

# 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>	Integrated Domestic Abuse Programme (Idap)
<b>Owner/developer</b>	The National Probation Service for England and Wales. It is based on

<b>Year</b>	<p>the programme of the Domestic Abuse Intervention Project (DAIP) located in Duluth, Minnesota, USA. The programme was accredited in UK 2004 and was delivered nationally by the probation service between 2004 and 2013. In Sweden the programme was accredited 2006 and is still running.</p>
<b>Geographical scope</b>	<p>Idap is delivered in the majority of the Swedish probation offices all over Sweden, and at the moment five (5) prisons.</p>
<b>Key features of the perpetrator programme</b>	<p>The specific aims of the programme are:</p> <ul style="list-style-type: none"> <li>• To provide known victims and current partners of men undertaking the Idap programme with information, and to support safety planning.</li> <li>• To help men undertaking Idap understand: Why they use violence and abuse against partners and ex partners. The effects of this behaviour on their (ex) partners, children, others and themselves.</li> <li>• To encourage participants to take responsibility for their abusive and violent behaviour in their relationships.</li> <li>• To motivate participants to take specific positive steps to change their behaviours in their relationships.</li> <li>• To encourage participants to learn how to use non-controlling behaviour strategies in their relationships in order to prevent future violence and abuse.</li> </ul> <p>Idap involves men undertaking the programme learning new perceptions and behaviours and awareness of how their use of violence is a learned behaviour, sustained and enabled by their perceptions. The programme targets distorted thinking, in terms both of appraisal of events and emotional labelling. The Idap model of change teaches skills through observation, role-play, reinforcement, Socratic dialogue, discussion and critical thinking and problem-posing exercises.</p> <p><u>Modules in Idap:</u>          Non-violence          Non-threatening behaviour          Respect          Trust and Support          Honesty and Accountability          Sexual Respect          Partnership          Responsible Parenting          Negotiation and Fairness</p> <p><u>Strategies learnt in Idap:</u>          Taking Time Out          Recognising Anger Cues          Using Positive Self Talk          Coping With Jealousy          Acknowledging Women’s Fear          Using Assertive Behaviour &amp; Accepting Criticism          Accepting Women’s Anger          Being Aware Of Non-Verbal Cues          Communicating Thoughts And Feelings          Letting Go          Non-Violent Conflict Resolution</p>

	<p>Staff needed: two facilitators, partner contact, Idap coordinator/officer. Need for trainers for support and monitoring.</p> <p>Equipment needed: camera for filming sessions and system for uploading films to trainers.</p>
<b>Risk assessment</b>	<p>RNR-A – risk assessment for all clients in the Swedish Prison and Probations Services based on principles of Risk, Need and Responsivity.</p> <p>SARA - when there is a need for more information about the clients risks.</p>
<b>Target group</b>	<p>Medium to high risk of re-offending, only men, the client must have a pattern (more than one occasion, does not have to be convicted for all of them) of physical psychological abuse and/or psychological abuse and/or controlling behaviour.</p> <p>Participation may be voluntary or mandatory.</p>
<b>Theory/Methodology used</b>	<p>The model of change underpinning Idap draws on social learning theory to describe how behaviour develops at the individual level, whilst acknowledging the wider influences that derive from other levels (family, friends, work, and society) and CBT.</p>
<b>Individual or group programme</b>	<p>Group format with a few individual sessions. Participation may be voluntary or mandatory.</p>
<b>Duration of the perpetrator programme</b>	<p>2 sessions for interview and orientation 27 sessions in group + 2 individual sessions during group. 4-6 individual sessions after group</p> <p>Delivered once per week in probation, 2-3 times per week in prison.</p> <p>Risk level does not affect length of programme.</p>
<b>Victims safety</b>	<p>Clients are obliged to accept a Partner contact person during programme. Focus for the contact is safety-planning and information about programme and information where victims can get access to support or treatment.</p> <p>Swedish social services are responsible for victim support and the welfare of children. All staff in prison and probation is obliged to report to social services if they have any concerns about the children.</p>
<b>Monitoring and training</b>	<ul style="list-style-type: none"> <li>• Relevant academic education is optional.</li> <li>• Prison and probation services training for all facilitators, including Risk Need Responsivity, Motivational Interviewing and CBT (16 weeks).</li> </ul>

	<ul style="list-style-type: none"> <li>• Training in Idap manual (5 days).</li> <li>• Monitoring (1-1 ½ years).</li> </ul>
<b>Evaluation</b>	Idap in UK is evaluated by The NOMS Quality and Outcomes Team <sup>1</sup> and by the Swedish Prison and Probation Services <sup>2</sup> . Small or non - statistically ensured effects.
<b>Transferability</b>	Idap in Sweden is adapted to a Swedish context. Programme is owned by The National Probation Service for England and Wales. Original manuals are written in English. Swedish manuals are translated into English, and client workbook also to a few minority languages.
<b>Digitalisation</b>	DVD film vignettes are used within the programme.
<b>Volume</b>	Approximately 260 clients complete Idap each year.
<b>Lessons learnt</b>	<p>To set up and run Idap is demanding due to many actors within the program (program facilitators, PCP, Idap-coordinator/officer). Structures for communication and cooperation is needed.</p> <p>Partner contact is very appreciated by the victims that is reached. Information from Partner contact to Idap-coordinator and facilitators is important but sometimes difficult to handle.</p> <p>Group format can be positive as well as negative due to the facilitators' competence to handle issues within the group.</p> <p>Need to adapt the language and tone in manual. More focus on therapeutic alliance and trust, not collusion.</p> <p><u>We have also discovered that there is a:</u></p> <p>Need for programmes that include other clients for example female, homosexual clients, clients convicted for violence against children, parents or siblings.</p> <p>Need for a more flexible program with individual focus.</p> <p>Need for a more effective program.</p>

<sup>1</sup> NOMS (2015). An outcome evaluation of the Integrated Domestic Abuse Programme (IDAP) and Community Domestic Violence Programme (CDVP)

<sup>2</sup> Danielsson, Ivarsson, Lundgren, Lardén (2016). Idap-skattningars och bakgrundsvariablers betydelse för programavbrott och återfall i brott.

Haggård, et al. (2017). "Effectiveness of the IDAP treatment program for male perpetrators of intimate partner violence: A controlled study of criminal recidivism". *Journal of Interpersonal Violence*, 32(7), 1027–1043.



<b>Current status</b>	The programme is not under more development.
<b>Other initiatives on Domestic violence?</b>	Clients with substance misuse problems, mental health issues or other problems can have parallel support or treatment. Usually by external instances.

