

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	Predov – Preventing domestic violence

Owner/developer Year	Developed by the Swedish Prison and Probation Service (SPPS) during 2018-2019.
Geographical scope	Sweden. A pilot will be launched in 2019, which includes prisons and probation offices throughout the country. The programme will also be tested within the social services.
Key features of the perpetrator programme	<p>Predov is delivered in a one to one format with manualised phases, themes and sessions. At the same time, the programme design provides individual adjustment through programme specific learning tools.</p> <p>The first phase is called <i>Alliance and valued action</i>, and includes 4 sessions. It aims to get to know the client and his (criminogenic) needs, create a working alliance, start working with the client's valued direction, create a map of relations (map the relationships that are affected by the violence and who affects the violence), identify risk situations, and create an emergency plan.</p> <p>In the second phase, which includes 10 sessions, three main themes are covered:</p> <ol style="list-style-type: none"> 1) Emotions and balance in life, 2) Thoughts and rule governed behaviour, and 3) Communication and problem solving. <p>In addition, continuous work with alcohol and substance use is carried out throughout the programme.</p> <p>The work in the second phase is generally aimed at processing several of the most central needs areas in domestic violence, e.g. emotion mismanagement, antisocial cognition, deficits in social skills such as communication, negotiation and problem solving, and substance abuse.</p> <p>The third and final phase is called <i>Manage high risk situations and plan for future</i>, and it aims to relapse prevention and maintenance of change focusing on the relapse process, training in high risk situations, and education of social support. In the final phase, the number of sessions and the content of the sessions are flexible based on the client's needs (3-8 sessions).</p> <p>Predov is delivered by internal staff.</p>
Risk assessment	The RNR-Assessment. A comprehensive risk, needs and responsivity assessment of all clients in the SPPS.
Target group	Predov is primarily developed for clients in correctional settings with a medium risk of reoffending, but will also be tested within e.g.

	<p>social services and outpatient care.</p> <p>Participation may be voluntary or mandatory.</p> <p>The programme is gender inclusive, and it includes all forms of domestic violence.</p>
Theory/Methodology used	<p>A CBT-programme (Cognitive Behavioural Therapy) based on RNR principles with a clear focus on dynamic risk factors.</p> <p>As mentioned, the programme design provides individual adjustment through programme specific learning tools. These tools are designed to be used continuously throughout the programme to increase the possibility that the client can benefit from treatment. One example of learning tools is the <i>situation cards</i>, where each client gets help to create a unique deck of cards with their own risk situations as a basis for training new strategies. Another example is the <i>programme evaluation</i>, where both the client and the programme facilitator are given opportunity to evaluate and give feedback on the treatment continuously and systematically.</p>
Individual or group programme	<p>Individual.</p>
Duration of the perpetrator programme	<p>17-22 sessions (17 mandatory sessions + 5 needs based sessions). 1-2 sessions a week. 60-90 minutes per session.</p> <p>A total treatment dosage of 25 hours excluding homework.</p>
Victims safety	<p>According to the Social Services Act, the municipalities are responsible for supporting victims. Voluntary organizations also receive contributions from the state to support victims of domestic violence and sexual abuse.</p> <p>Ongoing strategic development of preventive programmes and protective measures, in close cooperation with national police, the National Board of Health and Welfare and the Gender Equality Authority. All in line with the Government's long term strategy to stop men's violence against women.</p>
Monitoring and training	<p>SPSS has national guidelines for selection and certification of programme facilitators with requirements for the programme facilitator, training, supervising and rules and criteria for certification.</p> <p>The specific training process for Predov facilitators is under development, but the first step consists of a five day training period. Then follow monitoring, supervision and follow up training.</p>

Evaluation	An evaluation of the pilot will be performed by the SPPS.
Transferability	<p>The SPPS is the owner of the programme. As mentioned, Predov is primarily developed for clients in correctional settings, but will also be tested within e.g. social services and outpatient care.</p> <p>The manuals are written in Swedish.</p>
Digitalisation	<p>Certain sessions may be conducted via video conferencing.</p> <p>The learning tools and the client material (work books) are designed to be easily converted into digital solutions. A further development work is under way.</p>
Volume	The first pilot will be started in October 2019.
Lessons learnt	See above. Predov will be piloted from October 2019.
Current status	Se above. The first pilot will be started in October 2019.
Other initiatives on Domestic violence?	