

Shark Cage Group

Developed by Psychologist and Clinical Supervisor Ursula Benstead and Teacher Angelle Hughes, the Shark Cage® framework draws on a powerful metaphor to help women interrupt patterns of abuse in their lives, empower them, and to challenge victim blaming.

Starting Monday 28th of April and running for 9 weeks

Time: 1pm-3pm

Cost: \$360.00

Assessment required, please contact below information to book in.

Cancellation Fees apply



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Shark Cage Objectives

The five steps in the Shark Cage® framework are combined with key gender equity and respectful relationships education to address the following eleven program objectives:

To increase...

The participants' knowledge of healthy boundaries.

The participants capacity to set boundaries.

The participants' skills in assertive communication.

The participants' awareness of the impacts of abuse.

The participants' ability to care for and be kind to themselves.

The participants' connection to their feelings.

The participants' sense of self-worth.

The participants' connection to their body.

The participants' belief in their entitlement to rights.

The participants' ability to recognize a potentially abusive or exploitative person.

And to decrease any feelings of self-blame participants may have for abuse they have experienced.

For more information on the Shark Cage Group Program, please do not hesitate to contact us.

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