

Anglicare Living Without Violence Program

New program as of July 2018

**Disrupting Family Violence and
Moving Closer to Family
Wellbeing**

The beginning

In July of 2018 Anglicare decided to alter it's men's behavioural change that had been running and developing for approximately 25 years named:

Living Without Violence

And adopt Ken McMasters' brand new 18+ weeks family violence intervention program:

Disrupting Family Violence and Moving Closer to Family Wellbeing

We have just completed the first two runnings of this new format and so far anecdotally the feedback has been good from both the women partners and the men.

Our objectives- what are we trying to do

- Identify and work towards goals that **increase safety** and promote family wellbeing.
- Explore core beliefs that drive abusive thinking / behaviour and **demonstrate strategies** that promote family wellbeing.
- Explore emotions and **develop strategies** to take them closer to family wellbeing.
- Discover how **respect and equality** enhance relationships, and how violence and abusive practices **undermine respect**.
- Learn how family violence **affects children** and strategies to **positively manage** children who've experienced family violence.
- Uncover their **unique challenges** and prepare for a lifetime of family wellbeing.



**family
violence**

**Is this taking me closer to,
or further away from
family wellbeing?**



**family
wellbeing**



A What Works Approach -Based on current best practice & evidence

- Feminist theory- The Duluth Model
- Self-control theory
- Social learning theory
- Attachment Theory
- Cognitive Behavioural therapy (CBT)
- Acceptance Commitment Therapy
- Motivational Interviewing
- Strengths based Approaches
- Relapse Prevention

A What Works Approach -Based on current best practice & evidence

- Privileging the voices of the aggrieved
- Catering to many different learning styles
- CBT – Cognitive Behavioural Therapy (walk through)
- Mindfulness / Relaxation and stress reduction
- Acceptance and commitment therapy i.e. de-fusion

Longer and more Detailed Assessments

4 hour assessment times over 2 sessions using Pathways Model to assess risk, responsivity and needs. Relational attitude of assessors, working to have a respectful working alliance

Family Only: sometimes a one-off event

Dysphoric / Borderline (Pitbull type), stalking, sexual jealousy, threats of suicide etc.

Antisocial (Cobras) violent in most arenas, AOD issues, criminal behaviours and attitudes.

Ideally it is best to keep these groups separated to avoid risk of minimising offences. Not always possible. Avoiding terms like perpetrator, batterer etc.

Encouraging the men to seek positive role models and watching a respectful relationship between male and female facilitators, as well as seeking support from each other.

We are often the only people they have seen deal with conflict in a safe and respectful manner

Key elements

- Brief check-in only: am I good to go? Challenge review
- Mindfulness meditations
- Heaps of media clips, many from the woman's perspective, showing real men taking real responsibility
- Team work activities
- Role Plays: actually practicing the new skills learnt
- Family wellbeing shield
- Setting challenges for the week- writing on the shields
- Can be run as an open or closed group
- New strategies that are easy to remember
- Checking that all men are safe to leave: follow-up phone calls when needed, one-on one counselling, reviews, safety planning, court support at Brisbane Magistrates Court

What the program covers: Missions

- Mission 1 – **Laying the foundation**, ground rules, setting goals, values clarification, giving & receiving feedback
- Mission 2 – **Thinking like a family man**, CBT, core beliefs, attitudes that support/destroy family violence
- Mission 3 – **Emotions & family wellbeing**, what are emotions, why we have them, developing emotional management skills, strategies for high risk emotions
- Mission 4 – **Meaningful relationships**, exploring equality & respect in r'ships, & developing strategies to enhance respect and family wellbeing.
- Mission 5 – **Impact on others**, Understanding and exploring the impact of family violence on children, & the implications and challenges for parents
- Mission 6, **Family wellbeing for life**, Review time in the program, consider their challenges and prepare accordingly.

1.

Our beliefs

RELIGION

PARENTS

"it's not okay to be violent"

"women can't be trusted"

FRIENDS

FAMILY

SD CARD

"survival of the fittest"

"respect is important"

"it's okay to express emotions"

VIOLENCE

UPBRINGING

MEDIA

2.

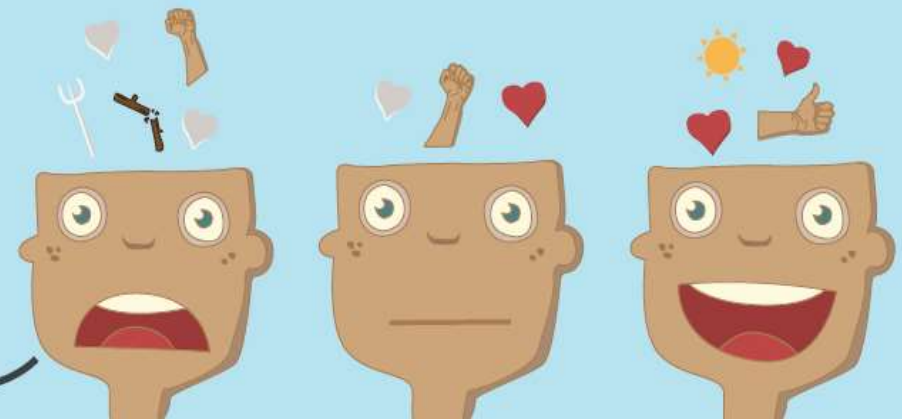
affect the way we think

4.

and how we act

3.

and the way we think affects how we feel



Beliefs

men and women are equal
WOMEN CAN BE TRUSTED
i'll do anything for my family
RESPECT IS IMPORTANT IN RELATIONSHIPS
you should always be faithful
women and men have different qualities
COMPROMISE IS IMPORTANT
it's not OK to be violent
family wellbeing is important
CHANGE IS POSSIBLE
I always get there in the end
people want the best for one another
HAPPINESS IS THE MOST IMPORTANT THING
MEN CAN BE VULNERABLE
it's OK for men to cry
FAMILY ARE THE MOST IMPORTANT THING
failure is normal
I can accomplish anything
I put my mind to it
it's OK for men to express emotions
I can be honest with myself
Communication is important in relationships
IT'S OK TO ASK FOR HELP
I can change if I want to
win-win is the best outcome

Beliefs

CONTROL OTHERS AT ALL COSTS
I ALWAYS DO EVERYTHING WRONG
failure is bad
everyone's against me
men shouldn't act like woman
I'm a bad person
it's OK for men to be violent
women are property and objects, especially sexual objects
IF PEOPLE PUSH ME I'LL LOSE IT
I am always right
women can't be trusted
THE FITTEST SURVIVAL OF
MEN SHOULDN'T SHOW WEAKNESS OR FEAR
WOMEN ARE IRRATIONAL
men don't ask for help
it's in my culture to do
change is too hard
men don't cry or openly express emotions
a woman should know her place
they cheat so I can too
WOMEN TAKE ADVANTAGE OF MEN
no one messes with me
it's my way or the highway
MEN ARE SUPERIOR TO WOMEN



This man had asked his wife to pick something up from the shops on the way home and she didn't.....

Bob's Story

- Ouster Order from home with one breach
- Aggressive in assessment with this clearly explained from experience of facilitator. Are you a safe man?
- Anger shown towards another group member
- Facilitator's setting clear feedback guidelines
- Strong connection with the men in the videos
- Exploring his beliefs and attitudes, realising his need to control the environment.
- Learning relaxation skills: letting go
- Seeing his generational aggression whilst living with daughter's family, sharing his Father's PTSD story
- Making commitment to not be the angry guy, laughing at the paradox of getting angry because people thought he was angry.
- 100% attendance, sitting close to facilitators'
- Woman's advocate gave high praise and noticed real change. Couldn't thank Anglicare enough



**abusive
relationships**

**Is this taking me closer to,
or further away from
respectful relationships?**



**respectful
relationships**

