



# ALTERNATIVE TO VIOLENCE

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LET'S GIVE (WO)MEN A CHANCE

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Psychotherapeutic treatment and research centre for violence in close relationship/domestic violence in Norway.

Mutual supportive relationship with women's movement since the start in 1987. First center in Europe that offered therapeutic intervention for men who used violence against their partner.

2016: 1117 men, women and children in therapy.

ATV is an NGO, funded by municipalities and the Norwegian government (Ministry of Children and Equality)

Resources used for work with adults who use violence should not be at the expense of the resources for adults and children who are exposed to violence.

Work with adults who use violence is an essential part of prevention of DV

Acknowledging that domestic violence is about individual experiences, in addition to social conditions and representing a GENDERED problem to society.

Treatment & Education & Research

The adult who uses violence is responsible for the behaviour

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# VIOLENCE FOCUSED THERAPY

ASSESSMENT

INTERVIEW WITH THE PARTNER

THERAPY – INDIVIDUAL, GROUP THERAPY

FAMILY PERSPECTIVE

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# VIOLENCE FOCUSED THERAPY

## **FOCUS ON VIOLENCE**

Detailed and expanding reconstruction of the violence. (behavior). Risk assessment, cooperation.

## **FOCUS ON RESPONSIBILITY**

Focus on choices and intentions. Get in touch with own need for control and own controlling strategies. (responsibility)

## **FOCUS ON THE CLIENT'S PERSONAL HISTORY RELATED TO VIOLENCE**

Attitudes towards women etc., significant aspects of adult coping strategies and the use of violence.

60-80% traumatized as children, violence as one of the symptoms/expressions of psychological problems.

## **RECOGNISING THE CONSEQUENCES OF THE VIOLENCE**

Empathy with the victims (partner/children) of the violence. Recognizing the pain inflicted on others. (consequences)

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