- Impact of abuse on women and their families
- Why it is so hard to leave an abusive relationship
- Childhood patterns of behaviour
- Setting boundaries-ending old patterns
- Understanding and dealing with feelings such as grief, guilt, fear and anger
- Assertiveness training
- Planning future goals and learning how to make decisions
- How to form healthy relationships.

## About the Facilitators

A lead facilitator and a co-facilitator run the Pattern Changing Courses. Both have experience of working with survivors of domestic abuse.

## About Bridge Associates

The members of Bridge have many years experience working in the field of domestic abuse with parents, carers children and young people. They are experienced in running educational programmes for survivors; individual support through counselling and art psychotherapy; survivor feedback groups; worker supervision and delivering training to organisations.

We believe in encouraging survivors of domestic abuse to restore and develop their own resources, determine their own futures and become empowered to make positive changes and so end the cycle of abuse.