

The Lodge, Forster Court, Galway

# SATU Psychological Support Worker

# Information Pack

**Thank you for your interest in volunteering with us, this service only exists due to the kindness and generosity of spirit of our valued Volunteers**

**Who are we looking to recruit?**

We are recruiting female volunteers, aged 25 years and upwards to support and advocate for survivors in the aftermath of a sexual assault. It is essential that all volunteers are:

* Empathic, non-judgemental, respectful and reliable
* Good listeners with good communication and interpersonal skills
* Available to commit to 100% of Training Dates
* Willing to attend 10 hrs. personal counselling during training, previous experience of personal counselling is desirable
* Able to draw on life experiences where they have been supported and/or have supported others
* Open to self-reflection and group work process
* Living within a 45 minute drive from Galway City centre
* Able to commit for 2 years (3 shifts per month) after successful completion of the selection process
* Willing to follow guidelines and represent the charity in a positive manner
* Computer literate

**What will you receive?**

* Full Training which includes all the theory and practise required for the position
* There is also a strong emphasis on personal development throughout the training and within the role
* Monthly Supervision and ongoing support from the SATU Services Manager, Bernadette Daly
* Out of pocket expenses whilst volunteering
* On-going training opportunities
* The opportunity to make a difference and to be part of a small organisation with dynamic and passionate individuals who provide a much needed service for Galway and surrounding counties.

# What is the Selection Process?

Due to the fact that we work with vulnerable people aged 14 years and upwards, we have a comprehensive selection and ongoing screening process. This includes:

* Online application form
* Group and individual interviews both
* 60 hour Training (6 weekends) over a period of 6 months
* 3 month shadowing and probationary period (10 shifts on call)
* Garda Vetting

**What is the Sexual Assault Treatment Unit (SATU)?**

* **The Sexual Assault Treatment Unit** has been providing specialist care for females and males aged 14 years and over who were recently sexually assaulted or raped. The Galway SATU opened in August 2009
* The specialist team of SATU staff provide easily accessible holistic services, in a supportive and sensitive manner
* The service addresses the medical, psychological/emotional needs and appropriate follow up care needs for survivors of sexual crime. This includes provision of treatment such as emergency contraception and medication to reduce the possibility of developing a sexually transmitted infection
* The SATU services respond to requests from the Gardaí for the collection of forensic evidence to aid the legal process. If a person wishes to report an incident to An Garda Síochána, this should be done as quickly as possible and delays should be avoided
* SATU also provide services for people who do not wish to report the incident to the Gardaí
* There is no charge for any of the SATU services or follow up appointments. SATU services can be contacted at any time via An Garda Síochána, or by contacting the individual SATU
* The psychological support within the Galway SATU is a 24/7 service provided by Galway Rape Crisis Centre psychological support workers
* GRCC psychological support services to the SATU unit operate under best practise principles based on national guidelines. Best practise indicates that psychological support is provided by **female** psychological support workers. Best practise also advises a response timeframe of one hour, which means that applicants should live **no further** **than 45 minute drive** from Galway City

**What is the role of the Psychological Support Worker?**

The role of the Psychological Support Worker is outlined in the SATU National Guidelines (3rded.) and is defined as follows:

* **Supporting survivors through each component of the SATU service that they choose.** This includes deciding whether to have a Forensic Clinical Examination or a Health Check, going through an Examination or Health Check and speaking with An Garda Síochána
* **Serving as an information resource for survivors**
* **Providing survivors with crisis intervention and support** to help cope with the trauma of the assault and begin the healing process
* **Actively listening to survivors** to assist in sorting through and identifying their feelings
* **Letting survivors know their reactions to the assault are normal** and dispelling misconceptions regarding sexual assault
* **Advocating for survivors’ self-articulated needs to be identified and their choices to be respected**, as well as advocating for appropriate and coordinated response by all involved professionals
* **Assisting survivors in planning for their safety and well-being**
* **Aiding survivors in identifying individuals who could support them as they heal**
* **Linking survivors with relevant services**
* **Responding in a culturally and linguistically sensitive and appropriate manner** to survivors from different backgrounds and circumstances and advocating for the elimination of barriers to communication

**What is involved in the Training?**

**Stage 1 – Core SATU Training**

We offer a specialised training which equips trainees with the core skills required to support and advocate for a survivor in the aftermath of a sexual assault.

The training consists of 6 weekends over a 6 month period. We put strong emphasis on creating a safe learning environment that provides a space to explore the impact of sexual violence.

Our training is evidence based using an approach of mixed learning methods which have been shown to get the best outcomes for learners.

Furthermore, the training is based on a best practise approach in relation to both supporting survivors and managing the impact of trauma on the support worker.

**Methods used include:**

* Presentations
* Brainstorming
* Experiential exercises
* Reflective practise
* Role plays
* Experiential work involving artwork
* Skills practice in pairs and in small groups
* Group discussions

**Some of the topics covered:**

* The History of RCC’s
* Role of Psychological Support Workers
* Myths around Sexual Violence
* Rape and the Law
* Trauma and its impact on the survivor
* Vicarious Trauma and Self-Care
* Active Listening
* Consent
* Reflective Practise
* Crisis Intervention

**The SATU Training also includes specialist input from members of the SATU multi-disciplinary team:** An **Garda** Siochana- reporting a sexual assault, the role of the Gardai within the SATU and the legal process. **Clinical Nurse Specialist**- history of SATU, role of the forensic examiner, forensic examination, medical care, after care and procedures.

**What we ask of Stage 1 Trainees:**

* 100% attendance at our 6 training weekends – this is essential as each individual weekend builds on the skills and knowledge from the previous weekend
* Openness to self-reflection, feedback and direction
* Willingness to participate in the personal development aspect of the training
* To engage with the material
* Group participation
* Genuine interest in supporting survivors
* To engage in a minimum of 10 hours of personal therapy (cost incurred by trainees but to assist we have arranged a low cost option with some therapists locally)
* To meet individually with trainers for mid-term-mentoring/assessment and again at the end of the core training block

**Stage 2 – Induction and Shadowing Program**

Successful trainees of the first Stage will be invited to the induction day and the shadowing program.

**Induction** is one additional training day which covers the practicalities and procedures of the role together with a visit to the SATU Unit.

**Shadowing Program** is a three month placement where the SATU Service Manager provides telephone support and mentoring to each trainee while on call and during their first case at the SATU. This gives the SATU Service Manager an opportunity to support and mentor the trainee Psychological Support Worker as they gain a greater insight into the practicalities of the role and the challenges they may face.

**What we ask of Stage 2 Trainees:**

* Be on call for three shifts per month chosen by you:

Day shifts: Mon-Sun 9.30 a.m. to 5.30 p.m.

Night shifts: Mon-Sun 5.30 p.m. to 9.30 a.m.

* Attend monthly group supervision
* Follow all policies and procedures
* Be open to feedback, self-reflection and support
* Garda vetting

**After completion of both stages of the training successful trainees will be invited to join GRCC and asked to:**

* Commit to a minimum of two years’ service
* Be on call for three shifts per month chosen by you:

Day shifts: Mon-Sun: 9.30 a.m. to 5.30 p.m.

Night shifts: Mon-Sun: 5.30 p.m. to 9.30 a.m.

* Attend monthly group supervision
* Take on the Role of Roster Manager once in the two year commitment. This requires diverting the telephone to the relevant support workers on call
* Work as part of a team
* Follow policies and procedures of GRCC
* To support two of our fundraising events, Church Gate Collection (usually in November) and Flag Day (usually in March)