

## **FREEDOM FOREVER**

### **A 10 WEEK FOLLOW ON PROGRAMME FOR WOMEN WHO HAVE COMPLETED THE FREEDOM PROGRAMME.**

**Training accredited for 10 CPD points**

**We have completed the pilot for this programme in Wigan with the Freedom Programme Charitable Trust.**

Many women have contacted us to ask for a follow on the Freedom Programme so we have created Freedom Forever. They have asked for this programme to reinforce what they have learned on the original especially when they meet a new partner or when having a 'wobble about the past. Some women have experienced yet another abusive relationship and wondered how they could have fallen for it again.

Women who are involved with Social Care tell us they need information about the procedures used by various agencies. Others asked for help to cope with the perpetrator who was manipulating a variety of agencies in order to abuse them further.

We have included an overview of child protection procedures and information about how to seek the most effective legal advice. We have also included exercises to increase assertiveness and to respond to the specific effects on children from exposure to the tactics of the dominator.

Feedback from the pilot:

'Brilliant!'

'Just what we all need!'

'Feeling inspired already!' (After session two)

'This is for me!'

**Cost: £300.00 plus £60.00 VAT**

**The cost includes lunch and refreshments. A hard copy of the manual is also included and this can be updated in the form of a download.**

# Timetable

## Day 1

- 9.15 Coffee on Arrival.
- 9.30 Outline of the 10 Week Programme.
- 10.30 Laws and Legalities.
- 11.00 Coffee.
- 11.30 Coercive Control Law.
- 12.00 Understanding Statutory Agencies.
- 12.45 Lunch.
- 2.00 Practice on Parenting Session using the Manual.
- 2.30 Managing Child contact.
- 3.00 Afternoon Tea.
- 3.30 Patriarchal Principles
- 4.30 Close.

## Day 2

- 9.30 Exposure Theory.
- 10.00 Reinforcing Group Positivity
- 11.00 Coffee.
- 11.30 Aspirations and Practicality
- 12.45 Lunch.
- 2.00 Practice on Assertiveness Session using the Manual.
- 3.00 Afternoon Tea.
- 3.30 Retaining Freedom Forever
- 4.30 Close

## BOOKING FORM FOR FREEDOM FOREVER

Date of training

Name or names

Address line 1

Address line 2

Address line 3

Telephone numbers

Email address for invoice and instructions

Name of trainer who trained you originally

Date of original training

Special needs

I agree to pay the full fee if I cancel my place later than 28 days before an event

Please invoice the above address for £360.00 which includes VAT

**Signature**

**Date**

Please email this form to [freedomprogramme@btinternet.com](mailto:freedomprogramme@btinternet.com)

Or post it to Freedom Programme Ltd

**PO Box 41  
Knighton  
Powys  
LD7 9AF**

**You can also contact us at 01547 520 228**