

Sport GVP: Preventing Gender Based Violence in and through Sport

Healing from GBV: Support and Recovery for Victims



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Training Package for Sport Professionals, Staff, and Executives



Healing from GBV: Support and Recovery for Victims

Purpose: To provide the skills and knowledge to support survivors of gender-based violence (GBV) on their recovery journey.

Key Topics:

- Needs and challenges faced by survivors of GBV during recovery
- Supportive communication strategies for engaging with survivors
- Roles of community and institutional resources in fostering recovery
- Effective approaches to create safe spaces for healing

Target Audience: Sport professionals, sport staff, professionals working with GBV.



Understanding Survivor Needs and Challenges

Physical needs:

- Physical harm - injuries, infections, or long-term health conditions
- Need for: healthcare professionals, arranging transportation to medical facilities, or accessing medication.

Emotional and psychological needs:

- Trauma-related symptoms - anxiety, depression, or post- traumatic stress disorder (PTSD)
- Need for: emotional support

Social and economic barriers:

- Stigma, isolation, lack of financial resources.
- Dependence on their abuser for financial stability.
- Need to: connect survivors with relevant support services, such as economic empowerment programmes or housing assistance

Identifying Survivor Needs

- **Step 1:** Conduct Assessments
- **Step 2:** Observe Cues
- **Step 3:** Recognise Diversity



Effective Communication with Survivors

- **Principles of Supportive Communication:**
 - Active listening, validation, non-verbal communication.
- **Avoiding Re-traumatisation:**
 - Sensitivity in conversations.
 - Using trauma-informed approaches.
- **Encouraging Disclosure:**
 - Building trust and ensuring safety.
 - Offering confidential and secure reporting systems.
- **Practical Steps:**
 - Prepare the Environment
 - Be Patient
 - Focus on Their Needs



The Role of Community and Institutional Support - 1

- **Importance of a Support Network:**
 - Peer and professional assistance.
 - Building trust within sports organisations.
- **Institutional Resources:**
 - Policies for survivor assistance.
 - Access to mental health professionals.
- **Collaboration with External Support Services:**
 - Connecting survivors to therapy and legal aid.
 - Working with advocacy organisations.



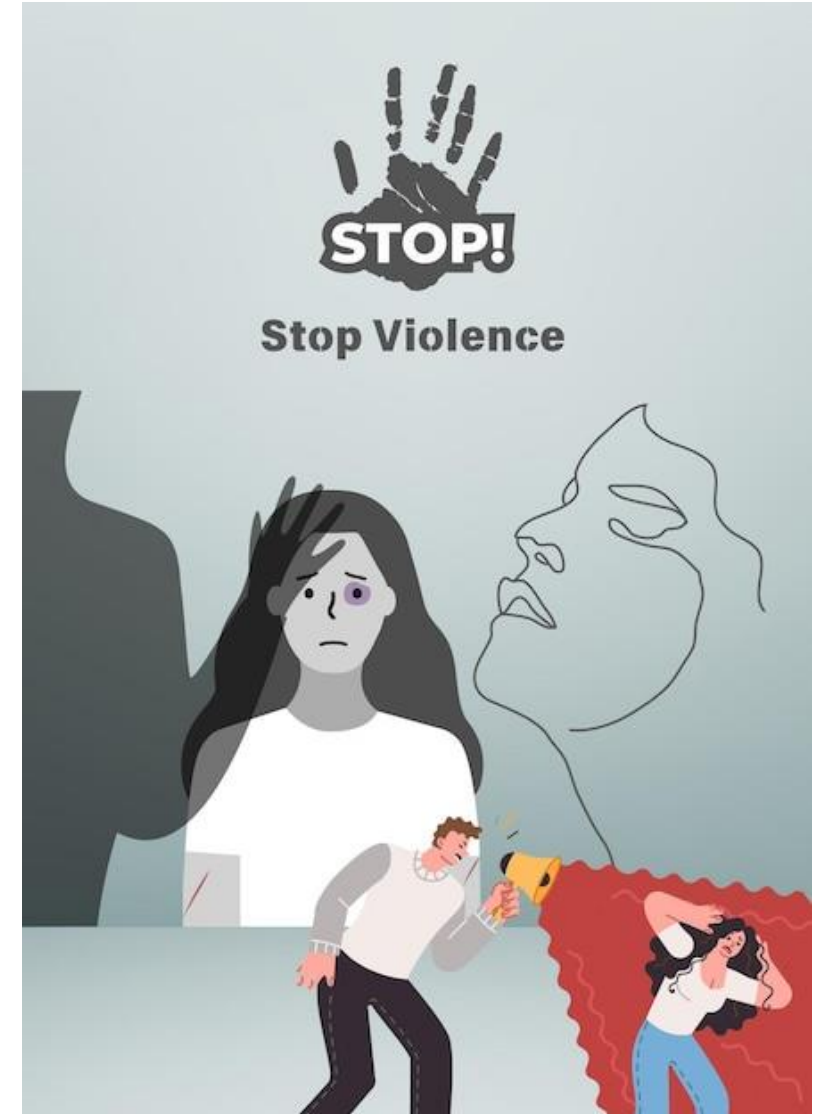
The Role of Community and Institutional Support - 2

- **How to Guide Survivors to Resources**
 - ***Prepare a Resource Directory***: Keep a list of verified local and national resources, including hot-lines, NGOs, and government programmes
 - ***Provide Options***: Instead of assuming what's best, offer multiple options and let the survivor choose.
 - ***Facilitate Connections***: If needed, make calls or help complete forms with the survivor's consent.



Creating Safe Spaces for Healing

- **Establishing Trauma-Informed Spaces:**
 - Non-judgmental environments.
 - Survivor-centred approaches in recovery.
- **Inclusive Recovery Programmes:**
 - Tailored approaches for diverse groups.
 - Encouraging participation without fear.
- **Case Studies:**
 - Successful implementation of survivor support in sports.



Reflection and Discussion

- Key Questions
 - *How can sports organisations better support survivors of GBV?*
 - *What role do mental health professionals play in athlete recovery?*
 - *How can institutions create an environment where survivors feel safe?*



Conclusion

Summary of Key Takeaways

- Psychological, emotional, and physical well-being is critical for survivors.
- Sports organisations must create survivor-focused policies.
- Collaboration with support networks ensures holistic recovery.



Questions?



THANK YOU



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