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TRAINING OF PROFESSIONALS

ATHENA BEGIN: 856613 - EUROPEAN CORPORATIONS AGAINST DOMESTIC VIOLENCE TOWARDS PEOPLE WITH INTELLECTUAL DISABILITIES

WP3: CAPACITY BUILDING & TRAINING

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A. Training of professionals

The aim of the D3.1 report is to provide the information for the implementation of the training of the professionals in the four cities of the partnership of the project Athena Begin, namely Athens, Madrid, Porto and Zaragoza. According to the agreement description a number of total 600 participants, professionals from a various disciplines connected with the fields of intellectual disability, mental health services, protection services, as well as carers and people with close connection to possible victims of GB and DV were invited to take part to the Athena Begin Training Programme. The trainings were realised between summer and autumn 2021

During the previous months the research team of the Athena Begin consortium succeeded to maintain a close collaboration as to develop the training materials which were used in the development of the training programme and activities. These training materials had to do with the following deliverables:

D2.3 Training materials for professionals.

The contents of the training materials included:

- Introduction to gender violence and Intellectual Disabilities;
- Regulatory framework;
- Difficulties in detection and attention;
- Support and strategies to minimize secondary victimization;
- Importance of protection: ancillary resources;
- Difficulties of female victims of DV/G-BV with ID before the complaint;
- Support in the process: Facilitator;
- Legislation and applicable action protocols (RECOMMENDATIONS): State implementation of European Directive 2012/29/EU of the European Parliament and the Council of October 25, 2012 etc.

D2.4 Handbook on Prevention

The contents of the handbook included: What is gender violence: Identification and legal consequences; Awareness of the normalization of social roles of men and women that can become DV/G-BV (micro-male chauvinism, cultural context, evolution of social role); Prevention tools: Strengthen the capacities and resources for the integral development of women with disabilities; Promote their autonomy in order to strengthen their positive identity; Increase self-esteem and self-awareness; How to face a situation of DV/G-BV; Resources for assistance and protection

D2.5 Short booklet on prevention

The contents of the booklet included: Prevention, identification and intervention tools for women with intellectual disabilities and their families; list of specialised resources for G-BV victims; all written in accessible language with graphics or pictures

D2.6 Specific action protocol. The contents of protocol included common Guidelines with recommendations on attention to women with disabilities, victims of DV/G-BV, to include within the action protocols already established by the pertinent authorities in attention to DV/G-BV.

B.The development of training of Athena Begin in the four cities/organisations of the Athena Begin.

All the partners of the consortium conducted regular meetings with an aim to develop a common line of steps for the development of the training which included an invitation, a common lesson plan and the development of common training activities and educational protocols. Online sessions were considered as the appropriate method of implementing the trainings of professionals due to unexpectedly difficult situations imposed by the Covid 19 among 2020-2021.

Athens

EDRA organised the Athena Begin trainings in three different cycles between July and October 2021 - First Circle (A group: 20,22,28/7, B group: 27,29/7, 2/8, C group 3,5,9/8 – total number of participants 36) – Second Circle (A group: 6-8-10/9, B group: 7-9-13/9, C group: afternoon 7-9-13/9, total number of participants 30), C Circle (A group: 20-23-27/9 afternoon, B group 21-24-28/9 afternoon, total number of participants 106). The platform which was used was the zoom platform and the average duration of every session was approximately 3 hours with total 9 hours of online training per group, with the creation of 8 different groups and 15 sub groups.

Madrid

A LA PAR organised the training sessions in five different groups between July and December 2021. All the groups were online in three online sessions of three hours each. Group A had 28 participants that were online on July 12, 19 and 26. Group B had 36 participants that were online on September 6, 13 and 20. Group C had 30 participants that were online on September 9, 16 and 23. Group D had 25 participants that were online on November 17, 18 and 19. Group E had 34 participants that were online on November 30, December 1 and 2. Each participant received materials to work with offline between the online sessions (5,3h x 3 offline sessions).

Zaragoza

The participants of the training course were mainly third sector professionals (psychologist, social workers, teachers, community workers, etc.). Most of them had previous experience in the field of intellectual disability and/or gender base violence. Also, some of the participants were university students.

The training was composed by nine topics, all of them related to the prevention and intervention in violence against people with intellectual disability. The course had a total of twenty-five

hours, divided in three session face-to-face of three hours each one and sixteen hours of off-line formation. The whole course was online through an internet platform and the sessions face-to-face were done by Zoom. The structure of trainings follows.

June-July 2021

GROUP A			
G1: S1- 15/06/2021 S2- 22/06/2021 S3- 29/06/2021	G2: S1- 15/06/2021 S2- 22/06/2021 S3- 29/06/2021	G3: S1- 16/06/2021 S2- 23/06/2021 S3- 30/06/2021	G4: S1- 17/06/2021 S2- 24/06/2021 S3- 01/07/2021
GROUP B			
G5: S1- 17/06/2021 S2- 24/06/2021 S3- 01/07/2021	G6: S1- 17/06/2021 S2- 24/06/2021 S3- 01/07/2021	G7: S1- 14/06/2021 S2- 21/06/2021 S3- 28/06/2021	
GROUP C			
G8: S1- 14/06/2021 S2- 21/06/2021 S3- 28/06/2021	G9: S1- 14/06/2021 S2- 21/06/2021 S3- 28/06/2021	G10: S1- 16/06/2021 S2- 23/06/2021 S3- 30/06/2021	

Porto

The training sessions took place between the 1st of July and the 12th of October. There were 39 sessions to 15 groups totaling 155 participants.

The participants of the training sessions were mainly professionals, although some future professionals were also included (psychologist, social worker, teacher, community agent, etc.), Some of them also play the role of formal and informal caregivers. Most of them have previous experience in the area of intellectual disability and/or gender violence.

The training consisted of nine topics, all related to prevention and intervention in violence against people with intellectual disabilities. The course had a total of twenty-five hours, divided into three face-to-face sessions of three hours each and sixteen hours of offline training. The

entire course was implemented online through an internet platform (Moodle) and the face-to-face/synchronous sessions were conducted by Zoom. This was mostly because of the restrictions imposed by pandemic covid 19 but, on the other hand, it also allowed the participation of professionals and future professionals living in different geographical regions, and some of them even abroad (emigrants in UK).

Given the previous experience of most of the participants, the synchronous sessions focus mostly on the discussion of the topics and an effort was made to complement the baseline knowledge and profile of every participants: for the groups working with people with ID, the focus was mostly on gender violence, and for the ones working with gender violence the focus was on intellectual disabilities. We also privileged practical activities and group dynamics and discussion through the analysis of specific topics and cases (videos, risk analysis of specific case studies, small group tasks using Zoom's simultaneous rooms...).

Trainees were evaluated by their participation during the synchronous sessions and also by a final assignment, individual or collective, in which knowledge was used, through the implementation of activities/workshops or the development of materials focussed on the themes of the training sessions.

The number of participants per group ranged from 5 to 15.

The attendance was very high, only 25 participants did not have the opportunity to attend all of the sessions.

Lessons plan and learning hours

The duration of the training course is 25 hours in total, including:

- 15 hours (estimated) of online access to theory and
- 9 hours of 3 face-to-face sessions (kick-off, midterm, final).

Here is a proposal of lesson plan:

No	Method	Duration (*a. h)	Content/Topics
1	Face-to-face	3	<ul style="list-style-type: none">● Getting to know each other's● Learners expectations● Sensitising - brainstorming about the gender- based violence against women with ID disabilities and main challenges faced by professionals● Introduction of the ATHENA BEGIN Training model for professionals working in field of intellectual disabilities

			<ul style="list-style-type: none"> ● Introduction of the Regulatory Framework both internationally and nationally ● Introduction of the Online Training ● Giving the task for online self-learning
2	Online session	8	<ul style="list-style-type: none"> ● Self-learning on the themes: ● Difficulties in detection and attention. ● Support and strategies to minimize secondary victimization. ● Difficulties for the people to identify signs of violence against themselves. ● Need for reflection on the importance of presenting complaint (provided the victims protection is ensured) ● The role of facilitator
3	Face-to-face	3	<ul style="list-style-type: none"> ● Reflections on the experience of the online training / questions and answers ● Why the presence of protocols is necessary and how we can take examples from the already existed ones ● Reflection and elaboration of the performance protocol with each Organization, Institution ● The ATHENA BEGIN Handbook
4	Online session	8	<ul style="list-style-type: none"> ● Self-learning on the topics: ● Therapy to recover and if possible, overcome the impact of violence. ● National protection resources ● Choose one protection activity from the handbook that can be implemented with a group of people with ID and presented it to the final online session in groups
5	Face-to-face	3	<ul style="list-style-type: none"> ● Final session: ● Reflections on the experience of the online training / questions and answers ● Exercises based on handbook ● Assessment to the competences gained during the trainings
TOTAL		25	

Invitation for the implementation of the ATHENA BEGIN trainings

The ATHENA BEGIN project addresses the risk factors for violence of people with disabilities, in particular, domestic and gender-based violence (DV / G-BV). The project wishes to offer resources and tools to professionals, who assist women with intellectual disabilities that have experienced domestic and/or gender-based violence, empowering them to improve their quality of life by developing certain skills and abilities.

The project is promoted by a partnership coordinated by the Spanish organization Asociación Tutelar Aragonesa de Discapacitados Intelectuales - Atades in cooperation with Fundación Carmen Pardo-Valcarce (Colegio de Educación Especial Niño Jesús del Remedio), Spain, Kinonikes Sineteristikes Drastiriotites Efpathon Omadon – K.S.D.E.O. EDRA, Grecce, University of Porto and UMAR - União de Mulheres Alternativa e Resposta, Portugal.

We invite you to take part to the 25 hours (online and offline) trainings, within june- July 2021, which will include:

- **Introduction to gender violence and Intellectual Disabilities;**
- **Regulatory framework;**
- **Difficulties in detection and attention;**
- **Support and strategies to minimize secondary victimization;**
- **Importance of protection: ancillary resources;**
- **Need for reflection on the importance of presenting the complaint (as long as the protection of the victim is ensured);**
- **Support in the process: Facilitator;**
- **Legislation and applicable action protocols (RECOMMENDATIONS): State implementation of European Directive**

2012/29/EU of the European Parliament and the Council of October 25, 2012;

- **Therapy to recover and, if possible, overcome the impact of violence.**

After the successful attendance, evidence of participation will be given to participants. The course is free and there are limited places. To register in the next few days, send an email to xxxxxx. For additional information please call:888888888888

For more information, we invite you to visit the project website: <http://athenabegin.org/>

For register on the available days please visit the link

1. Greece

Agenda

Αντζέντα εκπαίδευσης Athena Begin

Η διάρκεια εκπαίδευσης είναι 25 ώρες συνολικά, και περιλαμβάνει:

- 15 ώρες (κατά προσέγγιση) offline πρόσβαση στη θεωρία
- 9 ώρες 3 face-to-face online συνεδριών (εναρκτήρια, ενδιάμεση, τελική).

Ακολουθεί η ανάπτυξη του μαθήματος :

No	Μέθοδος	Διάρκεια(*a. h)	Περιεχόμενα
1	Δια ζώσης διαδικτυακή συνεδρία	3	<p>Αρχική συνεδρία - Γνωριμία συμμετεχόντων</p> <ul style="list-style-type: none">• Προσδοκίες των μαθητών• Ευαισθητοποίηση - brainstorming ιδεών σχετικά με την έμφυλη βία κατά των γυναικών με αναπηρία και τις κύριες προκλήσεις που αντιμετωπίζουν οι επαγγελματίες• Εισαγωγή του μοντέλου εκπαίδευσης ATHENA BEGIN για επαγγελματίες που εργάζονται στον τομέα της διανοητικής αναπηρίας• Εισαγωγή του Ρυθμιστικού Πλαισίου τόσο σε διεθνές όσο και σε εθνικό επίπεδο• Εισαγωγή στην offline εκπαίδευσης• Παράδοση υλικού για επεξεργασία
2	offline μελέτη	8	<p>Επεξεργασία υλικού από τους μαθητές:</p> <ul style="list-style-type: none">• Δυσκολίες στον εντοπισμό και την προσοχή• Υποστήριξη και στρατηγικές για την ελαχιστοποίηση της δευτερογενούς θυματοποίησης• Δυσκολίες για τους ανθρώπους να εντοπίσουν σημάδια βίας εναντίον τους.

			<ul style="list-style-type: none"> ● Ανάγκη προβληματισμού σχετικά με τη σημασία της υποβολής καταγγελίας (υπό την προϋπόθεση ότι διασφαλίζεται η προστασία των θυμάτων) ● Ο ρόλος του Διαμεσολαβητή
3	Δια ζώσης διαδικτυακή συνεδρία	3	<p>Ενδιάμεση συνεδρία</p> <ul style="list-style-type: none"> ● Σκέψεις για την εμπειρία της offline εκπαίδευσης / ερωτήσεις και απαντήσεις ● Γιατί είναι απαραίτητη η παρουσία πρωτοκόλλων και πώς μπορούμε να πάρουμε παραδείγματα από τα ήδη υπάρχοντα ● Αναστοχασμός και επεξεργασία των υπαρχόντων πρωτοκόλλων πρόληψης σε κάθε Οργανισμό, Φορέα ● Το Εγχειρίδιο ATHENA BEGIN
4	offline μελέτη	8	<p>Επεξεργασία υλικού από τους μαθητές:</p> <ul style="list-style-type: none"> ● Θεραπεία για την αντί και, αν είναι δυνατόν, για την αντιμετώπιση των επιπτώσεων της βίας. ● Εθνικοί πόροι προστασίας ● Επιλογή μιας δραστηριότητας προστασίας από το εγχειρίδιο που μπορεί να εφαρμοστεί σε μια ομάδα ατόμων με Ν.Ι. και παρουσιάστε την στην τελευταία διαδικτυακή συνεδρία σε ομάδες
5	Δια ζώσης διαδικτυακή συνεδρία	3	<ul style="list-style-type: none"> ● Τελική συνεδρία: ● Σκέψεις για την εμπειρία της διαδικτυακής εκπαίδευσης / ερωτήσεις και απαντήσεις ● Ασκήσεις βασισμένες στο εγχειρίδιο

			Αξιολόγηση των ικανοτήτων που αποκτήθηκαν κατά τη διάρκεια των εκπαιδεύσεων
Σύνολο	25		

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2. Spain

Agenda

Plan de sesiones y horas de aprendizaje

La duración del curso de formación profesional es de 25 horas en total. Estas incluyen:

- 15 horas (estimadas) de acceso *online* al contenido teórico
- 9 horas of 3 sesiones interactivas cara a cara (al inicio, en medio y al final del curso).

No	Método	Duración (*a. h)	Contenidos:
1	Sesión Interactiva	3	<p>Sesión inicial</p> <ul style="list-style-type: none">● Conociendo a los participantes● Presentación del modelo ATHENA de formación para profesionales que trabajan con personas con discapacidad intelectual. Presentación de la Fundación A LA PAR.● Sensibilización y conceptos básicos sobre violencia de género y discapacidad intelectual● Principales retos para los profesionales.● ¿Cuál es el marco regulatorio o legislativo internacional?● ¿Cuál es el marco regulatorio o legislativo nacional?● Introducción a la formación autónoma <i>online</i> y con tutorías● Asignación de tarea para el aprendizaje autónomo <i>online</i>.
2	Aprendizaje Autónomo <i>Online</i>	5,3	<p>Auto-aprendizaje sobre los temas:</p> <ul style="list-style-type: none">● Dificultades en detección y atención● Apoyo y estrategias para minimizar la victimización secundaria.
3	Sesión Interactiva	3	<p>Sesión media</p> <ul style="list-style-type: none">● Reflexiones sobre la experiencia de la formación autónoma <i>online</i> / preguntas y respuestas● Prevención de la Violencia de Género y Violencia Doméstica● Factores de riesgo y de protección● Dificultades en la detección y atención● Señales de alarma● Proceso de detección● Caso práctico
4	Aprendizaje Autónomo <i>Online</i>	5,3	<p>Auto-aprendizaje sobre los temas:</p> <ul style="list-style-type: none">● Dificultades de las víctimas de violencia doméstica y de género con DI antes de la denuncia.● El rol de facilitador/a
5	Sesión Interactiva	3	<p>Sesión final:</p> <ul style="list-style-type: none">● El rol del/de la facilitador/a● UAVDI Fundación A LA PAR● El proceso judicial

			<ul style="list-style-type: none"> ● Terapia para romper el círculo de la violencia ● Apoyo a la familia ● Intervención en casos especiales ● Reflexiones sobre la experiencia de la formación autónoma <i>online</i> / preguntas y respuestas ● Ejercicios basados en el Manual (<i>Handbook</i>) ● Evaluación de competencias adquiridas durante la formación
4	Aprendizaje Autónomo <i>Online</i>	5,3	<p>Auto-aprendizaje sobre los temas:</p> <ul style="list-style-type: none"> ● Terapia para romper el ciclo de violencia ● Conocimiento de recursos nacionales e internacionales
	TOTAL	25	

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3. Portugal

Agenda

Plano de Formação e horas de aprendizagem

Duração da Formação: 25 horas no total, incluindo:

- 16 horas (estimado) de acesso offline aos conteúdos;
- 9 horas distribuídas por 3 sessões online para discussão, implementação e esclarecimento de dúvidas relacionadas com as aprendizagens feitas.

Proposta do plano de sessão de formação:

Nº	Método	Duração (h)	Conteúdo/Tópicos
1	Online: Zoom	3	<ul style="list-style-type: none">• Apresentação;• Expectativas dos/as Formandos/as;<ul style="list-style-type: none">✓ Sensibilização - brainstorming sobre a violência de género contra as pessoas com deficiência intelectual (DI) e principais desafios enfrentados pelos/as profissionais, futuros profissionais e cuidadores/as informais;• Introdução ao modelo de formação ATHENA BEGIN aos elementos atuantes na área da deficiência intelectual;✓ Enquadramento legal (internacional e nacional);✓ Preparação para módulos offline (Introdução à Formação e Atividade de autoaprendizagem).

2	Trabalho Offline	8	<ul style="list-style-type: none"> • Autoaprendizagem sobre os temas: <ul style="list-style-type: none"> ✓ Dificuldades de deteção e atenção; - Apoio e estratégias para minimizar a vitimização secundária; ✓ Dificuldades das pessoas com DI de identificar os sinais da violência contra si próprias; - Necessidade de reflexão sobre a importância de apresentar a denúncia (desde que assegurada a proteção da vítima); - O papel do/a facilitador/a.
3	Online: Zoom	3	<ul style="list-style-type: none"> • Introdução ao Manual da Formação do Projeto ATHENA BEGIN; ✓ Reflexões sobre a experiência da formação offline / perguntas e respostas; ✓ Reflexão e elaboração de protocolo de atuação com cada Organização/Instituição.
4	Trabalho Offline	8	<ul style="list-style-type: none"> • Autoaprendizagem nos tópicos: - Terapia para recuperar e se possível ultrapassar o impacto da violência; <ul style="list-style-type: none"> ✓ Informação sobre os Serviços em Portugal RNAVVD; ✓ Trabalho de grupo: escolha de uma atividade do manual para ser implementada com um grupo de pessoas com deficiência intelectual e apresentação na sessão final online (com possíveis adaptações à realidade portuguesa).
5	Zoom	3	<ul style="list-style-type: none"> • Sessão final: <ul style="list-style-type: none"> ✓ Reflexões sobre a experiência da Formação online / perguntas e respostas; ✓ Exercícios baseados no Manual de Formação; - Avaliação das competências adquiridas durante a Formação.
TOTAL		25 horas	

List of participants – UMAR

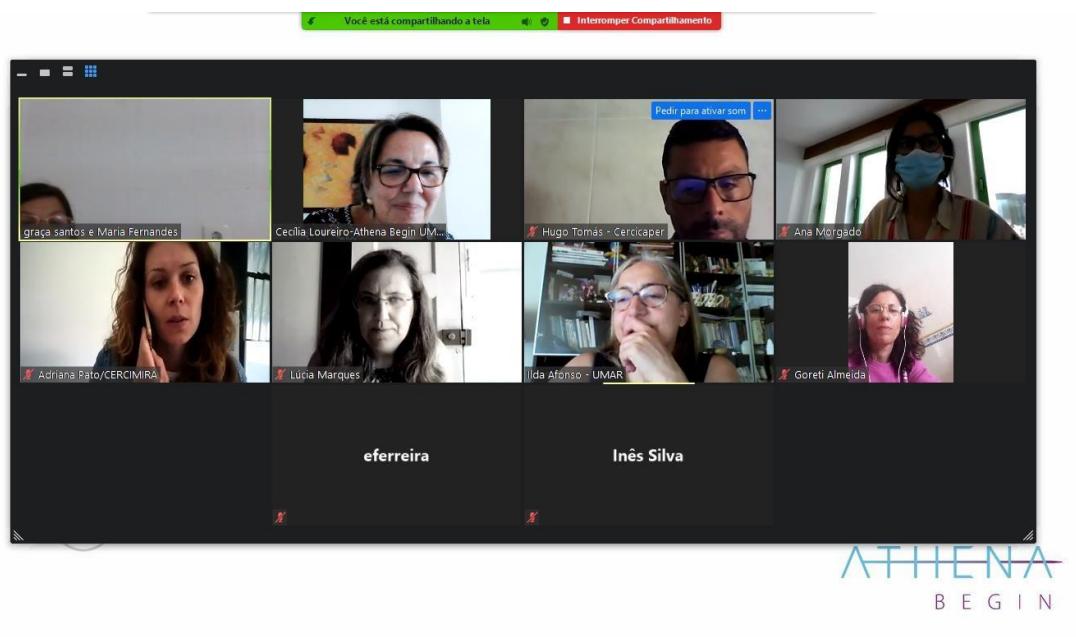
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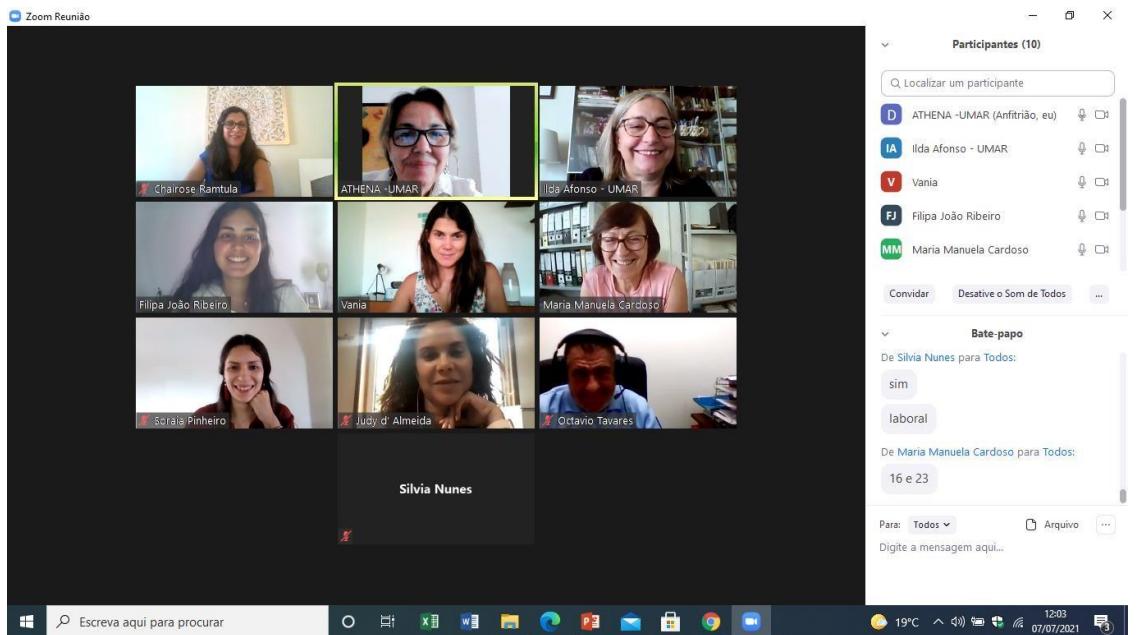
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Pictures





¿Qué es el proyecto ATHENA?

Este proyecto aborda la vulnerabilidad de las **personas con discapacidad intelectual** a ser víctimas de malos tratos, en particular a verse afectadas por la **violencia doméstica y la violencia de género** (VD/VG).

<http://athenabegin.org/>

ATHENA
B E G I N

A presentation slide with a black background. The title "¿Qué es el proyecto ATHENA?" is at the top in a pink font. Below it is a large block of text in Spanish. At the bottom, there is a URL and the ATHENA BEGIN logo. The slide has a dark border.

Sesión 2

Índice de contenidos:

1. Prevención de la VG/VD
2. Factores de riesgo y de protección
3. Dificultades en la detección y atención
4. Señales de alarma
5. Proceso de detección
6. Caso práctico

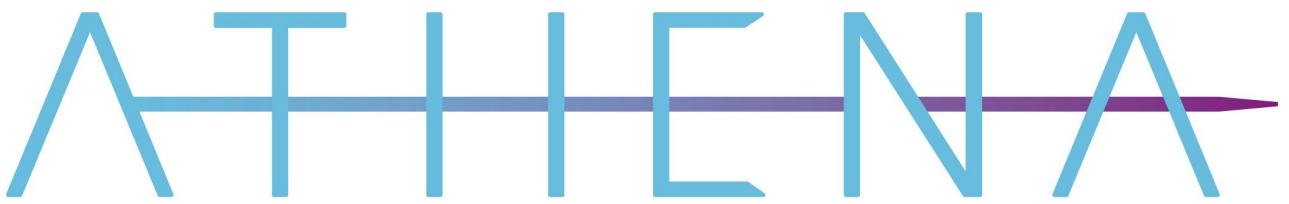


Sesión 3

Índice de contenidos:

1. El rol del/a facilitador/a
2. UAVDI
3. El proceso judicial
4. Terapia para romper el círculo de la violencia
5. Apoyo a la familia
6. Intervención en casos especiales





B E G I N

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