

## What happens after the Programme has finished?

Once you have completed the Programme, if you wish, there is the option to join a fortnightly follow-up group to support you in maintaining the changes you have made.

### Will anyone else be told about my progress on the Programme?

All referred men need to consent to their partner or ex-partner being contacted so we can offer her support and basic information about the man's attendance and if any further violence or abuse is disclosed in group sessions.

With Social Service Referrals, following the initial report general updates on progress can also be given when required for Child Protection Reviews, etc. With self-referrals, no written report is sent outside of DVIP unless discussed in advance with the referring man. In all cases, the limitations to confidentiality are discussed fully with each man at the assessment stage and are in place purely to ensure the safety of partners and children who may be at risk.

### How much will the Programme cost?

Men who are referred by a statutory agency such as social Services, will have that cost met by the referring agency. Self-referring men will be asked to contribute towards the cost of attendance in accordance with their income and ability to pay. Residents from some London Boroughs will not have to pay at all depending on funding arrangements in that Borough.

## Information for Men

respect  
accredited



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**Email:** vpp@dvip.org  
**Web:** www.dvip.org

The Domestic Violence Intervention Project (DVIP)  
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London SE1 7RW

Registered Charity No. 1083549



Men who want to attend a  
programme to address their  
use of domestic violence

**020 7633 9181**



## What is a Domestic Violence Perpetrator Programme?



**DViP offers a Domestic Violence Prevention Programme for men who have been violent and abusive towards a partner or ex-partner.**

### Who is the Programme for?

Any man who acknowledges that his behaviour towards a female partner or ex-partner has been violent and/or abusive at times; who is keen to try and change some of the things that have gone wrong; and who wants to work towards stopping those things from happening again. Many men also have children or step-children who may have been affected by their behaviour at home. The programme does not discriminate on the grounds of ethnicity, age, class, religion, sexuality or disability.

### What is the Women's Support Service?

DViP also offer a linked service to your partner / ex partner who will be contacted once you have been referred to DViP. The Women's Support Service will offer her information on the Programme and help her to focus on her own needs. This is separate from your Programme, and is a voluntary service.

## How can men refer onto the Programme?

If you think you would benefit from attending our Violence Prevention Programme, you can either refer yourself, or, if you are currently involved with another agency, they can refer you. Agencies that might be involved can include Social Services, health-related services, Probation, housing workers, or counsellors.

You or the agency should phone our Violence Prevention Team on **020 7633 9181**. If you self-refer, you will be asked a few questions over the phone, then will be invited in for an assessment with one of our workers. This will be an opportunity to talk about the issues that have led you to become unhappy with your behaviour in relationships. You will also be given more information about the Programme and it will be decided whether this will be a suitable option for you.

With Social Services referrals, a copy of a written assessment report will be sent to the Social Worker following the assessment interview. With self-referrals, no written report is sent outside of DViP unless discussed in advance with the referring man. The limitations to confidentiality are discussed fully with each man at the assessment stage and are in place purely to ensure the safety of partners and children who may be at risk.

If assessed as suitable, you will be invited to attend the Violence Prevention Programme for between 26 – 32 sessions, held once a week for 2 and a half hours each.

## What will the Programme cover?

The Programme creates a safe and supportive space for you to explore and understand your previous use of abusive and controlling behaviour in your relationships. The aim is to build respectful relationships by ending not just your use of physical violence, but all abusive behaviours. The programme focuses on behaviour, i.e. how you act, how this re-enforces how you think and feel; and most importantly how you can act differently in the future.

We will help you explore your anger, the differences between feelings and behaviour, issues of accountability and honesty, what it means to be a dad, respectful and supportive parenting whatever the context of your relationships with your children. We will also explore issues of intimacy and closeness, sex and sexuality, pressure, separation and how to let go. Most importantly, we will help you try to rebuild the trust in these relationships and the rest of your life.

We will help you put the brakes on when you feel like you are 'losing it' and, we hope, you will leave the Programme feeling safer, more generous and more empowered in your life. No Programme can change the past, and no Programme can make amends. We hope though, this Programme will help you make clearer and more conscious choices as you move forwards with your life.

**In the end, it's up to YOU.**