



## Course details

### Course title

Trade Union Education: Gaslighting – Family & Friends

### Course code

Q00018673

### Course date

Start: 24/02/25

End: 24/02/25

### Number of classes

1 sessions

### Timetable

Mon 24th Feb, 19:00 to 21:00

### Tutor

Matthew Pointon

### Fee range

Free to £7.40

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

### Venue

Online

## Course overview

Do you know what ‘gaslighting’ is? Most people have heard of the term, but many do not understand what it really means. This workshop will delve into the issue of gaslighting in the context of relationships with family and friends. We will explore what the word actually means (its use and misuse), how to recognise the signs, and what can be done about it.

## Course description

This course will cover the following areas:

- ? What is Gaslighting by Family/Friends
- ? What is Not Gaslighting
- ? Elements of Gaslighting
- ? Tactics used by a Gaslighter
- ? Stages of Gaslighting
- ? Parental Gaslighting
- ? Gaslighting by Friends
- ? Common Phrases
- ? Q&A
- ? Real life examples
- ? The effect on the victim’s Mental Health
- ? Are you a victim of Gaslighting?
- ? What to do if you are being Gaslighted by a Friend or Parent
- ? Further information
- ? Final Q&A

Learning Outcome: By the end of the workshop, the attendee will have greater understanding of the issue of gaslighting in relationships between family and friends.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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