

## The Partnership

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[www.arc-researchers.com](http://www.arc-researchers.com)

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WREDE-Ideenmanagement &  
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[www.wrede-line.de](http://www.wrede-line.de)

Peter Plant



Lifelong  
Learning  
Programme

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**For more information please visit our website:**

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Giving hope to victims  
of abuse through  
vocational guidance  
and counselling

*“Abuse is a violation of an individual’s human and civil rights by any other person or persons...Abuse may consist of a single act or repeated acts. It may be physical, verbal or psychological, it may be an act of neglect or an omission to act, or it may occur when a vulnerable person is persuaded to enter into a financial or sexual transaction to which he or she has not consented, or cannot consent. Abuse can happen in any relationship and may result in significant harm to, or exploitation of, the person subjected to it.”*

*(Department of Health England)*

# Aim

The aim of the project is to develop training, supported by a wide range of materials, for new or existing vocational guidance counsellors. The training will help guidance counsellors to recognise and help to address the problems of adult clients with a history of abuse that can hinder them from becoming self-motivated. The project also emphasises the importance of networks of practitioners from different fields.



Learned helplessness is a powerful barrier. This is difficult not only for the individual victims but for vocational guidance services attempting to assist them into education, training and work. The idea of the HOPE-project is to contribute to the training of both practising vocational guidance counsellors and trainees in guidance and counselling, thus promoting high performance in the guidance of victims of abuse, who often present a puzzling challenge since the barriers to their progress are not obvious. Based on the experiences and input from a variety of European partners, we aim to find and develop innovative material to be used as a basis for improving guidance and counselling in Europe.

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## Outcomes

As a team of experts in the field of guidance, we intend to produce training materials, organised into a curriculum for vocational guidance counsellors. Materials will include case studies, biographies, web links to useful organisations, academic articles, and specialised tools and methods for guiding this target group. All the above will be freely available on the project web site, and a Good Practice Guide will be published in all the project languages.

- Only one in every four women that has suffered domestic abuse reports it to the police.
- 50% of reported cases of domestic abuse have no consequences in court due to the lack of witnesses
- People do not become very involved in reporting and helping victims of abuse.
- Victims of domestic abuse (physical or mental) usually justify their aggressor.
- Victims that suffer psychological or mental abuse are less likely to be treated since diagnosis is very difficult.

Both men and women suffer abuse [physical, emotional, sexual, exploitation at work], and it is necessary to understand the effects of abuse in order to give the best possible support to guidance-seekers wishing to return to “normal” life or even start a life they never had before.

Many victims of abuse resent the victim role (Jespersen & Roed, 2012). They strive to get away from negative aspects of victimisation (revenge, passiveness, self-pity, and to bring the preventive aspects to the forefront, with a focus on future planning, including vocational planning. This points to learning as a crucial factor in this process.

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