



Frequently Asked Questions Rock Pool Recovery Toolkit Programmes

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Can you run the courses with siblings?

The answer to this query is unfortunately not a simple yes or no, due to the potential dynamics that can occur between siblings. What we always recommend is that the facilitators responsible for putting the group together need to have some understanding of the relationship between the siblings, and their individual presentations and plan based on this.

The reason for this is that we know children, including siblings, experience adversity in childhood differently. Their understanding and perceptions of what has happened to them will vary and how they might have responded may also be different. This potentially can impact on their relationship and how they perceive each other, as well as how safe they might feel exploring their journey with their sibling present.

As a result, you may have siblings who are very comfortable attending the group together – but potentially also siblings for whom it would make fully participating a challenge.

The best advice that we can give therefore is to gain as much understanding as possible about the above, including within the pre-course assessment/interview and reach a judgement based on this.

Data collection and outcomes – how do you measure?

Within the RTK's we provide examples of documents that can be completed at the beginning and at the end of the programmes. These include self-esteem scales, lifestyle questionnaires and for children more art-based activities too. This is currently the way that we advise measuring outcome.

Can you deliver the RTK programmes on a 1-2-1?

The RTK's were designed to be delivered as groups, this is where the evidence suggests that they will be most effective and outcomes optimum. This is due to the dynamics of group work, including peer support and challenge, facilitators pro-social modelling etc.

If it is not possible to facilitate a group within your organisation, it is possible to use the materials to deliver on a 1-2-1 basis, however this will be less optimum than within a group.



Are there any Rockpool programme evaluation reports available that organisations can use for future funding bids?

We do not have any currently available. If this does become available in the future, we will do our best to make this accessible.

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Within the D/A programmes, could Rock Pool produce some more user friendly terminology, specifically around Bidermans and the Stages of Coercive Control e.g., Monopolisation of Perception, Omnipotence.

We do not currently have any plans to do this. This question has been raised from time to time, particularly around Biderman's language – in this case it is not possible for us to change this terminology as it is part of a specific model. Practitioners of course, where they feel it is necessary, can simplify the language when delivering the programmes to groups of participants.

Are we sent the PowerPoint presentations from the training?

Rock Pool have a policy of not sending out our PowerPoint presentations – Our presentations are designed as guidance for our trainers and are augmented by their knowledge and expertise. They are not stand-alone guidance or complete explanation of the topic on them. We appreciate people often want to share with colleagues, but it would be potentially harmful and a risk of misinterpretation by someone who had not attended our training.

The only exception to this is where delegates are receiving training to deliver the Recovery Toolkits online to participants, in which case we will enable access to the relevant power point slides to use in delivery.

If the any young people have learning difficulties and are not suitable for group work is there an alternative such as an adapted programme or delivering the work on a one-to-one basis?

There is no adapted programme for children and young people with learning difficulties currently. It is possible to use the materials to deliver 1-2-1 if necessary.

If a couple is separated, but remain in legal proceedings – can the person being abused attend the D/A RTK?

Yes – however we recommend facilitators ensuring that they have sufficient information to make an evidenced-based professional judgement as to the suitability of an individual participant for the course. Facilitators in this example should pay attention to potential issues of child contact issues and the potential for elevated levels of stress that can occur during proceedings. It is essential that facilitators continue to assess all information to support them in making a professional judgement.



For young people who have experienced Domestic Abuse, is there statistical evidential of `distance-travelled`, which could be used to highlight to partner schools the importance of the programme. Specifically, information relating to the Recovery Toolkit and the impact of this upon young people who have engaged with this.

Unfortunately, we do not have any of this information currently available to share, although it is something that we are working on for the future.

Is the D/A RTK programme suitable for men and woman?

At Rock Pool, we make every effort to ensure that language is gender neutral where the evidence and research allows to do this. Our programmes are intended for male or female participants.

There have been several queries to Rock Pool as to whether we can provide gender-neutral power and control wheels. The decision was made that Rock Pool will not be changing or adapting the original wheels in our manuals or on our training, as we would like to ensure they are following the Duluth statement found on their website below:

<https://www.theduluthmodel.org/wheels/faqs-about-the-wheels/>

However, if delegates or individual participants would like to have gender-neutral versions of the wheels, there are several available via an internet search which are easily accessible to use.

Can couples attend the Recovery Toolkit programmes?

D/A Recovery Toolkit – As this is for the person who has been abused, only one person will be eligible to attend.

ACES Recovery Toolkit – it is possible for couples to attend this; this should be based on a professional judgement made by facilitators based on information received.