

**The Freedom Programme three-day facilitator training event.**  
**CPD Certified for 15 hours**  
**Information**

We welcome your interest in our facilitator training. However, before you complete the rest of the booking form please read this information very carefully.

We want to be sure that all applicants are familiar with the Freedom Programme and understand exactly what the training entails. During one event three women decided not to return to their partners. So, if you have no experience of the programme and have not read 'Living with the Dominator, please email [freedomprogramme@btinternet.com](mailto:freedomprogramme@btinternet.com) and we will send you free log in details for the online course which incorporates the book.

The Freedom Programme contains robust language. If swearing offends you, please do not apply. The training takes the form of group discussions. We do not use Power Point, DVDs or post it notes. Most of the statistics quoted in our literature have not changed since our books were published so we have not updated them.

**This training enables participants to facilitate the Freedom Programme, not to train other facilitators.**

**The trainer reserves the right to refuse to train anyone who does not behave in a pleasant and cooperative manner.**

When we arrange an event, we wait until we have enough applications before we confirm that it we will go ahead with the event. If this does not happen we cancel or postpone all events at a cut-off date which is usually two months before.

When we confirm an event, we send each applicant an invoice. All applicants must pay in full 28 days before the event. If your organisation wishes to make a separate arrangement and provide an official purchase order, please contact us to discuss this. We also accept last minute applications in certain circumstances.

When the applicants pay the invoice, we confirm their place and post their joining instructions and the following publications, 'Living with the Dominator' and the 'Freedom Programme Home Study Course' to use one to one with their service users. We also send a copy of the 'Freedom Programme Training Manual'.

The cost is £450.00 plus VAT. This includes lunch, refreshments and training materials. It does NOT include accommodation.

Please return the completed booking forms to

**The Freedom Programme Ltd, PO Box 41, Knighton, Powys, LD7 1HY**

Phone: 01547 520 228

Fax: 01547 529 223

Mobile: 07789871309

Email: [freedomprogramme@btinternet.com](mailto:freedomprogramme@btinternet.com)

**Proposed learning outcomes:**

- 1 To help men and women recognise the beliefs held by abusive men and to recognise which beliefs they have shared.
- 2 To assist women to recognise future abusers.
- 3 To help men and women to understand the effects of Domestic Abuse on children.
- 4 To be able to use the programme in a group setting or in individual practice using the Home Study Course.

**Booking Form**

Preferred date

Name or names

Address

Address for invoice  
if different from above

Telephone

Mobile

Email (not optional)

Special requirements e.g. diet, wheelchair access

Experience or knowledge of the Freedom Programme

How do you intend to use the training?

Please list 3 'Rules of the Game' from 'Living with the Dominator'

Please list 3 improvements to a child's life when the Dominator is no longer in the home.

**Terms and conditions.**

I will read the course materials and bring the books to the event.

I will use this training to facilitate the Freedom Programme.

I will not use this training to train other facilitators.

I accept that this training includes strong and graphic language.

I will behave in a pleasant and cooperative manner.

I accept that a certificate of completion is only granted for the full 3 days.

If I cancel my place within 28 days of the event, I will not receive a refund.

I agree to comply with these terms and conditions

Signed

Date

## Timetable

### Day one

|                |   |
|----------------|---|
| 9.15 am        | Arrival and coffee  |
| 9.30 am        | Introductions. The Dominator and Mr Right. An introduction to the Freedom Programme   |
| 11.00 am       | Coffee.   |
| 11.15 am       | Aspects of the Dominator. The Bully. The sessions on the Headworker, King of the Castle, Jailer, Persuader and Badfather follow the same format |
| 1.00 pm        | Lunch   |
| <b>1.45 pm</b> | <b>Active practice in facilitating session 1 of the Freedom Programme</b>   |
| 3.00 pm        | Tea   |
| 3.15 pm        | Q&A   |
| 4.00 pm        | The Good Wives Guide. Going to college.   |
| 4.30 pm        | Close   |

### Day two

|                |   |
|----------------|---|
| 9.30 am        | The Sexual Controller                           |
| 11.00 am       | Coffee  |
| 11.15 am       | The Sexual Controller                           |
| 12.00 pm       | The Liar  |
| 1.00 pm        | Lunch   |
| 1.45 pm        | The Liar  |
| 3.00 pm        | Tea   |
| <b>3.15 pm</b> | <b>Active practice in facilitating The Liar</b> |

### Day three

|                |   |
|----------------|---|
| 9.30 am        | The effects on children   |
| 11.00 am       | Coffee  |
| 11.15 am       | The Freedom Programme for men. Information about the men's Freedom Programme followed by a Q & A session. |
| 1.00 pm        | Lunch   |
| <b>1.45 pm</b> | <b>Active practice in facilitating the Headworker</b>   |
| 3.00 pm        | Tea   |
| 3.15 pm        | Final Q&A   |
| 3.45 pm        | Warning signs. (My new boyfriend)   |
| 4.00 pm        | Close   |