



Prevention, early intervention and therapy for families and children struggling with conflicts and violence

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Office

The family counselling agencies

- Clients contact us directly for help
- Psychologists and social workers – all family therapy specialists
- Run by the government, free of charge
- Couples- and family therapy – all issues
- 1h mandatory mediation for parents separating (children<16yrs)
- Therapy groups and relationship courses
- 60 agencies and approximately 400 family therapists
- 50 000 families helped (2011), about 10 % of cases where domestic violence was the main concern

Enerhaugen familievernkontor

- Covers about 200.000 people in Oslo
- 17 therapists; psychologist (12) and family therapists
- Extra knowledge about minority families and domestic violence.

Preventive relationship programs

- "What about us?" For parents with disabled children
- «Good relationship» for first time parents
- Relationship courses for couples in general (Buffer-workshop)
- «Still parents» for parents after a divorce

Violence focused Interventions

- Anger management groups (Brøset model)
- Individual anger management for parents (Molde model)
- Safer Childhood (couples intervention)
- Circle of security
- ICDP groups

Target group for the family oriented approach (Safer Childhood)

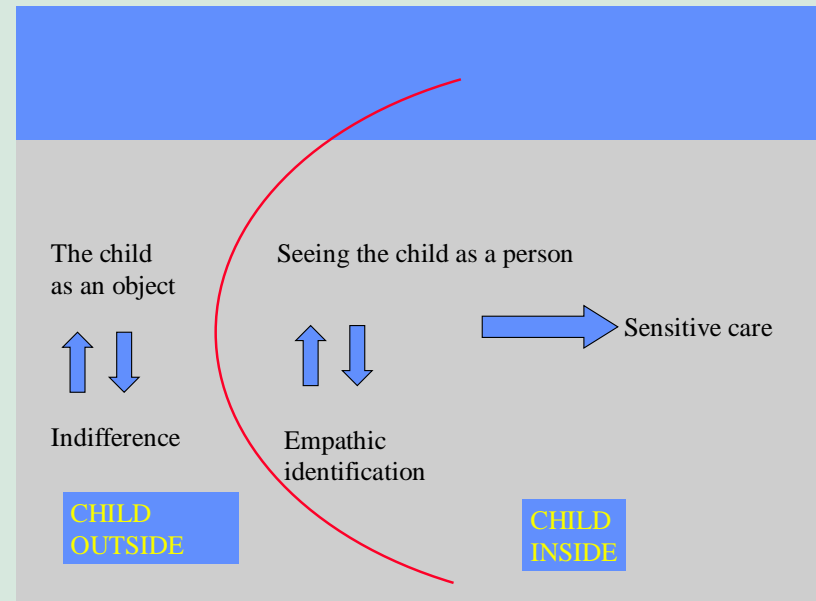
- Parents who wish to continue living together, in spite of violence
- Escalating, loud quarrelling. One or both exposed to threats and/or physical violence
- Episodic violence, not “patriarchal terrorism.”
- Children and one parent, according to exclusion criteria.

Physical punishment in child-rearing

1. Violence as intentional and caring child-rearing
2. Give the child unintentionally the same experiences as you had when growing up
3. Violence against the child by emotionally dysfunctional and impulsive parents
4. Violence as a systematic part of family-terror

The parental guidance program (ICDP)

- Universal program for all caregivers
- Empowering, emphasizing parent participation
- Goals: 1. Understanding of interaction parent/child.
2. Positive attitude to the child.
3. Enhance the caregiver as competent
- Border of empathy



Domestic violence cont.

- Snapshot study NKVTS (2004): 1.867 children affected by domestic violence
- 84% of incidences of violence are at home
- In more than 2/3 of the cases the violence had been going on for some time before being disclosed
- The violence also very often continues after divorce
- Children are in a high degree witnessing this violence
- Research shows alarming consequences for the child's brain as a result of being witnessing domestic violence

The model "Safer childhood"

- Exclusion criteria
- Non – violence contract and safety plan
- Focus on couple therapy
- Conversations with parents about their children

Violence against children

- Norway- one of 25 countries in the world where any form of physical punishment in child rearing is prohibited by law
- Parents often use violence because they think it is the most effective way of disciplining their children.
- Physical punishment makes children more likely to be aggressive
- IQ in 32 countries over 20 years: Countries with laws against physical punishment, higher growth in IQ than countries where it is still allowed.
- Violence causes stress and lower self esteem in children

Multi-agency collaboration

- Necessary to cooperate with: police, women's shelters, child welfare agencies, lawyers, psychiatric clinics, kindergartens, schools etc
- Important to keep hold of systemic understanding:
 - A coherent perspective
 - Everybody working in the same direction – what is best for the children?
 - Coordinating tasks and sorting out responsibility
 - Secure a common emergency management plan