

Intimate Partner Violence Basic 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. DV 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.

Hours 1-2

- 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 this.
- Become aware of a larger contextual understanding of intimate partner violence

Hours 3-4

- 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

Hours 5-6

- Recognize the supportive elements in relationships, and develop strengths in relevant areas for the client
- Develop awareness of personal communication style
- Become aware of effective assertive communication styles
- Become equipped with client specific strategies for more effectively meeting relationship needs such as opposite action principles, interpersonal assertiveness, self-soothing strategies, and relapse prevention strategies.