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Trauma-informed care and domestic violence survivors: An evaluation of the work of a Nottingham women's refuge



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This research endeavors to investigate the need for a more psychologically informed environment through the provision of trauma informed care at a women's refuge in Nottingham, for those fleeing from domestic violence and abuse. This was to evaluate the need for a professional, full time and paid counselor to be employed at the refuge. This was in line with the scholarship projects for Undergraduate Research Programme at Nottingham Trent University. This piece of research was conducted with the use of 'pre-interview surveys', semi-structured interviews with residents and focus groups with staff members. These were then transcribed and summarized and then commonly occurring themes were analyzed and presented. According to the Office for National Statistics, two women are killed every week in England and Wales by a current or former partner, whilst 8% of women will experience some sort of violence in any given year. The importance of this research is paramount, as those who manage to flee from such an environment must receive personalized care and support. A professional cognitive behavioral therapist who delivers trauma informed care has proven to decrease the symptoms of post-traumatic stress disorder and depression (Leenarts 2013, Wethington 2008). In conclusion, the need for a professional, full time counselor at the refuge is paramount to the recovery of the residents at the refuge, as the current support workers are not adequately trained to provide trauma informed care and due to their role as a support worker, it is inappropriate to conduct counseling sessions. Alongside this, the support workers revealed their desire to receive more in depth training on topics such as mindfulness and substance abuse. The residents were satisfied with their support and activities and the refuge should continue with their current practices.

Biography

Jessica L White has just finished her Undergraduate degree from Nottingham Trent University with Bachelor's degree in Criminology. She is projected to begin a Master of Science in Forensic Mental Health with the hope to continue her education onto PhD level. She has held a number of research roles, predominantly in service evaluation, working with local and national organizations.

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