

# DV-ACTION INTERVENTIONS



**ACTION  
CHANGES  
THINGS**

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 is matched to the needs of the parent and the child protection plan.

## What do the programmes include?

All programmes include:

- 1:1 sessions delivered by video calling via Zoom or similar.
- A dedicated and experienced specialist programme facilitator, with at least 5 years of experience in delivering domestic abuse interventions.
- An allocated risk assessor to oversee the work.
- Access to technology (a tablet) where required.
- A full final report completed by the allocated 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 that 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.
- Further recommendations for risk management, including a view on child contact where appropriate.

Needs interventions will include a consideration as to whether a full behavioural change programme would now be viable, and for behavioural change programmes, a view on whether the client's risk or vulnerability has been reduced.

## 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, those with learning needs and female perpetrators.

Programmes can be delivered after a Suitability assessment or as a Partner Abuse Intervention alongside a full Family Safety Risk or Vulnerability Assessment. Suitability criteria and aims for each programme is given in the information below

## 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 perpetrator programme (DAPP), 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 their abusive partners 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 child sexual abuse (CSA). The key aim of the programme is to enable parents to recognise and respond to the risk of CSA 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 the child protection concerns, 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. TraumaSense fills this gap by offering a structured programme with a strong focus on building psychological awareness, emotional regulation, and personal agency. It is designed to help participants move from reactive survival states towards more intentional, grounded decision-making. By supporting individuals to process the impact of trauma in a non-clinical but psychologically informed way, the programme creates the conditions for healthier relationships, more consistent parenting, and a reduced risk of intergenerational trauma. TraumaSense is not a therapeutic intervention, but it is an important foundation that enables participants to recognise their capacity for change and take ownership of their role as parents, partners, and community members.

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 and 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.

## Partner Abuse Interventions

Programmes can also take place concurrently with a Family Safety Assessment. This wraparound assessment and intervention provides an opportunity for parents to receive an intervention more quickly and enables parents to demonstrate that they can make positive changes to behaviours of concern.

Completing a targeted treatment intervention at an early stage that aims to achieving genuine progress for parents in protecting their children, shortens timescales, provides evidence as to the parents ability to safeguard the child and avoid further proceedings. The accompanying assessment report will push the case forward providing an expert opinion on the risk posed to the child, and fills a gap in evidence as to whether parents are able to safeguard their child.

These interventions involves an initial 2 hour assessment interview with an expert risk assessor who will advise on the right treatment programme for the parent within an initial suitability assessment report. This will be followed by a 12-week intervention and a final interview to complete the full risk and/or vulnerability assessment report, including the progress made within the intervention.

A Needs PAI includes a risk or vulnerability assessment alongside a 12 session programme that meets the immediate child protection concerns around safety and increasing accountability. Victim work will concentrate on domestic abuse education, safety planning and recognising risk; A Perpetrator intervention will involve motivational work to increase levels of acceptance with the aim of moving them to a position where they will be suitable for a full behavioural change programme. Where there are high levels of trauma within the parents background trauma work can be included or the full TraumaSense programme can be delivered.

A Behaviour Change PAI includes a risk or vulnerability assessment alongside a full intensive behaviour change programme. The victims programme will focus on the attachment to the abusive partner, with reflective work on how the attachment was formed and how the mothers vulnerability to further abuse can be reduced; the full Domestic Abuse Prevention Programme (DAPP) will be delivered to the offending parent.

## 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 ensuring 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 use the contact details below for further information.



### Contact us

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

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