

# Implications and Effects of Abuse on Adult Mental Health

*A one day course*

Health and Social Care practitioners regularly encounter adults who are the victims of abusive behaviour experienced either in childhood, adolescence or adulthood. It has long been a dilemma of Practitioners to know how best to deal with and treat such individuals particularly in terms of the later behavioural and psychological manifestations. A range of unhelpful labels from Personality Disorder to Psychotic are often used which do nothing to help the individual but merely enforce a sense of hopelessness

This course provides an understanding of a range of abusive behaviours that children and others may experience, the implications of such on Personality formation and the relationship between those experiences and adult behaviours as well as some useful helping strategies for both the specialist and non-specialist alike

**Who is it for?** This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment

**Timetable** (may be subject to amendment depending on group need)

- Session 1** General introduction to subject highlighting delegate needs  
Personality development and the role of Expressed Emotion  
The concept of the invalidating environment, the development of coping skills and the concept of resilience
- Session 2** Definitions and categories of Abuse  
Abusive behaviours and Trauma  
Abuse, self-esteem and the effect on Personality  
Overview of range of implications and consequences
- Session 3** Specific consequences including Substance Abuse, Personality Disorder  
Self-harm; PTSD; Depression, Suicidal Behaviour; Eating Disorders; High Risk sexual  
Behaviour, Homelessness, Criminal Justice issues and Psychosis
- Session 4** Problems of Dissociative Disorders, Re-victimisation  
Self-victimisation and intergenerational transmission  
Helping Interventions – both specialist and non-specialist

## **Learning Outcomes**

On completion of this course, participants will be able to:

- Understand a range of abusive behaviours that children and adolescents may experience
- Understand the implications of such behaviours on Personality formation
- Understand the relationship between abusive experiences and adult behaviours
- Understand the major principles of intervention that may help

## **Training Techniques**

Didactic teaching, group exercises/case studies, Q & A and discussion