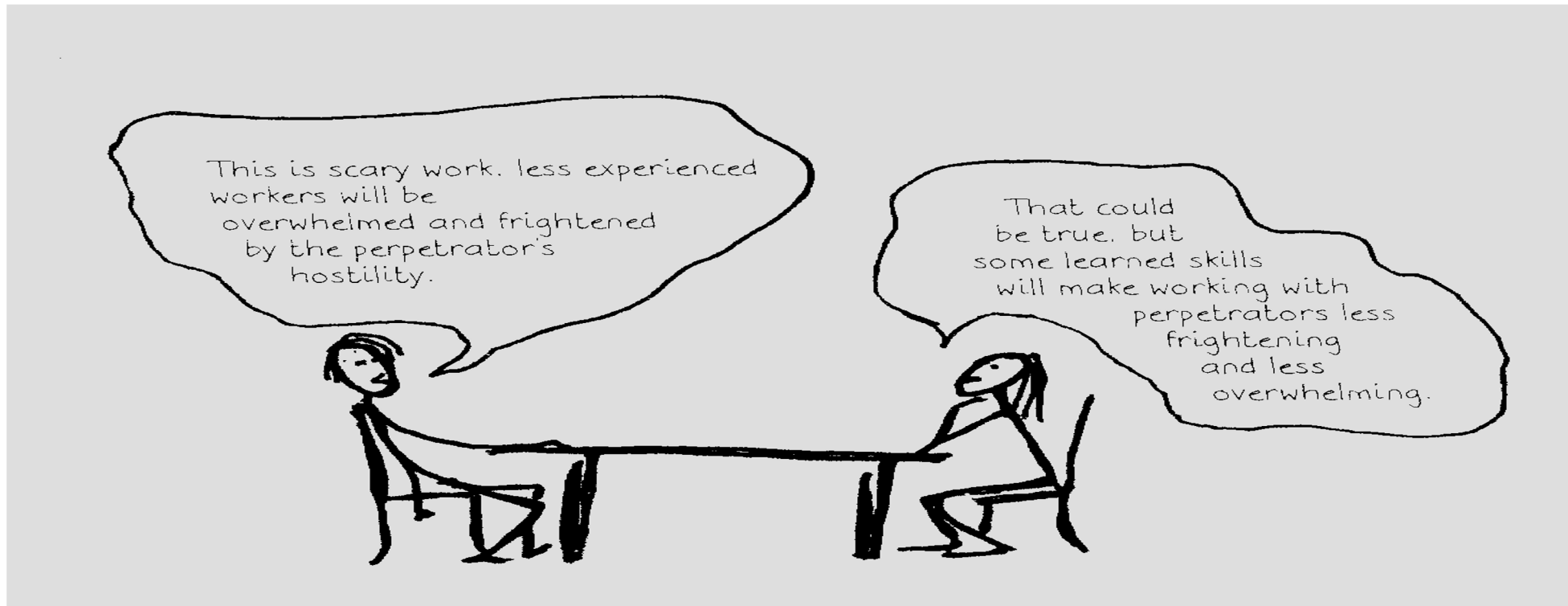


Holding the perpetrator accountable and responsible.



We need to consider our concerns and feelings **towards** working with perpetrators professionally and personally



BEHAVIOURS

- Not listening to men's views
 - Exclude men from meetings/planning
 - Focus on Woman protecting their children and managing her (ex)partners' behaviour
-

FEELINGS:

Scared, worried, anxious, frustrated, angry

THOUGHTS:

- What could he do to me, could he hurt me?
 - He is a bully or worse
 - Will I make it worse?
 - Is the mother able to protect her children?
 - All information regarding risks should be "on the table"
 - He's not interested and avoiding me.
 - He has no legal right to be included
 - He needs to sort out his anger issues
-

BELIEFS, VALUES, ATTITUDES and FEARS:

- Most of these men are not interested in changing, but they will "tick boxes"
 - Woman are primary and most important carers.
 - These guys are dangerous and scary
 - Domestic abuse is largely about alcohol misuse.

Common initial presentation of Men

- Describe domestic abuse as substance related or of having a substance abuse problem
- Describe having an anger management problem
- Rigid thinkers - "black and white"
- In employment - unavailable to or avoid interventions/tired
- Not necessarily violent outwith the relationship
- Good image management - can engage well, are articulate
- Characterise their partner as having 'the problem' or view the abuse as mutual



Who are the men who abuse?

- Denying, justifying and blaming
- On some level may feel unhappy with behaviour
- Often feel powerless
- Scared of losing relationship, scared of losing
- Want to be good fathers but deny impact on children
- Struggle to separate the relationship with their children from the relationship with their partner
- Childhood (trauma and attachment issues)
- Demonised stereotypes don't help







Motivation

What kind of a man, father and partner do you want to be?



Motivational interviewing

- Create a setting where he can engage honestly - Form an alliance with the side that wants to change
- Empathise and have good reflective listening - Sit alongside him to look at his abusive behaviour and its impact on others
- Develop discrepancy - Make gentle but persistent invitations to help him challenge himself
- Roll with the resistance - Empathise when this is difficult or when he expresses genuine discomfort about his behaviour



Shields

Denial

It was self defence



Minimisation

I only pushed her



Blame

She threw something at me



Process of Change

How will we know he has changed?

- (Ex) Partner's and children's views of his behaviour changes
- He increases his honesty
- He accepts responsibility for his choices
- He relinquishes excuses
- He develops his empathy and has an ability to recognise and meet the needs of others
- He can identify patterns of coercive control
- He can identify abusive attitudes and beliefs
- He respects and sticks to plans/restrictions (CP plan/NHO etc).
- He develops respectful behaviours
- He can demonstrate his change without asking for anything in return
- He accepts consequences
- He commits to lifelong changes



BEHAVIOURS

talk to men, listen to men
include in planning (when safe to do so)
active discussions between professionals
create safe spaces for women to talk
freely about DA

FEELINGS:

confident, empathetic,
professionally concerned and supported

THOUGHTS:

He probably wants things to be different.
I can work with him.
How safe is this for children and their mothers?
I need to ensure that I am aware of potential service generated risks.
Is this man using denial, minimisation, blame OR honesty, accountability
etc?

BELIEFS, VALUES, ATTITUDES and FEARS:

Men are part of the problem and can be part of the solution.
Men should be held accountable for their abusive behaviour.
Mothers are not solely responsible for the protection of their children.
Domestic abuse needs to be discussed appropriately and safely.
I need to look after my self.

COVID 19 considerations

- *Safety -who is in the house with him, does he stay with partner and children, can he leave to go for a walk to talk to you, consider what is raised and potential impact on others in the house with him but also impact on him.*
- *Address concerns and stress caused by COVID-19 - this can help reduce general stress and provide opportunity to help him identify solutions*
- *Explore how well he is looking after himself -diet, sleep, keeping in touch with friends etc.*
- *Explore support networks with him -who can he talk to, online support and other involved professionals*
- *Explore plans he can make if the situation escalates at home or improve current situation*
- *He may avoid contact, continue to try and engage with him, you may succeed!!!*



Resources

- Engaging with perpetrators of domestic violence: Practical techniques for early intervention - Iwi, Kate and Newman, Chris 2015 (London: Jessica Kingsley)
- Becoming ethical: A parallel, political journey with men who have abused - Jenkins, Alan 2009 (Lyme Regis: Russell House Publishing)
- <http://listenagain.stir.ac.uk/media/keep/withscotland/listenagain.php> (scroll down to "A perpetrator pattern based approach to domestic abuse 23 March 2015")

