



PROBATION AND MEDIATION SERVICE

# **Dealing with Domestic Violence Probation Programmes**

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**The Restoration of Normality**

**Orea Hotel Pyramida**



# Who are our clients?

- Suffer from childhood trauma
- Neglected
- Abused
- Adopted **unhealthy patterns**
- Fail in specific situations
- Pretend to be strong
- Core beliefs



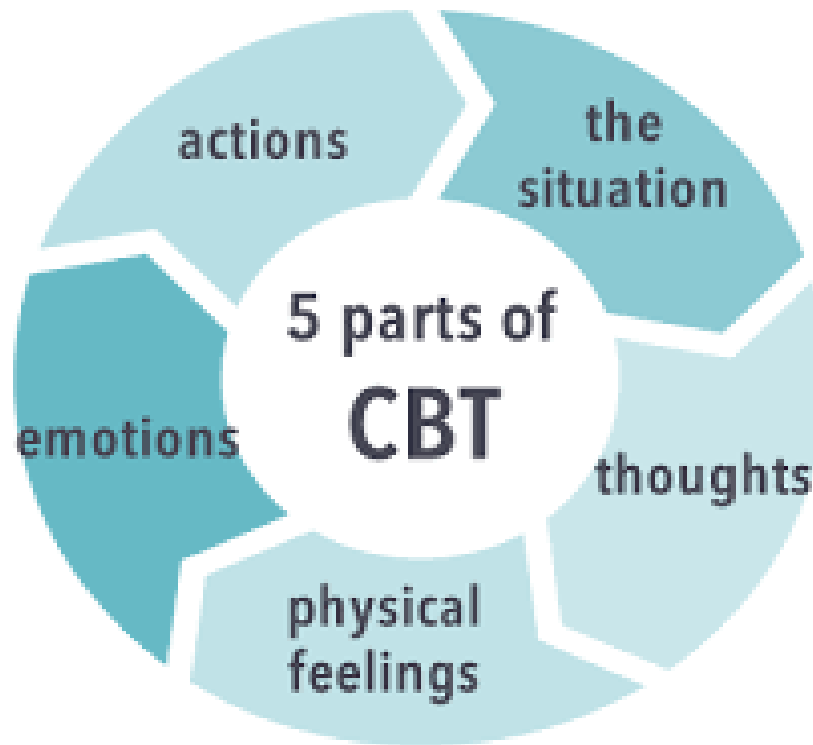


# Regulation **Emotions**/Behavior





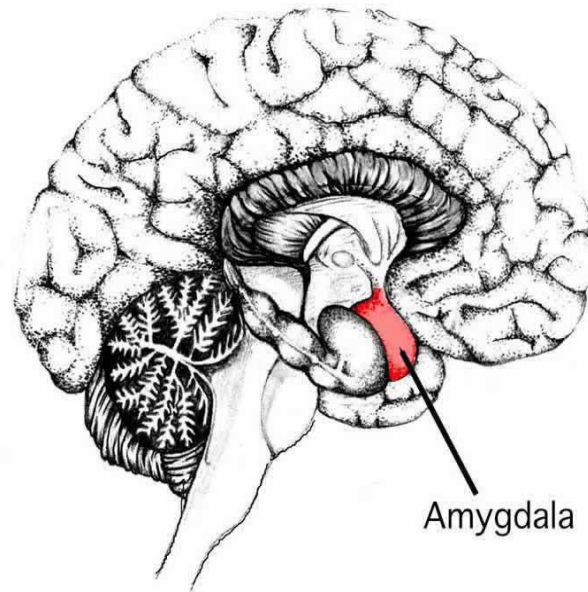
# Unhealthy Patterns





# Emotional Flooding

- Declearing alarm
- Develops during childhood
- Unhealthy „written“ patterns
- Sensitivity
- Size of amygdala





# Brain Plasticity





# Probation Programmes

## Key principles

- **What seems to be crucial for possible change:**
  - Motivation
  - Acceptation, to be aware.....
  - Efficient methods
  - Victim´s perspective
  - Respectful treatment
  - Group dynamics





# Dealing with Domestic violence in Probation

- **Probation programmes**
  - Provided by the NGO's, approved and funded by the MJ
  - Provided also in our (just established) Program Centres (Victim Impact Training)
  - Mostly based on CBT approach, combining both, group and individual sessions, involving victim's perspective, working with couples





# Therapeutic Probation Program

## Dealing with Aggression

- Provided since 2003 by the NGO Nomia
- Based on CBT and Neuroscience
- Target group: offenders who committed domestic violence, (victims and family members involved)
- Groups of 5 -10 offenders, combined approach
- Sessions twice a month per three hours
- Three therapists involved



# Therapeutic Program Dealing with Aggression

- **Structure of the Program**
  - Knowledge on neuroscience, change the brain function and structure, rewriting, modifying connections
  - CBT methods, working with feelings, thoughts, behavior
  - Focusing on body not on thoughts
  - Understanding the source of anger, trigger, pattern
  - Exercises, role-play
  - Recognising victim's needs
  - Involving family members
  - Evaluation with the therapist, client and probation officer, what we have achieved



## **Questions to Discuss in the group**

- What works in dealing with clients who committed domestic violence?
- Sharing experience



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# Thank you for your attention

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