



TRAINING WITH
URSULA BENSTEAD THE CREATOR OF
THE SHARK CAGE FRAMEWORK

THE SHARK CAGE®

FOUNDATIONAL TRAINING



Ursula Benstead is a psychologist in private practice in Melbourne. Ursula has 25 years' experience in the field of complex trauma, particularly in the areas of family/domestic violence and sexual assault. She is the author of *The Shark Cage Group Program Manual: A human rights approach to empowerment & healing for women who have experienced sexual assault or family violence*, co-author of *The Shark Cage Program For Young Women: A human rights approach to gender violence and healthy relationships and the self help book How To Spot a Shark*. Ursula has provided Shark Cage training to over 10,000 professionals internationally. In house training can be provided by request.

The Shark Cage: A practical framework for prevention and addressing re-victimisation for girls and women

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Who should attend This skills-based training is suitable for a range of professionals, including social workers, teachers and school well-being staff, youth workers, family support, family violence and therapeutic professionals. For those seeking accreditation to become a facilitator of the Shark Cage Program for Young Women, this training is a prerequisite to complete the specialist youth program facilitator training. **For more information on the Shark Cage Program for Young Women and the accreditation process please [Click Here](#)**

About the framework All too often women who present with symptoms of depression and anxiety have a history of abuse, often beginning in childhood. Many believe they must be to blame for abuse in their lives if it keeps happening.

The Shark Cage framework helps professionals and their clients understand re-victimisation in a way that does not blame the victim. It can also be used in a preventative way to increase young women's understanding of their rights and awareness of abusive behaviours. This preventative work can be carried out in multiple settings, including a school environment.

What previous participants have said about The Shark Cage training.

"The training is practical, engaging and renewed my own sense hope and empowerment. I will be implementing in my practice immediately!"

"This training was incredible, very well informed and the delivery was engaging. I am inspired by the potential to help women using this tool. Thank you"

"I love the visual aspect of the model. The Model absolutely makes sense and will be so useful for lots of women! Simple and complex at the same time."



THE SHARK CAGE FOUNDATIONAL TRAINING

- **What you will gain from the training** In five easy-to-follow steps, The Shark Cage framework gives professionals and clients the knowledge and tools to feel empowered to actively decrease the likelihood of victimisation or re-victimisation in the client's life. Ursula will provide an explanation and demonstration of each step and guide participants in experiential learning. Strictly limited participant numbers will allow opportunities for practice and coaching.
- The broad therapeutic approaches used in The Shark Cage framework are psycho-education, cognitive behavioural therapy, narrative and strengths based approaches and skills training.

Learning Objectives

- Use The Shark Cage metaphor with girls and women to externalise the issue of violence against women and challenge victim blaming in a simple and engaging way.
- Assist girls and women to identify what bars they want to install or strengthen in their Shark Cage and link this activity to a human rights framework.
- Help girls and women activate an alarm system in their renovated Shark Cage. This involves helping them to tune into feelings and body sensations.
- Help girls and women prepare for and respond to Shark Cage breaches when it is safe to do so. This involves assertiveness training with an emphasis on boundary setting and defending.
- Help girls and women identify behaviours that indicate a person is disrespecting their rights and identify behaviours that show a person is supporting their rights.
- Understand how the framework can be used in an individual or a group format.



the
SharkCage®



This training attracts 7 CPD hours for psychologists and social workers.

For more information about Ursula visit [thesharkcage.com](https://www.thesharkcage.com)