



## Course details

### Course title

Trade Union Education: Gaslighting – Intimate Relationships

### Course code

Q00018668

### Course date

Start: 03/02/25

End: 03/02/25

### Number of classes

1 sessions

### Timetable

Mon 14th Oct, 13:00 to 15:00

### Tutor

Matthew Pointon

### Fee range

Free to £7.40

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

### Venue

Online

## **Level of study**

Level 2

## **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 as a form of emotional abuse in the context of intimate relationships. We will explore what the word actually means (its use and misuse), how to recognise the signs, and what can be done about it. There will be an information sheet available to all attendees with details of where to get help.

## **Course description**

This course will cover the following areas:

- ? Types of Domestic Abuse & Psychological abuse
- ? What is & What is not Gaslighting
- ? The origins of the word
- ? Elements of psychological abuse that make up Gaslighting
- ? Tactics & Common Phrases used by a Gaslighter
- ? Love Bombing
- ? The different stages of Gaslighting
- ? Real life examples
- ? The effect on the victim’s Mental Health
- ? How to identify if you a victim of Gaslighting
- ? What to do if you are being Gaslighted
- ? What to do if someone you know is being Gaslighted
- ? Getting help if you think you might be Gaslighting someone
- ? Q&A

Learning Outcome: By the end of the workshop, the attendee will have greater understanding of the issue of gaslighting in intimate relationships.

## **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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