

IPV-TDC Enhanced Package

Objectives

The goal of DV TDC is to respectfully engage the client who been charged with a domestic violence assault to carefully consider the actions and consequences. It recognizes that violence is not acceptable, but does arise out of larger context. Incidents of violence can arise as result of a variety of factors, which are best understood by gently challenging the client to review and understand the incident itself, and the broader context in which the incident occurred. IPV TDC recognizes that the person able to provide the greatest insight and learning is the client him/herself...the sessions are designed with Alan Jenkin's model that suggests respecting the client will empower the client and position the client to work most effectively to reduce the risk of reoffending. The client receives an "Invitation to Responsibility" in this program.

In this enhanced version of the program, the couple has a chance to work together to discover the "dance" and rhythms of the relationship that improve the quality of the relationship, as well as those that escalate conflict to dangerous levels. The couple has a chance to collaborate on relationship strategies that work.

Please do not register for this course if there is a court order prohibiting contact between partners.

Please note that, occasionally, after the first 4 hours with the offender, and the individual hour with the victim, the therapist may determine that it is not wise to proceed with the enhanced couple package. The five hours of couple therapy would then not occur. At that point, the offender would receive 2 additional hours of individual therapy to complete a full 6 hours of IPV-TDC, and the abbreviated package would total \$600.00.

Hours 1-2 with offender

- Develop a non-violence contract
- Develop a clear understanding of the DV incident from all perspectives including the partner's and their own, effect of relationship dynamics on incident, and the influence of historical factors.
- Understand the role of shame in one's actions
- Identify one's preferred identity, direction and goals and recognize how to align

actions with is. Become aware of a larger contextual understanding of intimate partner violence

Hours 3-4 with offender

- Identify specific significant factors that constrain ideal choices, including individual factors, relational factors and cultural/family history factors
- Identify the experience of anger via its measurable component parts
- Understand the factors on the power/control wheel
- Become aware of and identify one's own personal anger script
- Develop a understanding of the IPV by externalizing the experience, the effects, the preferences of the issue, and then the response to the problem

Hour 5 with Intimate Partner:

- Review good decision making regarding safety assessment and safety planning, as necessary.
- Therapist and client to process value and wisdom of joint couple sessions after experience of intimate partner violence
- To review relationship dynamics that led to violent incident
- Become aware of how own family/cultural history of anger/violence experience and expression shapes current perspective and actions

Hours 6-10 with Couple

- Understand relationship patterns which lead to maladaptive patterns of conflict
- Process act of violence including resentment, shame, fear, with appropriate actions as necessary (e.g. apology)
- Create a joint safety/action plan to reduce the risk of the reoccurrence of violence/abuse in any form.

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