

Collection of good practices/treatment programs

Domestic violence

1 Introduction

The rationale behind developing an overview of perpetrator programmes on domestic violence within the prison and probation service is that the identification of relevant approaches can serve to inspire policymakers and practitioners elsewhere. This mapping is a result of the first expert group meeting on Domestic Violence in 2019. Domestic violence is a problem all over Europe and programmes developed in one EU country might be useful also for another country. There is a clear need for many EU countries to develop methods for dealing with domestic violence cases and perpetrators. The aim of this mapping is to encourage further development and cooperation in this important field. This overview therefore shall not be seen as a blueprint that can be applied anywhere, but rather to encourage innovation and analysis among potential users and beneficiaries. This collection aims further at bringing together policymakers, practitioners, beneficiaries and other experts that face similar challenges.

The aim of this specific format is to collect information about perpetrator programs and practices in the area of treatment of domestic violence offenders.

Guidance template (Please fill in one template for each programme that you deliver.)

	Explanation
Name of the perpetrator programme	Domestic Violence Formative Program (PF-VIDO)

Owner/developer Year	<p>The Association for Community Re-education (ARC) developed this pioneering project for the Service of the formative programs implementation and violence treatment in the context of Probation. The project offers formative programs with a specialized content according to the offenses committed and their needs: gender based violence and domestic violence, hate crimes, sexual offenses and other violence offenses).</p> <p>The PF-VIDO implementation was initiated in 2007. In 2014, women perpetrators also began to be attended.</p> <p><i>*There are others non-profit organization in charge to teach the Domestic Violence Formative Program in Catalonia. However, the program's content is very similar to each other, so I'm going to develop ARC because is the one who currently is acting in most territories (SUARA/APCI/IRES, SUARA, IRES).</i></p>
Geographical scope	<p>The project is being applied throughout the Catalonia (Barcelona, Lleida, Tarragona, Terres de l'Ebre and recently in Girona aswell).</p>
Key features of the perpetrator programme	<p>Regarding with the program content is taught by psychologists and therapists expertise in the field and hired by the own organization.</p> <p>There are three mains intervention areas of the program oriented to disarticulate the psychological spots which motivate the violence and build a non-violent relation model through the respect and affection:</p> <ul style="list-style-type: none"> - cognitive aspect - behavioural aspect - emotional aspect <p>The program is developed in three phases:</p> <ul style="list-style-type: none"> - Assessment and diagnostic phase (individual sessions) - Development phase and monitoring phase (group sessions) - Final phase (individual sessions). <p>Below are exposed the blocks that are taught along the course for the group sessions:</p> <ul style="list-style-type: none"> 1st Block: Legal aspects. Identification and perception of emotions. 2ndBlock: Emotional consciousness: Cognitive distortions, gender and emotional independence 3rd Block: Responsibility and defence mechanisms. 4th Block: Communication skills and assertiveness 5th Block: Violence: Self-control techniques 6th Block: Conflict resolution. 7th Block: Empathy. 8th Block: Parent-child relationship. 9th Block: Relapse Prevention Plan.

	<p><u>Staff needed:</u></p> <ul style="list-style-type: none"> - variable number of psychologists and therapists (depending of the number of participants and the profile complexity) - One jurist <p><u>Equipment needed:</u></p> <ul style="list-style-type: none"> - Room with sufficient space to hold a total of 20 people - Audio-visual tools/material: video projector and display, laptop, DVD unit, sound system, virtual reality glasses.
<p>Risk assessment</p>	<p>SARA- Constant assessment during the program since the first diagnostic interview until the final one.</p> <p>Semi-structured interview - based on Enrique Echeburúa and Paz de Corral model.</p> <p>Attribution of responsibility scale- base in Lila, Herrero & Garcia.2008 (ARS)</p>
<p>Target group</p>	<p>Level risk: Low to high level of re-offending. Clients: generally men. There are specialized programme for women perpetrators of DV, however, it is more unusual because of the low client loads (specialized programme's content delivered by ARC).</p> <p>It includes physical and psychological domestic violence and gender based violence (as different concepts).</p> <p>The programme is mandatory, as a condition of the non- execution of the prison sentence.</p>
<p>Theory/Methodology used</p>	<p><u>Main background theories:</u> Cognitive behavioural model and Psychoeducational model.</p> <p>The cognitive component is the axis central of the change because intervene over the main risk factors (erring thinking, personal values, irrational ideas linked to the violence act) applying techniques of restructured cognitive in order to avoid the violence act.</p> <p>The behavioural component contributes to reduce the violent behaviour and develop relationship skills, resolution conflict abilities and self-control skills.</p> <p>The psychoeducational component is oriented to the emotion self-recognition and their consequent believes in order to readjust them.</p> <p>Focus on the empathy work towards the victim and the violence act consequences.</p> <p><u>Methodology:</u> Dynamic group intervention and also individualized and</p>

	<p>specialized intervention according to the each participant's needs (focusing on impulse control, emotions management, gender perspective or others).</p> <p>- Audio-visual support, role playing, debate, personal testimony, texts and writings, tests, practical exercises, virtual reality episodes, group dynamic activities.</p>
Individual or group programme	<p>In general, the program is delivered to a group, although the methodology also includes one-to-one sessions in order to assess the client's evolution. Individual format is also possible for exceptional cases (joint assessment between probation officer and formative professional) such as: a client's defiance attitude that can disturb the group dynamic; if the client had already did the group format and is convenient to try the individual one; if the client presents some disability or mental health problem.</p>
Duration of the perpetrator programme	<p>Group format program:</p> <ul style="list-style-type: none"> ➤ 30 hours distributed on 13 group sessions with a weekly frequency: <ul style="list-style-type: none"> - 4 one-to-one interviews with the formative professional (initial one, follow up and at the end) - 9 group sessions <p>Individual format program:</p> <ul style="list-style-type: none"> ➤ 20 hours with a weekly frequency <p>Currently, the duration of the program can't be adjusted according to the risk level detected.</p>
Victims safety	<p>Indirectly. Through the close communication with the Probation Service with relation to the accomplishment of the restraining orders for gender based violence (GBV) victims or the recidivism risk. That's essential because from Probation Service we can contact with the Support and Assistance Office for GBV victims, which has centralized all the restraining and protection orders and they are coordinated with the Police Force.</p> <p>As a result, this office immediately tries to contact the victim and, if necessary, warn the police in order to protect her and arrest the perpetrator.</p>
Monitoring and training	<p>The bachelor's degree in psychology is a mandatory requirement for program facilitators. Certification of experience in training of formative programs or similar treatments / interventions is also required. Psychologists are specialized in issues of violence and leading complex therapeutic group. In special cases, the psychologist can be accompanied by another psychologist or social educator.</p> <p>The first session about the legal aspects is taught by a jurist.</p>
Evaluation	<p>Internal assessment: Assessment report after every session:</p> <p>The report's content is based on the follow aspects to be assessed in each</p>

	<p>case:</p> <ul style="list-style-type: none"> ➤ Emotional consciousness ➤ Communication skills ➤ Empathy ➤ Cognitive distortions and values ➤ Conflict resolution ➤ Protective factors ➤ Risk of recidivism <p>External assessment: Annual report and statistical studies about the program and the participants. There are some studies about the re-offending rate of the participants and program effectivity, such as:</p> <p>Pérez, R. M., & Martinez, G. M. (2008). <i>La reincidència de los condenados por delitos de violencia de género a programas formativos aplicados desde de la ejecución penal en la comunidad</i>. Consultat el 2019, a Centre d'estudis jurídics i formació especialitzada: http://ceife.gencat.cat/web/.content/home/recerca/catalog/crono/2010/reincidenciaViolenciaGenero_ES.pdf</p> <p>Pérez, R. M., & Martinez, G. M. (2009). <i>Evaluación de programas formativos aplicados desde la ejecución penal en la comunidad en delitos de violencia de género</i>. Consultat el 2019, a Centre d'estudis jurídics i formació especialitzada: http://www.ub.edu/geav/wp-content/uploads/2017/06/Mart%C3%ADnez-y-P%C3%A9rez-2009.-EVALUACI%C3%93N-PROGRAMAS-VIGE.pdf</p> <p>Pérez, R. M., & Martinez, G. M. (2010). <i>Evaluación de programas formativos aplicados desde la ejecución penal en la comunidad en delitos de violencia de género</i>. Consultat el 2019, a Centre d'estudis jurídics i formació especialitzada: http://www.ub.edu/geav/wp-content/uploads/2017/06/P%C3%A9rez-Mart%C3%ADnez-2010-REINCIDENCIA-PR.FORMATIVOS-VIGE.pdf</p>
<p>Transferability</p>	<p>The DV formative programme isn't applying in other countries, because the lack of dissemination. However, it could be suitable other countries or sectors if it's translated and adapted.</p> <p>The manuals are written in Spanish.</p>
<p>Digitalisation</p>	<p>Virtual reality glasses – witness of domestic violence situations Audio-visual tools (movies, video...)</p>
<p>Volume</p>	<p>From 2005 to 2018 there were 1519 programs delivered in the group mode and 22 programs in the individual one (Girona not included).</p>

<p>Lessons learnt</p>	<p>Key learnt:</p> <ul style="list-style-type: none"> • <i>Learn to dialogue and introduce new functional and adaptive behaviours.</i> • <i>Self-control techniques for situations of tension</i> • <i>Strengthen the self-confidence through the group</i> • <i>Educate in non-sexist behaviours and gender role.</i> <p><i>Programme strengths</i></p> <ul style="list-style-type: none"> • <i>Allow a space for reflection.</i> • <i>Introduce new functional and adaptive behaviours.</i> • <i>Work the false beliefs.</i> • <i>Dynamic group intervention combined with an individualized intervention.</i> • <i>Individual program as an option for specifically cases</i> • <i>DV scene at virtual reality -confront and awareness about the violent act.</i> • <i>Intensive follow-up by Probation Service and fomative program both</i> • <i>Probation cooperation with Victims Attention Office: allows us to look after the victim's security and announce any suspicion of danger towards her.</i> <p>To improve:</p> <ul style="list-style-type: none"> • Need for more individualized intervention for some cases and flexible program length. • Need for adapt the virtual reality content according to the offenses severity. • Work on the instrumental willingness to do the program
<p>Current status</p>	<p>The facilitators/therapists have the room to adapt the content according to the group's needs and particularity, in order to achieve the program's objectives.</p> <p>Virtual reality exercises are under more development in order to adapt better the virtual scene to the offences content (different levels of severity) and the image quality.</p> <p>Long term financing- public contest every 4 years</p>
<p>Other initiatives on Domestic violence?</p>	<p>-They used to offer a voluntary formative program for the men who wants to continue to course or other men who wants to start it. Not anymore, because of the low load of clients (free service).</p> <p>-Individualized therapy for VIDO perpetrators - self-pay fee</p> <p>-Information about treatment for substance abuse and treatment for mental health issues (volunteering)</p>