

# DV-ACTION INTERVENTIONS



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DVACT-PAI is an independent organisation providing domestic abuse and sex abuse intervention programmes for parents involved with children's services and the family courts. We also provide expert family safety assessments and assessments of psychological functioning.

Programmes are available for both perpetrators and victims, delivered as bespoke 1:1 treatments. The work is demanding and matched to the needs of the parent and the child protection plan.

## What do the programmes include?

All programmes include:

- Weekly 1:1 sessions delivered by video calling via Zoom or similar.
- A dedicated and experienced programme facilitator allocated to the client with at least 10 years of experience in delivering domestic abuse interventions.
- A risk assessor allocated to the case to oversee the work.
- Access to our online platform to continue work in between sessions.
- Access to technology (a tablet) where required.
- A full final report completed by an expert risk assessor that can be used in proceedings and filed with all parties.

Programme final reports are always included, suitable for use in court and completed by an expert assessor independent from the programme facilitator. The final report includes:

- Sessions were attended/missed and topics covered.
- Details of the client's engagement with the programme material.
- A consideration of any new developments in the case.
- A view on whether the client's risk or vulnerability has been reduced.
- Further recommendations for risk management, including a view on child contact where appropriate.

## Who are the programmes suitable for?

We accept referrals from social services anywhere in the UK at any stage of the case, including early interventions and those in care proceedings. As specialists in complex cases we can work with those not usually able to attend groupwork programmes including those who need a translator, female perpetrators, those with learning needs and female perpetrators.

Suitability for treatment can be assessed either through a full Family Safety Risk or Vulnerability Assessment or a brief Suitability Assessment can be undertaken. We also accept assessments completed by other experts depending on the programme type and the conclusions of the assessment.

## Perpetrator programmes

All perpetrator programmes include free confidential linked support to ex/partners with sessions delivered by trained, experienced perpetrator programme facilitators.

**Partner abuse intervention programme** - This is an 18 session programme for perpetrators who have some level of acceptance of their abusive behaviour. A bespoke programme of focused work is delivered addressing specific areas of concern and will cover all the topics usually delivered within a perpetrator programme including:

- Strategies for reducing abuse.
- Motivation to change.
- Reparative parenting.
- Developing empathy.
- Sexual respect and intimacy.
- Attitudes towards women.
- Analysing thoughts, feelings, behaviours and underlying beliefs.
- Power and control.
- Developing empathy.
- Respectful relationships.



**Motivational Programme** - This programme is suitable for perpetrators who are willing to complete work but are unsuitable for a full domestic abuse perpetrator programme due to denial and minimisation. Sessions aim to progress perpetrators to the point at which they are then suitable to attend a full domestic abuse programme, and is not therefore a replacement for a full DAPP. Sessions include:

- Identifying the source of resistance.
- Understanding the cycle of violence and abuse.
- Gains and losses from changing behaviour.
- The impact of domestic abuse on children.
- Understanding the Local Authority's concerns.
- Viewing DAPP material to prepare for a full programme.
- Cultural challenges.

## Vulnerability Programmes

The needs of mothers in care proceedings or Child Protection measures are often complex, with enduring problems around adult attachments, accountability and prioritising their children's safety. In these cases, more intensive, challenging and focused work is needed in order to support lasting change.

**Vulnerable Mothers Programme** - This 11-session 1:1 programme is for mothers separated from the abusive partner and is particularly suitable for women who: have an enduring emotional attachment to their abuser; have a history of separating and reconciling with their abuser; consistently minimise the abuse/retract statements, or have failed to prioritise their own or their children's safety when making decisions. As intensive work that seeks to empower and break attachments this can raise the risk of further abuse, therefore, this programme is only suitable for those who have separated from an abusive partner.

The allocated facilitator, assessor and client will work together to devise a treatment programme choosing from a suite of modules as follows:

- **Domestic abuse knowledge** - including power and control, sexual abuse and coercive control.
- **Attachment** - understanding the emotional attachment to the abuser and pressures to reconcile.
- **Children** - understanding the impact on children and reparative parenting.
- **Safety planning** - understanding risk, prioritising children's safety, crisis management and early warning signals.
- **Trauma** - understanding the impact of trauma.
- **Personal insight** - discussing the impact of the abuse, exploring childhood experiences and reasons for vulnerability.
- **Moving forward** - building self-esteem, how to work collaboratively with professionals and what to do when starting a new relationship.
- **Additional needs** - this will cover specific needs not included in the above areas such as alcohol abuse, grieving and loss, the use of violent resistance and immigration concerns.



**Capacity to protect programme** – this 12 week 1:1 intervention aims to increase the protective capacity of mothers where there is a risk towards the children from sex offenders in the home.

The programme is delivered by expert practitioners with years of experience of working with parents and families affected by CSA. The key aim of the programme is to enable parents to recognise and respond to the risk of child sexual abuse and to substantially increase their confidence in speaking to and supporting their children.

It is suitable for various scenarios including:

- sexual abuse by an adult or another child in the family environment.
- abuse by a trusted adult outside the family environment.
- sexual abuse by a group of adults.
- online sexual abuse.
- sexual abuse by another child or children outside the family environment.



This programme includes a tailored treatment plan with material specifically targeted to this child protection concern with modules including:

- Myth busting about sex offenders.
- Emotional impact on the parent.
- Denial.
- Emotional attachment to the abuser.
- Children's reactions to abuse.
- Impact of CSA on children.
- Talking to children about CSA.
- Safety planning with children.
- Helping children with boundaries.
- Understanding risk.
- Adult vs child perspectives.
- CSA and links to domestic abuse.

## Trauma Sense Programme

TraumaSense is an innovative, trauma-responsive, psychoeducational programme designed to empower individuals by providing an accessible understanding of trauma.

General trauma services tend to be focused on psychotherapeutic interventions and while these approaches are valuable, they often fall short of addressing the physiological nature of trauma. Many individuals who have experienced chronic trauma feel disconnected from their bodies, unaware of how trauma manifests as physical sensations, stress responses, and trauma-responsive behaviours. TraumaSense fills this gap by offering a structured programme that demystifies trauma in a non-therapeutic setting. TraumaSense is not therapy but rather a structured educational experience grounded in the principles of bio-psycho-social education. It offers participants a pathway towards self-empowerment and personal growth without requiring them to disclose their past traumas or engage in conventional therapeutic disclosure.

This 12 session programme is available for both perpetrators and victims of domestic abuse who have traumatic experiences that impact their ability to parent effectively. It is particularly suitable for those mandated to attend as part of a court process, individuals who may not be ready for therapy or feel apprehensive about disclosing their experiences. Session topics include the following:

- Understanding trauma and the stress response system.
- Cultivating safety and stability.
- The long term impact of chronic stress.
- The impact of trauma on the brain.
- Wellbeing.
- Protective factors and resilience.
- Power, control and personal agency.
- Reflection and personal action plan for next steps.

This programme includes a tablet and workbook but a full final report is not included as it is not a programme that aims to reduce the risk posed to children.

## Bespoke programmes

All DV-ACTION interventions are bespoke and tailored to the child protection plan, however, in cases which are more complex and do not fit into any of our programmes one off bespoke programmes or additional modules can be added to existing programmes for both perpetrators and victims including:

- Safety planning for abusers remaining in the home.
- Programmes for grandparents or guardians to increase their understanding of domestic or sexual abuse and risk management.
- Reparative parenting.
- Cultural concerns and 'honour based violence'.
- Same sex violence.

## Referrals and timescales

Always check with our office for up to date timescales. In general we have a 2 week wait from receipt of documents to start either a suitability assessment or programme. Please note that information sharing is vital to ensure the safety of victims and children and we require full court bundles for cases in court proceedings and social work documents for cases not in court. We are unable to accept self referrals from parents. Please contact us on the details below for further details.



### Contact us

Our office is open Monday - Friday 9am - 5pm

**T: 0203 9678368**

**E: [programmes@dvact.org](mailto:programmes@dvact.org)**

**W: <https://www.dvactprogrammes.org/>**