



## Turning the Spotlight Information for referring agencies.

### Support for partners and children

Victim Support receives the initial referrals from other agencies, self referrals or internal referral from our automatic data transfer. VS accepts referrals for couples with or without children who may or may not still be in a relationship, individuals who have offended or are at risk of offending or individuals who are struggling with parenting their children. An initial risk and needs assessment is carried out using a variety of measures. These may include the initial referral form, information gathered from the referring agency and initial client telephone contact. A preliminary meeting is then arranged for Victim Support to meet the victim to discuss further needs and those of any children. An action plan is then put in place. This can include:

- Support from one of our case workers.
- Risk assessment and safety planning.
- Advocacy with schools, social services and other agencies.
- Referrals to other agencies such as drug and alcohol services.
- Support for children and young people, from Victim Supports trained volunteers.
- Referral to specialist agencies such as Springboard.
- Named worker and direct contact number for victims.
- A child-centred approach, with both parents/carers invited to participate together in the parenting modules.
- One to one work to guide them through the *Relationship without Conflict* booklet, giving them the key messages programme.

Victim Support staff and volunteers have undertaken training to work through the A5 19-page booklet with the victim. This booklet contains the key learning points from the perpetrator programme. This work is used to inform partners of the learning through the programme and how it may be introduced within families. This work is carried out in one to one sessions with the victim. The victim is then given the option of attending the four session parenting module with or without their partner.

## Relationships without Conflict

This is a DV perpetrator programme, delivered over fifteen 2.5 hour sessions. The programme is based on sound evidence and is congruent with the 'What Works' literature. *Relationships without Conflict* draws on DBT (Dialectical Behaviour Therapy), CBT (Cognitive Behaviour Therapy), SFT (Solution Focused Therapy) and developmental psychology. The programme recognises that many offenders have complex needs that CBT techniques alone cannot address, because they work at the cognitive level which is impacted by intense emotion. *Relationships without Conflict* uses Dialectical Behaviour Therapy techniques to build emotional regulation skills in conjunction with CBT.

The programme is suitable for those assessed as moderate risk, both men and women. The referral and assessment process we have in place with Victim Support, and the skills and expertise of our facilitators, allow the intervention to be matched with the age of behaviour development of participant/s.

Delivery of the programme is needs-based, tailored to the individual needs of those referred to the programme. Participants will be guided to engage with either 11 or 15 sessions (see below), dependent on their needs. All participants are provided with a 34-page workbook to support their learning both during and after engagement with the programme.

There is rigorous monitoring of the quality of programme delivery and an evaluation of the impact made by the programme on repeat incidents of domestic violence. This is being undertaken via an external evaluation by the University of Cumbria, and via Restorative Thinking monitoring and evaluation and spot checks of programme delivery.

*Relationships without Conflict* is delivered by skilled, experienced facilitators, employed on a freelance basis by Restorative Thinking Limited. All the facilitators have wide experience delivering group and 1:1 intervention programmes with men and women in both prison and community settings, and all attend our intensive training in effective delivery of the programme prior to delivery. Training for facilitators is on-going, with refresher training delivered annually.

### Referral Criteria

Participants for the perpetrator programme should be aged 18 or over, who:

- Have been, or are at risk of becoming, a perpetrator of intimate partner violence;
- May have a current conviction for intimate partner violence (where there is no history of using high risk, potentially lethal behaviours, e.g. use of weapons, strangulation, sexual violence, violence during pregnancy);
- Show no escalation in relation to violent threats to the intimate partner/child/ren;
- May have a previous conviction;
- Accept that their behaviour has been a problem and want to change;
- Are able to share and talk about at least one incident of aggression or abuse with either current or ex intimate partner (even if not convicted/charged);
- Consent to share information with partner.

Who should not be referred to the programme?

- Those with serious mental health problems.
- Those judged unlikely to achieve the learning outcomes because of, for example, drug dependency.

## Relationships without Conflict

Programme	How is the programme delivered?	Session content	Number of participants	Expected outcomes
Relationships without Conflict, fifteen 2.5 hour sessions	Two Restorative Thinking facilitators (one male, one female), one Lead Facilitator and one co-facilitator, deliver sessions.	<p><b>Sessions 1 - 8</b> Focus on Emotional Awareness and Emotional Management, developing a range of skills that help participants to recognise a range of emotions; develop the skills to manage emotions; plan how specific emotions can be managed to prevent aggression; mindfulness and staying calm.</p> <p><b>Sessions 9-11</b> Conflict resolution skills (restorative practices); exploring how to resolve conflict in a relationship/s; wider impact of conflict within families and how to work towards improving relationships using strategies suggested in these sessions.</p> <p><b>Sessions 12-15 Parenting without Conflict</b> Suitable for parents/carers and all with a parenting role (younger sibling, cousin, child/ren of friends). This part of the programme draws on developmental psychology and CBT. We explore developmental psychology and how to use this information to better understand ourselves and our child/ren and to meet the needs of our child/ren. Identifying our own and our partner's/children's strengths and planning to use these strengths. Restorative conflict resolutions skills. Suitable for parents-to-be.</p>	Groups of 4-8.  Can be delivered 1:1.	<p>Increased emotional literacy; emotional awareness; emotional management; ability to develop positive self-talk; increased empathy and self-awareness.</p> <p>Understanding of how to use new conflict resolution skills to effectively manage conflict; materials and strategies introduced through the programme drawn on to develop empathy, understand the wider impact of conflict within families, responsibility-taking, positive thinking.</p> <p>Understanding child development and adapting our parenting styles using the practical strategies introduced in the programme; using restorative practices to better read our own/partner's/children's signals and responding in a positive way to these; improved relationships.</p>

## Qualitative feedback from participants on programme:

*I have learnt a lot about emotions and body, behaviour and thoughts.*

*This course has helped me a lot and able to understand everything in my life.*

*How the 'why' question isn't helpful.*

*Very interesting.*

*Learning to see things differently.*

*Brain development.*

*Emotional development: looking at Erikson.*

*Talking about the development of the brain.*

*Talking about the things you should talk to you children about.*

*The metacognitive triangle.*

*Being able to express myself.*

*I have enjoyed every part of this course. To pick out 3 things would be impossible as I found all of it interesting and helpful.*

*Opening up.*

*Comparing life experiences.*

*Understanding our children's needs.*

*Learning about brain development.*

*Not feeling like it only happens to me, anymore.*

*To smack a child is a form of bullying.*

*Patterns of behaviour.*

*Keeping calm.*

*To show more love and not blame: ask.*

*Learning how to deal with situations.*

*All about how the brain functions.*

*It's ok to make mistakes and to ask for help.*

*Communication.*

*To engage more with my child /partner.*

*To be a better parent.*

*To be able to understand about being a good partner.*

*My child's feelings and emotions.*

## Support for children and young people.

Turning the Spotlight provides a range of interventions for children and young people aged 8—18 who are experiencing domestic violence or showing signs of controlling behaviour in adolescent relationships.

We can provide:-

- One to one work with our Victim Support case worker which could include, help for children witnessing domestic abuse, keeping safe, and support for those experiencing violence in intimate partner relationships.
- Short programmes that help young people understand what interpersonal violence is and the law, promote healthy relationships, explore warning signs and promote gender equality.
- Support will be tailored to meet the individuals or families needs.

**For further information please contact 07919393311 or email  
turningthespotlight@victimsupport.org.uk**