

# Escaping Victimhood

Restorative practices with Victims of  
Serious Crime

# Escaping Victimhood

## restorative practice

- Restorative work is about repairing the harm through meeting the needs of those affected
- The process can often miss those who feel unable to consider the option of a restorative process involving the perpetrator
- Restorative practice work well with those involved with serious crime so why is so hard to attract some victims of serious crime?

# Escaping Victimhood working with trauma

- Trauma reactions are wide ranging and can affect people in different ways
- Common responses include having upsetting thoughts and images, avoiding reminders, emotional numbness, being on edge and jumpy, and experiencing strong feelings of shame, guilt, anger and rage
- When prolonged a person may be diagnosed as suffering from post-traumatic stress disorder

# Escaping Victimhood working with trauma

- Some people remain distressed for months and years, some return to normal functioning relatively soon, and some may have a delayed reaction
- Other cognitive, emotional behavioural and social consequences may follow such as relationship breakdown, reliance on alcohol or cigarettes as a way of coping, or impaired physical health

# Escaping Victimhood Marcus



# Escaping Victimhood experienced by Marcus



# Escaping Victimhood



# Escaping Victimhood the programme

- Location
- Group
- Voluntarism
- Trauma education
- Hero's Journey and personality types
- Activity – photography, art, massage
- Follow up day
- Feedback



# Escaping Victimhood

## the impact

- *Encouraged me to find a new path in life and care more for myself. Look to the future with hope*
- *I have found that inner strength which I thought had gone for ever*
- *It was fantastic to get more understanding of what has happened to me*
- *If only it had been available earlier, I could have been a more useful member of society, earlier*
- *The whole experience has been superb*
- *Extremely informative, powerful, very reassuring, reaching you in a way you could understand.*
- *The support of the team gave me hope, enabling me to move on*
- *With all the treatments and care made available to us, we felt able to respond and open up, to unleash some of our pain that has been trapped within us for what seems like an eternity, in a safe and peaceful environment*
- *No one has ever explained [about trauma] to me in such a helpful and positive way*
- *I was given the tools to cope*
- *I felt very much alone. Now with the input I feel much more enlightened and ready to move forward*

# Escaping Victimhood

- This is one way to reach those who might find it hard to work with restorative concepts in other settings
- There remains much to do to reach those in need





# Escaping Victimhood

Understanding the past. Embracing the future

### When and where is the next workshop?

So far we have run workshops in Birmingham and London. Our aim is to secure funding to allow us to work across the UK in future years. Please contact us for specific details about forthcoming workshops.

### What does it cost?

There is a fee for those able to pay. **However, Escaping Victimhood is committed to helping everyone in need, whether or not they can afford it.** We therefore offer a reduced fee to those who can make some contribution, or no fee at all to those who can't.

### How do I get a place on a workshop?

Contact EV by phone or email and ask for an application form. Once you have completed the form we will keep your application until we can offer you a place on a workshop.

### How are we funded?

We have been grateful for the financial support of many charitable trusts and others including The Wates Foundation, The Safer London Foundation, The Henry Smith Charity, The Allen Lane Foundation and The Rayne Foundation.

For more information, or for an application form, please visit **[www.escapingvictimhood.com](http://www.escapingvictimhood.com)** or contact:

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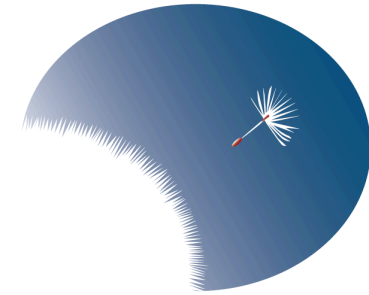
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## Escaping Victimhood

Understanding the past. Embracing the future

Escaping Victimhood is a charity helping people whose lives have been disrupted by the trauma of serious crime.

*"I have found that inner strength which I thought had gone for ever"*

Workshop participant.



### What does Escaping Victimhood do?

The experience of crime can affect work, health and relationships. We therefore offer a unique residential programme that helps people traumatised by the past to reclaim their future.

At a workshop participants can:

- *Learn more about the physical and emotional impact of trauma.*
- *Attend sessions on personal change to help put the traumatic event in the context of their whole lives - past and future.*
- *Experience relaxing therapies, such as massage and tai chi.*
- *Use painting, photography, or other creative activities to find new forms of expression.*
- *Spend time with people with a similar experience.*
- *Benefit from individual sessions of trauma therapy, counselling and healing.*

*“With all the treatments and care made available to us, we felt able to respond and open up, to unleash some of our pain that has been trapped within us for what seems like an eternity, in a safe and peaceful environment.”*

**Workshop Participant**

### What is the Workshop Programme?

We offer a 3-4 day residential workshop, for up to 12 participants, plus a follow-up day that takes place about 6 weeks later. Our venues provide comfortable accommodation, good food, lovely gardens and a relaxing atmosphere. The workshop sessions are run by skilled and supportive facilitators.

### Who should attend?

The Escaping Victimhood workshops are for adults affected by the trauma of serious crime. Recent workshops have been for people bereaved by murder or manslaughter. We can also work with survivors of crimes such as knife attacks, domestic violence or sexual assault. It is most helpful to attend a workshop some months after the traumatic event, for example, after any court proceedings are completed. However, there is no time limit - our workshops can help even if the crime took place over 20 years ago.

### Why should I attend a workshop?

Previous workshop participants believe that attending a workshop can bring substantial benefits.

*“Extremely informative, powerful, very reassuring, reaching you in a way that you could understand.”*

*“The support of the team gave me hope, enabling me to move on and not be a victim.”*

*“Encouraged me to find a new path in life and care more for myself. Look to the future with hope.”*

*“I have realised that I need to take time for myself and to accept when people offer to help me that I should sit back and take the help.”*

*“From everything I experienced I learned something. It was all positive.”*

