



Bluestar Project


An evidence-based Pre-Trial Therapy
Training Programme





Background to the Training Programme


Last year the [Bluestar Project](#) was funded by the Home Office Childhood Sexual Abuse Support Services Transformation Fund to develop research exploring the barriers to pre-trial therapy and develop some best practice guidance surrounding the new CPS guidelines. Pre-Trial Therapy is any kind of therapy service accessed when a report of a crime is made to the police,


while that case is under investigation, awaiting charge or a court date. Our research report “Keeping Secrets” found that there were multiple barriers to accessing pre-trial therapy for survivors of sexual assault – while the study focussed on childhood sexual abuse, we are aware that these challenges are faced by victims of all crime types. The research found that:


 There is a widely held mistaken belief that accessing therapy before the criminal justice process finishes will cause a criminal case to fail

 The lack of clarity or shared understanding of what pre-trial therapy is results in inconsistent support for victims in need of care. What support is available is often hard to find and has very limited availability nationally

 Victims are wrongly being advised that they should not access therapy until the criminal justice process has ended

 When pre-trial therapy does take place, victims are often told not to talk about the incident under investigation

 Therapists delivering pre-trial therapy are often working within a culture of fear that their involvement could damage the criminal case for their clients – they are particularly concerned about notes being taken as a form of evidence and being called to court

 At that time, there were no Accredited Training Programmes or Accreditation Services that can support therapy services to develop best practice in this area.

We found that nationally, many services don't have a clear or consistent policy around pre-trial therapy and there is much uncertainty and variation in practice. To address this, with Harewood Consultancy, we created a Pre-Trial

Therapy Protocol/Service Level Policy, Guide to Note-keeping and Easy-read Guides relating to the new CPS guidance. These [free resources](#) are available for all therapy services to use.

What to expect

The Bluestar Pre-Trial Training Programme is a day long course which includes an overview of our national research (Keeping Secrets; include Link to Policy Report) and key principles from the CPS Pre-Trial Therapy Guidance. This interactive course provides practical examples and skill-share opportunities that will equip you with knowledge, experience and resources to deliver a pre-trial therapy and support service according to the Bluestar National Best Practice Standards.

The course is multi-agency training designed to support the professional agencies supporting victims and families within the criminal justice process **regardless of offence type**. This includes: all therapy services (statutory, voluntary), advocacy services and specialist services (e.g., ISVA, IDVA), social services, the Police, CPS and Judiciary. The course supports services supporting victims of **any age**.

By the end of the course, you will:

- ✓ Understand CPS Pre-Trial Therapy Guidelines and their implications for practice
- ✓ Be able to describe Pre-Trial Therapy and the Criminal Justice Process to service users
- ✓ Feel confident about note-taking in Pre-Trial Therapy and responding to notes requests
- ✓ Feel confident about responding to disclosures in Pre-Trial Therapy within individual and group settings
- ✓ Understand how data protection, victim's rights, consent and confidentiality intersect within Pre-Trial Therapy services

Course content

The course covers:

- An overview of the Criminal Justice System
- CPS Pre-Trial Therapy Guidance
- Defining Pre-Trial Therapy Services
- Contracting and Consent in Pre-Trial Therapy
- Note keeping in Pre-Trial Therapy
- Dealing with Disclosures
- Responding to Requests

Course content has been generated from our National Research and includes feedback from victim's and survivors about their experiences of pre-trial therapy services and the criminal justice system. There are several practice examples and skill-share opportunities throughout the day.

Before the day

It would be beneficial for you to pre-read the key guidance documents and Bluestar Resources we will share with you on the day. We will also cover this content within training. All resources can be found at www.bluestarproject.co.uk and are linked below.

[CPS Pre-Trial Therapy Guidance](#)

[Keeping Secrets: Pre-Trial Therapy and Childhood Sexual Abuse](#)

[Bluestar Pre-Trial Therapy Service Level Protocol](#)

[Bluestar Pre-Trial Therapy Guide to Note Taking](#)

[Bluestar Pre-Trial Therapy Easy-Read Guides for ISVA and/or Therapists](#)

On the day

The training course is delivered from 9-5pm, please arrive promptly. Your service will confirm with you ahead of time the location/venue of the training. There are two coffee breaks scheduled and a lunch break between 1-1.45pm. Tea, coffee and biscuits will be provided.

After the training

After the training, you will receive the Bluestar Best Practice Resources for delivery of pre-trial therapy and support services according to our National Standards. You will receive a PDF copy of the slides, we ask that you do not share these slides beyond your internal services team.

You will be asked to complete a short feedback form which enables us to continue developing the training for other services. You can find this [here](#).

You can contact the Bluestar Project team about any follow-up questions on info@bluestarproject.co.uk

