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YORK ST JOHN  
**COMMUNITIES  
CENTRE**

# Domestic Abuse and Mental Health

**Location** – On Campus

**Course Fees** – £110

(concession rate available, see website for eligibility).

**Dates**

4 November 2025 | 10.00am to 5.00pm | On campus

5 March 2026 | 10.00am to 5.00pm | On campus

30 June 2026 | 10.00am to 5.00pm | On campus



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please scan the QR code or email  
[business@yorks.ac.uk](mailto:business@yorks.ac.uk)

# Domestic Abuse and Mental Health

Learn how to respond to, help and support others who have experienced domestic abuse and need your guidance and assistance.

## What will I learn?

Experiences of abuse can have a lasting impact on a person's self-confidence and self-esteem, ability to make decisions, and trust in others, as well as generating symptoms of depression, high anxiety, complex trauma, and thoughts of suicide. This can severely impact on a person's ability to seek support. This course will explore:

- The main psychological theories of domestic abuse.
- How abuse happens.
- Why and how this affects an individual's mental health.
- Why people often experience complex trauma.
- What can be done to positively support the person's mental health recovery.

## How will I learn?

The workshop will bring together a combination of theory, practice and case studies within the sessions, together with group work and personal reflection.

## Who is this course for?

This course will be helpful for anyone working with or supporting people who have experienced domestic abuse, including

counsellors, psychotherapists, mental health nurses, psychologists, social workers, and domestic abuse support workers.

This course is available to both qualified professionals and professionals in training.

## Course leader biographies

The workshop will be led by Dr Jeannette Roddy, PhD. Jeannette is a qualified counsellor/psychotherapist and is an accredited member of BACP. She has been working with and conducting research into client experiences of domestic abuse counselling and mental health support for the last 15 years. She is the author of 'Counselling and Psychotherapy after Domestic Violence: a client view of what helps recovery' (Palgrave, 2015), 'A competency framework for domestic violence counselling' (with Lynne Gabriel in 2019), and editor and main contributor to 'Working with client experiences of domestic abuse: a handbook for counsellors, psychotherapists and other mental health practitioners'. After a career in higher education, she is used to teaching, yet she describes her teaching style as 'Essentially pragmatic'. "What matters most to me is helping people to understand and support their clients more effectively. I find exploring the reality of situations that can occur with hints and tips for how to respond can be as helpful to people as the theory."



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