

## The safety of victims and children is paramount to Driving Change.

Every week, two women are killed by a former partner in England and Wales, with one in four women having experienced domestic violence and abuse in their lifetime. There is rightly a broad, well-established range of services and interventions available for victims/survivors of domestic violence and abuse. However, far less attention has been given to the perpetrator of domestic violence and abuse, despite research highlighting that a significant proportion of perpetrators repeat their violent and abusive behaviour in future relationships, with some having as many as six victims. Domestic violence and abuse can only end if we address those that are perpetrating the abuse and hold them to account for their behaviour. The right intervention at the right time can reduce and prevent abuse, increasing the safety and wellbeing of victims/survivors, their families, and children.



# SMT

*Supporting Safe and Confident Communities*  
*Cefnogi Cymunedau Diogel a Hyderus*

## Driving Change

Driving Change is a therapeutic treatment programme for men who have been violent towards an intimate partner. The basic premise of the programme is to support and maintain the safety and wellbeing of all women and children, whilst holding perpetrators of domestic violence and abuse to account for their behaviour. Driving Change challenge and supports such individuals to cease their violent and abusive behaviour whilst at the same time developing a respectful, loving and responsible attitude towards not only those around them but also towards themselves.

Emotional Vulnerability



Personal Responsibility



### Driving Change's Principles of Non-Violence...

Creativity



Empathy & Love

## Aims – Driving Change

The aims of Driving Change's programme of work are as follows:

- To achieve and maintain the safety and wellbeing of women and children affected by DVA.
- To support male perpetrators of DVA to change their behaviour and attitudes, to achieve the safety of any women and children they are in relationship with and to support the wellbeing of all concerned. This has two distinct strands:
  - 1) Facilitating men to manage and reduce their abusive impulses, to ensure the safety of any women and children they are in relationship with (**Risk Management**).
  - 2) Facilitating men to become responsible and loving human beings in relationship with their partners and children, to support the wellbeing of all concerned (**Transformation**).

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## Programme of Work

Combining both one-to-one and group-work with a cognitive behavioural and feminist approach, Driving Change aims to open hearts as well as minds so that behavioural change is rooted in a responsible and loving attitude.

**Individual Sessions/'Pre-Group' Work:** 6-8 one-to-one sessions much of which has a cognitive-behavioural emphasis, focusing on acknowledgement, personal responsibility, motivation, commitment to change and safety.

**Group Work:** A minimum of 26 sessions on a weekly basis, each of two and a half hour's duration. The focus of Driving Change's group work is more in-depth behavioural change work, facilitating clients to become respectful, responsible and loving human beings in their relationships with others. This is achieved through an exploration of Driving Change's five overarching themes:

- Intimidation & Coercion/Respect & Negotiation
- Emotional Abuse/Intimacy & Love
- Gender & Prejudice/Partnership and Participation
- Sexual Abuse/Sexual Respect
- Abusive Parenting/Responsible Parenting

The entire programme of work will take approximately 7-9 months to complete.



## Referring to Driving Change:

Driving Change is targeted at **adult, male perpetrators of DVA classified as medium and/or standard risk**. However, to engage with Driving Change's programme of work, clients must also demonstrate:

- A basic recognition that they are behaving in a violent and abusive way in their intimate relationships, including a level of commitment/motivation to change this.
- At the most basic level, capacity to accept full responsibility for their own behaviour and actions.
- A willingness and ability to commit to and engage in the personal work needed, including regular attendance of the programme.

Every individual referred will be assessed to determine both their suitability and readiness to engage in Driving Change's programme of work.

**For more information, please contact:**

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