

DV-ACTION DOMESTIC ABUSE PERPETRATOR PROGRAMME



DV-ACT is an independent organisation that provides domestic abuse services for social services and the family courts in the UK. One of the services that we provide is the DV-ACTION Domestic Abuse Perpetrator Programme (DAPP). This programme is for parents in court proceedings or in child protection measures where there are concerns that their child/ren may be at risk because of domestic abuse.

This information sheet will explain the aims of the programme and give you more details about what the programme will include.

What are the programme aims?

The programme aims to reduce violence and/or abuse towards your intimate partners and improve the safety of your child/ren by:

- encouraging you to take responsibility for your abusive behaviour
- helping you make positive steps towards changing that behaviour,
- increasing your awareness and understanding of domestic abuse and help you to examine your own use of domestic abuse,
- Increasing your understanding of the effects that abusive behaviour can have on your intimate partners and your child/ren,
- helping you to not use controlling behaviour in your relationships,

What does the programme include?

The programme includes:

- a suitability assessment to see if the programme is right for you
- 18 sessions completed remotely with a trained domestic abuse programme facilitator
- a final session with a risk assessor after the programme is completed
- a full final report that can be used in court if needed
- a linked support service to support and provide information to your ex/partner.



Why do you contact my ex/partner?

We will contact your current and/or ex-partner to offer them support, information and guidance regarding the programme and how you are progressing. A condition of your attendance on the programme is that you allow your ex/partner to engage with this service.

If you disclose anything on the programme that we believe may put your ex/partner or child/ren at risk we will contact them.

This may also need to be reported to the authorities, wherever possible, this will be discussed with you first.

What topics will be covered?

As you will be completing the programme on a one to one basis topics may be changed depending on your needs or the concerns of the local authority/court. Topics usually include:

- techniques for stopping violence
- understanding the cycle of violence and abuse
- building empathy
- examining past and current abusive behaviour
- attitudes to women and respectful relationships
- sexual respect
- understanding the effects of abuse on children
- how to help repair the damage to children

The sessions will involve examining past incidents of abuse, taking part in role-plays, learning about the effects of abuse on others and applying learning to your own situation. You may also be set homework and will be expected to really engage with the sessions and show progress. The programme is meant to involve working on change all through the week, not just during sessions.



What is the contract of participation?

Before starting the programme you will be asked to sign a contract which sets out the agreement you need to make with us in order to continue on the programme. If you breach any part of this agreement you may be suspended from the programme, this includes:

- missing 3 sessions without adequate reason
- being abusive during a session
- attending a session while being under the influence of alcohol or drugs
- not allowing your ex/partner access to support services

Your continuing attendance on the programme depends upon satisfactory progress as assessed by your programme facilitator.

What do I need for a session?

You will need to make sure you are ready for your session in plenty of time before it is due to start. You should be in a suitable location, alone in a quiet space where you are unlikely to be interrupted and you won't be overheard. If possible you need to be where you have a good wi-fi signal and have a tablet or laptop ready before you start. Programme sessions cannot take place over the phone either via audio or video call.

We also expect you to be dressed appropriately and that you do not move from room to room in a session unless the programme facilitator asks you to move to a different location.

Will I get a report at the end of the programme?

When you have finished the programme you will have an interview with a risk assessor who is independent of the programme facilitator who has been working with you. They will complete a full final assessment report including details of the sessions you attended, the topics you covered, whether you have made progress and give further recommendations about the risk concerns identified before the programme started. They may also make recommendations as to whether any changes can be made with regards to child contact.

This report will be sent to the person who referred you to us, parties involved in your case and the courts.

How to contact us

You can contact us using these details

T: 0203 9678368

M: 07378423587

E: programmes@dvact.org

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

Please note that we are not a crisis service. In an emergency **always call 999**. For support you can call the Respect helpline on 0808 8024040 Monday - Friday 9am - 8pm you can also email for support at info@respectphoneline.org.uk

