

## WHAT PROFESSIONALS ARE SAYING:

“Ricky Hunters’ workshops are enlightening and engaging. I often borrow Ricky’s ‘metaphors’ and explanations during consultations with many patients, who suffer a range of problems, from PTSD to Anxiety Disorders and Depression.”

**Dr Emma Proudman MBBS FRACGP**  
Brisbane

“Ricky’s workshops provides tools that are practical and life-changing across a broad range of disciplines.”

**Kathy Prentice, BA. MSc**  
Phoenix House  
Bundaberg

“The story of Ricky’s experiences of abuse and her own journey is an inspirational truth that illustrates the power of exposure therapies to free the human spirit. Ricky’s comprehensive plan is I believe a must for the professional’s ‘tool kit’.”

**Jo Payne**  
Bachelor of Social Work student  
CQU

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**Ricky Hunter**

## MORE INFORMATION REQUIRED:

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# Project Plan to Empowerment

Workshops for Counselors / GPs / Social Workers/ Health Professionals and Workers and Advocates involved in the domestic violence and sexual assault field.

## INFORMATION BROCHURE



One and One & half day workshops available

Adapted from the Book:  
**Point Last Seen . . . a road to recovery after childhood sexual abuse and domestic violence.**

**Endorsed by General Practitioners and Counselors.**



## INTRODUCTION

All workshops share a comprehensive introduction to the topics.

- Pets in Crisis — Breaking the cycle of domestic abuse presentation from book launch
- The connection between domestic abuse and pet abuse and the RSPCA Pets in Crisis Program in Queensland, Australia

## DYNAMICS OF SHAME

How shame contributes to the cycle of domestic violence

What is shame?

Shames — versus embarrassment — versus guilt — what's the difference?

The two types of shame — legitimate and illegitimate

How does illegitimate shame keep us stuck in the cycle of abuse?

How shame can drive us to extremes unless we discharge it.

## MAJOR WORKSHOP TOPICS

The length of the workshop will depend on the number of topics chosen and the length of time participants wish to spend on these topics.

- Goal of this workshop — to introduce the tool (Project Plan) and how to use it effectively in practice
- Outline Plan in book
- Transference of knowledge by way of compiling Project Plan — workshop in small groups
- Background of the book: *“Point Last Seen”* and why it was written
- The therapeutic value
- History behind the Project Plan
- How the plan was executed
- How to compile the Project Plan to Empowerment
- Feedback from group / suggestions / enhancements
- Health outcomes of violence against women (WHO) including sleep paralysis
- Unique challenges for rural battered women.
- Each delegate receives a free template to use in their practice and access to regular updates, with special consideration for clients with special needs.



## GUIDED DISCUSSIONS

A guided discussion for sexual abuse survivors and their families, advocates and members of the public.

### THE BIG “WHY”

How **why** questions can keep us enmeshed in the past.

- Monday morning quarterbacking/ hindsight biased thinking — another trap for survivors of domestic violence.
- Is your ship sinking/ has it sunk?
- What is your call sign for assistance?
- The cookie jar technique
- Monsters on the bus (CBT)
- Know your rights
- Bin those labels
- How I decided to take my power back — a short synopsis of my Project Plan
- My life now as a survivor of abduction and domestic violence and torture.
- Health outcomes of violence against women (WHO) including sleep paralysis
- The therapeutic value of writing your first person story
- Unique challenges for rural battered women.