

## Sexual Assault Counselor Training

### SART Listserv

April 2007

**Issue:** Sexual assault counselor training

**Background:** A university on the east coast wants to find a 40-hour sexual assault counselor training program to educate new employees.

#### New Hampshire

- In New Hampshire, crisis centers must provide a 40 hour sexual assault advocate training according to the state confidentiality statute.
- Our agency provides training 3 times a year to volunteers
- The training is at night and on weekends over the course of two weeks.
- This is not always a feasible way to train new staff members who may not start at the times the trainings take place. My supervisor trained gave me an over view of all the sexual violence areas.
- I then set up hour-long meetings with the rest of the staff to learn their roles in the agency.
- I observed community education programs and set up meetings with the agencies we collaborate with (police, child abuse centers, domestic violence agency etc.)
- When the next training was held, I filled in the gaps, but by then I had completed the training hours and was certified.
- We also partner with other sexual assault and domestic violence agencies in the state and whenever we have training, we offer it to them.
- Our local domestic violence agency provides training on a Friday/Saturday/Sunday schedule. They received a grant to reserve a small conference center with rooms so everyone can stay over.
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#### Illinois

- Illinois has a 40 hour Crisis Intervention Training that is 1 week long.
- It is through Illinois Coalition Against Sexual Assault.
- <http://www.icasa.org/>

#### Massachusetts

- The training to become certified as a Rape Crisis Counselor is 50 hours.
- While Massachusetts only requires 35 hours for Rape Crisis Certification, we feel that 50 hours provides a more solid foundation.
- Below is a general breakdown of how many hours we spend on each topic. While this only makes up about 30 hrs, we spend the rest of the time for check-ins, check-outs, breaks, trainings specific to the programs at our particular Center, and questions.

1 Hr – History of Rape Crisis Center/Progress over the years  
 1Hr – Sexual Assault 101  
 1 Hr – Empowerment as a tool  
 1 Hr – Rape Trauma Syndrome/Crisis Intervention Theory  
 3 Hrs – Counseling and Coping Skills  
 ½ Hour – Confidentiality  
 3 Hrs – Childhood Sexual Assault  
 1 ½ Hrs – Working with adolescents  
 1 ½ Hrs – Legal Issues  
 1 ½ Hrs – Suicidality  
 1 ½ Hrs – Sexual Assault through a Multicultural Lens  
 1 ½ Hrs – Working With Male Survivors  
 1 Hr – Significant Others  
 1 Hr – Role plays  
 2 Hrs – Impact of RCC Work/Self-care  
 2 Hrs – Domestic Violence  
 1 Hr – Hospital Process  
 1 ½ Hrs – Sexual assault with the LGBT Community  
 1 Hr – Community resources  
 1 Hr – Role Plays

#### **Wisconsin**

- The sexual assault coalition offers a one week Sexual Assault Victim Advocacy School.
- <http://www.wcasa.org/>

#### ***Resources***

##### **Attorney General’s Guidelines for Victim and Witness Assistance**

<http://www.ojp.usdoj.gov/ovc/publications/infores/agg2000/agguidel.pdf>

The document establishes guidelines for government-based advocates located in investigative, prosecutorial, and correctional agencies.

##### **Handbook of Justice for Victims**

<http://www.uncjin.org/Standards/9857854.pdf>

The Handbook outlines the basic steps in developing comprehensive assistance services for victims of crime. Recommended guidelines for medical, legal and advocacy responses are included.

##### **Recommended Guidelines for Comprehensive Sexual Assault Response and Prevention on Campus (Oregon Attorney General’s Sexual Assault Task Force, January 2006)**

[http://www.oregonsatf.org/documents/Campus\\_SA\\_Guidelines\\_Final.pdf](http://www.oregonsatf.org/documents/Campus_SA_Guidelines_Final.pdf)

The Campus Response Committee of the Attorney General's Sexual Assault Task Force developed the following guidelines to provide college and university campuses with an outline of recommendations and strategies for developing a multidisciplinary sexual assault response policy and protocol.

**Sexual Assault Advocate/Counselor Training (SAACT) Trainers Manual**

[https://www.ovcttac.org/saact/files/trainr\\_manl.pdf](https://www.ovcttac.org/saact/files/trainr_manl.pdf)

Sexual Assault Advocate/Counselor Training (SAACT) teaches advocates about advocacy/counseling, the realities and impact of sexual assault, procedures to follow in common situations, techniques to support recovery, and compassion fatigue and self-care. A companion participant manual and PowerPoint slides are available at

<https://www.ovcttac.org/saact/index.cfm>

**Standards for Victim Assistance Programs and Providers, May 2003**

<http://www.sc.edu/ccfs/victimstandards.pdf>

The National Victim Assistance Standards Consortium identified common standards suitable across victim service settings that can be adapted for a range of victim assistance programs.

**Sexual Assault Advocate Training Manual**

By the Texas Association Against Sexual Assault

<http://www.taasa.org/member/pdfs/saatm-eng.pdf>

A detailed introduction to sexual assault and advocate responses.