

About the Positive Change Service

The Positive Change Service works closely with PACT (Partner Abuse Consultancy and Training) and RESPECT (the National organization for domestic violence perpetrator work) and provides interventions with Parents who have used violence and abuse to partners and children.

The Positive Change service is committed to the REPAIR Tower Hamlets Approach - a wider co-ordinated community response to domestic violence -, to increasing the safety of victims and children affected by domestic violence, to developing effective, sustainable interventions with perpetrators of domestic violence, to equipping professionals with the knowledge and skills to effectively address domestic violence issues with perpetrators within mainstream practice, to ensuring that assessment processes address the risks posed by perpetrators and address their motivation to change.

MUMS' PROGRAMME

Objectives of Mums' programme:

- To support women in recognising their right to live without violence, and in making positive choices towards eliminating violence from their lives and their children's lives.
- To provide skills and information around safety planning.
- To help women understand the impacts of living with abuse on their children and themselves.
- To support women to parent children who have been exposed to abuse – both keeping them safe and helping them heal.
- To promote a child-centred model in which a mother participating in her own group is able to enhance the therapeutic experience her child attending a parallel group.
- To provide opportunities for women to make significant personal connections and develop effective support networks.
- To directly promote mothers and children's resilience and to help them heal.

CONTENTS OF MUM'S PROGRAMME:

Module – Impact of domestic violence/abuse on Children

Impact of domestic Violence & Abuse (DVA) on children
Fight Flight System and Attachment Theory
Safety Planning – Resilience and healing
Positive Parenting
One to one with a Safety Worker

Module – Empowerment

What is Abuse?
Anger
Conflict Resolution
Self-Care
One to one with a Safety Worker

Module - Mum's Taking Action

Cycles and Why women stay ?
Engaging with services and privacy
Safety Planning
Grieving and Gains
One to one with a Safety Worker

DELIVERY OF THE MUMS' PROGRAMME :

ONLINE : 12 zoom group sessions (1.5 hrs each) plus 3 online 1-1 sessions with a safety worker

IN PERSON : 12 group sessions (2.5 hrs each) running concurrently with school terms delivered in Sylheti and English.

DADS' PROGRAMME

OBJECTIVES OF DADS' PROGRAMME

- Realising the impacts of violence and abuse on adult victims and on children
- Understanding how we got here - especially trauma and power dynamics
- Developing emotional regulation, skills in de-escalation and conflict resolution

CONTENTS OF DADS' PROGRAMME

MODULE – ANGER MANAGEMENT

What is abuse?
Signals
Denial and minimisation
Consolidation

MODULE – IMPACT OF DOMESTIC VIOLENCE/ABUSE ON CHILDREN

Impact of domestic Violence & Abuse (DVA) on children
Fight Flight System and Attachment Theory
Positive Parenting
Consolidation

MODULE – TYPES OF ABUSE

Being a man
Sexual respect
Emotional abuse
Consolidation

MODULE – CONFLICT RESOLUTION

Accountability and apology
Loss and separation

Active listening
Consolidation

MODULE – CONFLICT RESOLUTION

Deconstructing past abuse
Disdain and contempt vs love and respect
Active listening
Consolidation

DELIVERY OF THE DADS’ PROGRAMME :

ONLINE - 12 zoom group sessions (1.5 hrs each) plus 4 online 1-1 sessions with a Safety Worker

IN PERSON – 16 meetings at Eva Armsby Children’s Centre (2.5 hours each) . Delivered in Sylheti and English.

CHILDREN’S GROUP

THE CHILDREN’S GROUPS OBJECTIVES:

- Boosting children’s resilience and healing
- Giving children a better understanding of their experience of DVA
- Improving bonds and support for children
- Giving children a clear sense of agency (safety planning) and of what is not their responsibility.
- Helping children find healthy ways to manage their own conflicts.

CONTENTS OF CHILDREN’S PROGRAMME

Why we are here – naming the abuse
Expressing feelings about parental domestic abuse
Safety planning for children
Anger management & problem solving
Family changes
Safe touch
Children’s responsibilities

DELIVERY :

IN PERSON – 12 group sessions (2.5 hrs each) running concurrently with school terms.

