

# 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.)

	<b>Explanation</b>
<b>Name of the perpetrator programme</b>	Choices perpetrator programme.
<b>'Owner/developer</b>	Dave Potts and Kelly McGuire ( KP Training Associates) developed

<b>Year</b>	<p>the programme having drawn on their experience working on various UK DVIP programmes (including Paul Wolf Lite's Ahimsa programme )combining the most effective elements of these programmes into one programme .</p> <p>Choices programme commenced in the UK in 2015, commenced in Republic of Ireland 2017</p>
<b>Geographical scope</b>	<p>Republic of Ireland -18 programmes run simultaneously across the country via 3 programme providers (one of which is managed and facilitated by the Probation Service ) depending on number of referrals.</p>
<b>Key features of the perpetrator programme</b>	<p>Choices programme assists men undertaking the programme learn new thought processes and behaviours and develop an awareness of how their use of violence/abuse is a learned behaviour which is sustained and maintained by their distorted thinking. The programme addresses this distorted thinking through an appraisal of events and emotional regulation.</p> <p>Key elements of the programme:</p> <ul style="list-style-type: none"> <li>• Maintain and support the safety and wellbeing of women and children</li> <li>• Help participants understand why they use violence/abuse against their partners and the impact of same on their partners, children, themselves and others</li> <li>• Support participants to take responsibility for their attitudes /behaviour in their relationships</li> <li>• Assist participants to learn non - controlling attitudes/behaviour strategies in order to prevent future violence and abuse.</li> <li>• Facilitate participants to become caring and loving human beings in relationships with their partners and children in order to support the well-being of all concerned .</li> </ul> <p>Choices is a rolling programme and the content covers six core group work modules:</p> <ul style="list-style-type: none"> <li>➢ Respect ( 3 sessions)</li> <li>➢ Emotional Intimacy (3 sessions)</li> <li>➢ Sexual Respect ( 3 sessions)</li> <li>➢ Gender (4 sessions)</li> <li>➢ Support and Trust ( 5 sessions)</li> <li>➢ Parenting ( 5 sessions)</li> </ul> <p>There are 3-6 sessions for assessment and individual pre-group work and 2 post –group sessions for relapse prevention , evaluation, goal setting and any other individual work required.</p> <p>Choices programme teaches skills through role play, modelling , observation , discussion, problem solving exercises and strengths based reinforcement.</p> <p>Choices programme is delivered by Probation Service staff in one geographical location (County Louth) and NGO programme providers – MOVE Ireland , MEND who presently deliver through trained facilitators across 18 locations and are funded by the Department of Justice and Equality which oversees the implementation of the Second National Strategy on Domestic, Sexual and Gender based Violence 2016-2021)</p>

	<p><b>Resources</b> required to deliver the programme :</p> <p>Two facilitators- one male and one female – gender balance          1 Programme manger          1 practice supervisor          Partner contact/support worker          Trainer support and monitoring</p> <p><b>Equipment</b> needed:</p> <p>Camera for filming sessions          An adequate group work room          System for up loading video material          Flipcharts/markers          Tea/coffee facilities .</p>
<b>Risk assessment</b>	SARA (Spousal Assault Risk Assessment ) instrument
<b>Target group</b>	<p>The programme is designed for moderate to high risk male clients although motivated low risk clients may also participate.          Participants may be voluntary (self referred)or mandatory (Court ordered).          The programme is inclusive of all forms of domestic abuse .</p>
<b>Theory/Methodology used</b>	<p>Choices is a strengths based programme which is largely informed by feminist and cognitive behavioural and social learning theory. It also adopts an emotional and feeling framework which is rooted in psychotherapeutic practice and mindfulness. Also influenced by Alan Jenkins Invitational approach and Motivational Interviewing (Miller &amp; Rollinick) .</p>
<b>Individual or group programme</b>	<p>The programme involves an initial 3-6 individual assessment/pre-group work sessions followed by 23 group sessions and 2 post group individual sessions focused on relapse prevention, internal evaluation , goal setting or other identified bespoke work .</p>
<b>Duration of the perpetrator programme</b>	<p>30 weeks in total as broken down above.          Risk level does not determine duration however, some clients repeat the programme .</p>
<b>Victims safety</b>	<p>In accordance with Respect UK accreditation standards it is recommended that the programme only operate as part of an integrated domestic abuse service (linked with victim support services) in order to best support the management of risk when working with perpetrators of domestic abuse .          Dedicated partner support services should be in place for each</p>

	programme.
<b>Monitoring and training</b>	<p>8 days initial training for facilitators.  Ongoing refresher training of facilitators.  Video recording of sessions for practice evaluation.  Support and monitoring from the programme trainers.  Ongoing Line manager oversight and support of programmes.</p>
<b>Evaluation</b>	<p>Choices programme is only in place in Ireland since 2017 with an extension to new sites in the community as demand levels have risen. The programme has not been evaluated, however, this is under consideration presently. The Choices programme replaced previous Respect UK evaluated programmes ran by experienced programme providers . The British Meribal research project concluded that DVPPs contribute to the safety of women and children.</p>
<b>Transferability</b>	<p>The programme could be transferred to other countries /sectors with the authors consent as the modules are universally applicable . It is currently available in the English language and would need to be translated into other languages as required.</p>
<b>Digitalisation</b>	<p>The sessions are video recorded for practice evaluation purposes.</p>
<b>Volume</b>	<p>18 rolling programmes are ongoing at present with less groups in place during 2017/2018 when the programme commenced and was being piloted .  There are ideally 8-10 participants per group, however, there can be a drop out of participants as the sessions progress, when this occurs new members join the group at specific entry points .</p>
<b>Lessons learnt</b>	<ul style="list-style-type: none"> <li>• As there tends to be a high level of denial amongst participants the 1-1 work pre-group work is important.</li> <li>• The rolling nature of the programme is helpful as it can be difficult to secure a full cohort of suitable participants to commence a group at a given point in time.</li> <li>• All the programme facilitators are trained in SARA risk assessment instrument which ensures a common understanding of risk issues .</li> <li>• A pro-active approach to partner contact is important to maximise victim safety and partner support services should be integrated with programme delivery.</li> <li>• It can prove challenging to secure the support of some partner support agencies because of the prevalence of anti-perpetrator attitudes.</li> <li>• Comprehensive assessments of prospective programme participants involving as much inter-agency collateral information as possible is advisable.</li> <li>• As programme facilitators are currently not employed on a full time basis by the NGO perpetrator programme providers and there has been a high turnover of facilitators which adds additional training/staff resourcing implications .</li> </ul>
<b>Current status</b>	<p>Choices programme is not written as a conventional step by step manual for a DVPP in that the sessions are not overly prescriptive of</p>

	<p>what workers should be doing because the programme providers have been involved in other DVPP delivery over a number of years . It is considered important to work dynamically with the constituent activities of the programme and to be responsive to participant contributions and as such development of the programme is evolving with new experience .</p>
<p><b>Other initiatives on Domestic violence?</b></p>	<p>The Probation Service run Choices programme is holistic in nature and referrals will be made to mental health, addiction services, accommodation providers ,training/employment providers etc as required to meet probation clients needs.</p>
<p><b>Contact details</b></p>	<p><del>Dave Potts and Kelly McGuire KP Training Associates</del>  <del>At <a href="http://www.kpta.co.uk/">http://www.kpta.co.uk/</a></del></p> <p><del>e-mail at <a href="mailto:kennedypotts@googlemail.com">kennedypotts@googlemail.com</a></del>  <del>tel 00 44 1257270733</del></p> <p style="text-align: right;"><b>Telephone: 01257 270733</b>  <b>Mobile: 07980 119278</b>  <b>By Post: 27 Park Road</b>  <b>Chorley</b>  <b>Lancashire</b>  <b>PR7 1QS</b></p> <p style="text-align: right;"><b>Email: <a href="mailto:kennedypotts@googlemail.com">kennedypotts@googlemail.com</a></b></p>

~~Please attach available folders, summaries or other documents that gives a brief overview of the programme.~~

~~A summary and a list with the names of the programs will be published on the CEP and EuroPris websites.~~

~~I agree to have my name and details included in the participants' list. Personal information will only be used for the expert group purposes and for the creation of a professional network.~~