



OLLSCOIL NA
GAILLIMHE
UNIVERSITY
OF GALWAY



**Galway Rape
Crisis Centre**
SERVICES FOR SEXUAL
TRAUMA & ABUSE



etbi
Education and Training
Institute of Ireland
An tScoil Teicneolaíoch
Dlíthe Éireann

First Point of Contact Training:

You are invited to take part in the First Point of Contact training programme that will equip you with the skills for receiving disclosures of sexual violence and harassment.

The training takes 12 hours with 12-20 participants. It takes place remotely via zoom on a part time basis, from 10AM-1PM each Thursday for 4 weeks. It is free of charge, supported by Active* Consent, The University of Galway Student Counselling Department, and the Galway Rape Crisis Centre.

The trainings are available as follows:

You must be available to attend all 4 sessions of a training group.

Training Group 1 sign up here: <https://forms.microsoft.com/r/XkLALDn41K>

(Copy & paste link or use link in email)

Day	Date	Time
Thursday	14 th September 2023	10:00am-13:00hrs online
Thursday	21 st September 2023	10:00am-13:00hrs online
Thursday	28 th September 2023	10:00am-13:00hrs online
Thursday	12 th October 2023	10:00am-13:00hrs online

Training Group 2 sign up here: <https://forms.microsoft.com/r/FqxFnA5VdR>

(Copy & paste link or use link in email)

Day	Date	Time
Thursday	2 nd November 2023	10:00am-13:00hrs online
Thursday	9 th November 2023	10:00am-13:00hrs online
Thursday	16 th November 2023	10:00am-13:00hrs online
Thursday	23 rd November 2023	10:00am-13:00hrs online

Background:

The First Point of Contact programme is a new approach to training staff members and students in communication and interpersonal skills for providing the initial support and signposting of someone who has experienced sexual violence or harassment.

Further Information:

People trained in First Point of Contact will feel more confident in signposting others to appropriate professional supports, having an initial supportive conversation with someone affected by sexual violence or harassment, and will become part of an ongoing network of likeminded members of the ETBI / FET community who express our shared values of respect and support.

The training is provided by Gemma MacNally (University of Galway Student Counselling Service) and Michelle Caulfield (Education Department, Galway Rape Crisis Centre), supported by the [Active* Consent](#) programme, the Office of the Vice President for Equality, Diversity & Inclusion, and the Student Project Fund at the University of Galway.

The programme covers the following areas:

- The types of sexual violence and harassment experienced by students and staff in the higher education setting.
- The knowledge and skills that underpin effective responses to informal disclosures that take place in higher education.
- Exploring the role of staff and students in culture change and organisational development, to help generate conditions conducive to help seeking, greater awareness, and confidence in accessing supports.

We ran this training multiple times last term with participation from academic staff, professional services support staff, and students. The evaluations have been very positive, with illustrative comments below:

- *Key benefit was increased confidence in dealing with all disclosures.*
- *Amazing facilitators, highly organised, careful training and done caringly. Extremely informative.....Life skills precious beyond job role.*
- *There was a great openness in the sessions. I believe I have learned skills I can take forward both in terms of this area and others (student suffering from stress etc).*
- *I really enjoyed the training. A well informed, supportive environment was created from the beginning. I particularly liked that Gemma & Michelle were practitioners and could share previous experiences.*