

Definition of abuse

As a therapist, you are in the privileged position of working one to one or in small groups with clients and or students, along with this privilege comes a huge amount of responsibility.

The clients are often vulnerable adults, children or young people who have placed a huge amount of trust in the therapists, by sharing their personal experiences and emotions. To take advantage of that trust in any way, is seen as a form of abuse in the helping professions.

As a tutor/trainer, you are also in a privileged position of working with people who have opened their minds to learning and this can and often does make them vulnerable. Many people enrol for training within our professions based on personal experiences in life and will embark on a journey of personal awareness throughout their training. It is a major part of your role to ensure that they stay as safe as possible by offering support when necessary.

As an organisation, your employees/people engaged by you to deliver the material you provide are placed in the privileged position detailed above. It is therefore your responsibility to do everything within your power to ensure they are fit for the job by validating

- A) Their knowledge base and training level
- B) Checking for criminal records
- C) Monitoring their work through observation and client/student feedback
- D) Offering help where needed

Definitions of abuse

Emotional abuse

Is verbal or tactical and often difficult to see and accept as wrong. If verbal or tactical abuse is used often enough it can be accepted as normal behaviour.

The use of tactics such as intimidation, bullying, constant criticism and keeping someone isolated from family and friends in order to exert control. **Emotional abuse** in relationships is often a **means** of controlling the victim by having a strong mental hold over them. One 29 Dec 2015 - A new law targeting people who psychologically and **emotionally abuse** their partners, spouses, or family members came into force under the Serious Crime Bill.

One **definition** of **emotional abuse** is: "any act including confinement, isolation, verbal assault, humiliation, intimidation, infantilization, or any other treatment which may diminish the sense of identity, dignity, and self-worth."

Physical abuse

is any intentional act causing injury or trauma to another person or animal by way of bodily contact. Alternative terms sometimes used include **physical** assault or **physical** violence, and may also include sexual **abuse**.

Sexual abuse

Sexual assault is an act in which a person sexually touches another person without that person's consent or coerces or physically forces a person to engage in a sexual act against their will. It is a form of sexual violence which includes rape (forced vaginal, anal or oral penetration or drug facilitated **sexual assault**), groping, ...

Non-contact abuse involves non-touching activities, such as grooming, exploitation, persuading children to perform sexual acts over the internet and flashing. It also includes photographs from either the photographer or viewers perspective

Sexual violence and **abuse** is any behaviour of a **sexual** nature which is unwanted and takes place without consent or understanding. What is rape or **sexual assault**? Rape is when someone has penetrative **sex** with another person against their will.

If your work is with adults then it is your responsibility to stay alert for signs, references or disclosure of any form of abuse and take the appropriate action

If your work is with children is your responsibility to stay alert for signs of any abuse and take immediate action

It is also a requirement of your membership that no exploitive or sexual relationship takes place between yourself as a therapist or trainer and your client/student. During the therapy period or training period.

No personal relationship will be allowed with a client or student within 6 months of the end of therapy.