

Slovenian Probation Administration

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	Social Skills Training

Owner/developer Year	Association for Nonviolent Communication (NGO) 1996 (individually) 2004 (groups)
Geographical scope	All over Slovenia, 9 cities: Ljubljana, Maribor, Celje, Murska Sobota, Slovenj gradec, Novo mesto, Nova Gorica, Radovljica, Koper
Key features of the perpetrator programme	<p>Social skills training for people who cause violence (SST) is a programme of learning non-violent communication skills and conflict resolution in interpersonal relationships.</p> <p>SST includes 3 programmes:</p> <p><u>1. A group for men who commit violence against women:</u></p> <p>In the programme, they have the opportunity to learn how to take responsibility for their violent behavior and to work intensively on changing inadequate beliefs (about gender and equality) and behaviors and to develop non-violent communication skills.</p> <p>The programme includes 24 group meetings and several individual counselling sessions.</p> <p><u>2. Individual counselling for men, women and adolescents who commit violence:</u></p> <p>For those men for whom group work is not appropriate, for women and youth there is a possibility of individual sessions with the same topics as are discussed in a group.</p> <p>This programme includes min 24 meetings.</p> <p><u>3. Parent group - Parenting Skills Training:</u></p> <p>Parenting skills training is aimed at men and women who commit violence towards children, neglect them in various ways or lack parental skills and need additional knowledge on parenting.</p> <p>This programme includes min 24 meetings.</p> <p><u>Main topics:</u></p> <ul style="list-style-type: none"> ○ Violence ○ Violent behavior as abuse of power ○ The dynamics of violent relationships ○ Case analysis ○ Partner Relationships ○ The messages we received in our primary family and at the time of growing up ○ Emotions ○ Personal responsibility for dealing with emotions ○ Understanding the feeling of anger ○ Recognition of possessive behavior in connection with jealousy ○ Techniques of redirecting attention and relaxation ○ Take responsibility

	<ul style="list-style-type: none"> ○ Time - out technique ○ Gender differences and why they are often not true ○ Equal / Equity Partnership ○ Discontinuation of a partnership relationship ○ Violence against children ○ Relationship between child and parent ○ Get to know your needs and needs of other people ○ Addiction and violence ○ No tolerance for violence ○ Understanding conflicts ○ The specifics of conflicts in intimate partnerships ○ Communication skills <p>Resources: professionals (1 month training), funds for wages, whiteboard, computers, space for group meetings</p>
Risk assessment	Clinical risk assessment developed by social work centers, which gives you three risk levels of reoffending (low, medium, high)
Target group	Perpetrators of violence, especially violence towards women and children. The program is low threshold, gender inclusive and is voluntary, although majority of users are referred by institutions such as Courts, Public persecutor offices, Jails, Probation services, Centers for social work, Schools, NGOs, Healthcare institutions etc. The programme includes all forms of domestic violence and is for all risk levels.
Theory/Methodology used	Feminism, Cognitive behavioral theory, Duluth model, Glasser's Choice theory, Theoretical psychoanalysis. Key underlying principles are zero tolerance towards violence, personal responsibility for behavior, violence is learned behavior and everyone can learn non-violent communication, equal distribution of power in relationships.
Individual or group programme	There is group programme and individual programme. Group programme always includes some individual sessions (4-12).
Duration of the perpetrator programme	One year or more (24 sessions minimum) The risk level effect the intensity and content of individual treatment.
Victims safety	There is always cooperation with social work centers and other institutions that refers users to programs. They participate in multidisciplinary teams. They

	provide information and contact for victims of violence.
Monitoring and training	All facilitators have at least university degree (4-years) and completed Professional exam of Ministry for Social Affairs. Permanent supervision is mandatory. Programme SST is certified and monitored from the Social Chamber of Slovenia. Facilitators are subjected to continuous training.
Evaluation	Programme is externally evaluated by Social Protection Institute of the Republic of Slovenia. Internal evaluation: documentations and questionnaires. The effect is evaluated by short-term treatment results and victim feedback.
Transferability	The programme is partly transferable to other countries and sectors. Obstacles that prevent it being used by others are: programme is designed for perpetrators of domestic violence, programme is part of coordinated network of institutions that are active on field of domestic violence. Programme is not fully transferable, due to cultural and systemic differences. Origin language of manuals is Slovenian.
Digitalisation	There is possibility of email or skype counselling. There's no digitalization of programme.
Volume	Programme SST is delivered yearly and continuously since 2004, they have started to work with perpetrators individually in 1996. There were 600 users included in programme in 2018.
Lessons learnt	The programme was extended from 6 months (12 sessions) to one year (24 sessions) to achieve better effectiveness. Communication with victims is not sufficient, due to differences in practices and principles of institutions involved in the coordinated network. Evaluation of programme is not yet sufficient. There is a need for specialized programs (mental health issues, drug abuse).



Current status	The program is constantly developing with long term financing.
Other initiatives on Domestic violence?	Cooperation with social work centres, medical institutions, NGOs...

