

# Brighter Futures Domestic Violence Perpetrators Programme

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# Who are we?

- **FryAccord**
- **Coventry Domestic Violence and Abuse Support Services (CDVASS)**
  - Coventry City Council
  - FryAccord
  - Barnardo's Defuze project
  - Refuge victim support
  - Safe and Supported Partnership



## What is the Brighter Futures Perpetrator Programme?

- Created by Professor Erica Bowen - Professor of applied research in Psychology at Coventry University.
- Delivered in Groups or 1-2-1
- 10 facilitated 1.5 hour sessions
- Safe and supportive environment
- Partnership working, signposting & holistic support
- Feedback provided to agencies
- Feedback sought from agencies



## Solution Focused Brief Therapy Approach

### The Focus of the Intervention is:

- Looking at a positive future rather than a negative past.
- Encouraging clients to increase the frequency of positive behaviours by formulating achievable 'Solution Focussed Behaviours'.
- Helping the client to find alternatives to their current/past negative behaviour.
  - Focus on small changes rather than large incremental changes.



## Who will we Support?

- Programme is open to males & females aged 16+
- Must have a connection to Coventry
- Must be prepared to fully disclose victim information
- Referrals encouraged from agencies, as well as self-referrals
- Not suited to people with severe mental health or present drug/alcohol issues



## Referrals/Outcomes

**01<sup>st</sup> January 2017 – 31<sup>st</sup> December 2018:**

- We have supported **102** clients.
  - **7%** females and **93%** males
  - **75%** of referrals come from Social care
  - **62%** had no issues with drugs or alcohol.
- **10%** were identified as perpetrators of control and coercion at referral.
  - **71%** of clients we supported completed successfully





## Feedback

**Social Care:** “A programme that allows our service users to self-reflect on themselves, which then allows them to identify their own limitations, skills and to develop strategies to form healthy relationships. This is a fantastic programme. Service users that I have recommended for the programme are usually eager to complete all the sessions. Regular updates from Brighter Futures to know the progress of my service users has been very beneficial with how the case is managed.”

**Probation:** “\*Client\* appears calmer and comfortable in having difficult conversations. His relationship with Probation has improved and he is engaging in a more positive manner.”



# What is Domestic Violence and Abuse?

The Government definition of domestic violence and abuse is:

**"Any incident of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to:**

Psychological

Physical

Sexual

Financial

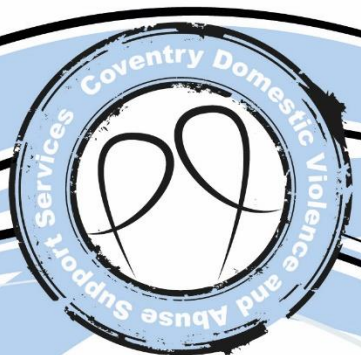
Emotional





# The 7 Types of Domestic Violence and Abuse

- **Verbal** - Shouting, screaming, swearing.
- **Physical** - Physical harm – e.g. punching, kicking, strangulation, spitting, hair pulling, burning. Physical intimidation – e.g. blocking pathway, hand gestures. Property damage – e.g. slamming doors, throwing things.
- **Threats** - Threats to harm self, others, or victim. Threats to leave, take the children, spread a rumour, damage or take property.
- **Psychological** - Name calling, putting someone down, belittling someone, Gas Lighting, silent treatment.
- **Financial** - Not allowing them a bank account, giving them an allowance, checking what they spend, taking credit in their name.
- **Sexual** - Any unwanted sexual advances, or comments. Rape.
- **Control and Coercion.**



# What is Control and Coercion?

- <https://www.youtube.com/watch?v=RikpW5n7d5k&feature=youtu.be>
- When a person with whom you are personally connected , repeatedly behaves in a way which makes you feel:
  - Controlled
  - Dependent
  - Isolated
  - Scared
- Source: Rights of Women (2016).



# The Law

- **The law changed to include Control and Coercion on the 29/12/2015**
- **It now comes under** section 76 of the Serious [Crime](#) Act 2015
- **The Home Office define Controlling and Coercive behaviour as:**
- **“Controlling behaviour is:** A range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.”
- **“Coercive behaviour is:** a continuing act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.”



# The Law Continued...

- It cannot be an isolated event.
- Must have a “serious effect” on victim.
- Perpetrator should know, or “ought to know” the behaviour will have “serious effect” on victim.
- Like any domestic offence, the perpetrator must be personally connected to victim when the incidents took place.
- It is now punishable by up to five years in prison.



# Control and Coercion – the Statistics

- Domestic Violence and Abuse makes up 1 in 10 crimes in UK.
- **11%** of Domestic Violence is Control and Coercion.
- **155** people were prosecuted for Control and Coercion in 2016.

## **On The Brighter Futures Programme:**

- **4 in 10** clients were perpetrators of Control and Coercion, identified by the referrer.
- Of the **88** clients who have attended programme since January 2017 – **55** have disclosed Controlling and Coercive behaviour.
- **Be aware: 100%** of the female referrals we have had in 2017/18 have been perpetrators of Control and Coercion.





# How do we identify Control and Coercion?





# Identifying Control and Coercion at Brighter Futures

- There are several times where it is possible for us to identify control and coercion from assessment to a client's completion.
- Control and Coercion is often not identified at referral.
- Discuss Control and Coercion at assessment and is then often identified as present.
- Control and Coercion is then discussed throughout the programme and can be identified through conversations with clients.

**Types of DVA / Who is the DVA aimed at**

Please indicate which of the following best describes the nature of your DVA  
(Please complete all that apply):

	Type of behaviour	Who to
Verbal:		
Physical:		
Threats:		
Financial:		
Psychological:		
Coercive/control:		
Sexual:		

Can you give us a brief overview of what happened to make you be referred to the programme:



# Home Office Guidelines

- The Home Office have issued guidelines highlighting the vital role that police and other agencies play.
- The Home Office also discusses stresses the importance of:
- Being aware of perpetrator manipulation.
- Record keeping.
- Being aware that a victim may not identify themselves as a victim.
- A thorough approach being taken at initial contact.
- Consideration of wider context, is control and coercion present where a physical assault has occurred?



Home Office

# Identifying Control and Coercion

- How can you identify Control and Coercion?
- What situations might Control and Coercion occur in?
- Who can be a perpetrator?
- What could indicate the presence of Control and Coercion?
- Common signs to look out for:
- 'The partner/ family member that does everything for them'.
- Dependent partners/ family members.
- Partner's/family member's disclosing feelings of entrapment.

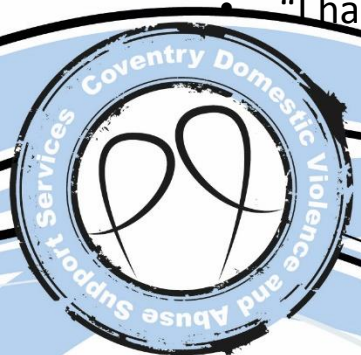
**HE'S GREAT ISN'T HE?**

SWEET, CHARMING, CUTE, FUNNY AND SO LOVING AND INTO YOU.



# Examples of Control and Coercion

- “I’m always buying her clothes”
- “I check her Facebook to make sure no weirdo’s are trying to talk to her”
- “That friend was a bad influence”
- “Her mum is awful, we don’t speak to her”
- “She’s a mother now, why would she want to go out and party?”
- “I’ve been at work all day, and she’s not cleaned up, what’s she been doing”
- “You look better when you make an effort”
- “Well why does she need to get dressed up”
- “She read my message at 10:00, she’s been online, what’s she doing?”
- “Why is there a second cup on the side when she hasn’t mentioned anyone was coming round”
- “She can wait downstairs for me”
- “She shouldn’t watch those types of programmes, they’ll fill her head with rubbish”
- “I sometimes don’t let her sleep”
- “She was off on a night out but I forgot and turned up with flowers, so she cancelled her night out”
- “Why doesn’t he post about me on Facebook”
- “I hacked his Facebook and posted saying he loves me because he won’t do it himself”



# What can you do?

- Complete a thorough assessment
- Report to relevant agencies
- Assess immediate risk
- Talk to victim if appropriate
- Record everything
- If possible, ask the victim to record all incidents





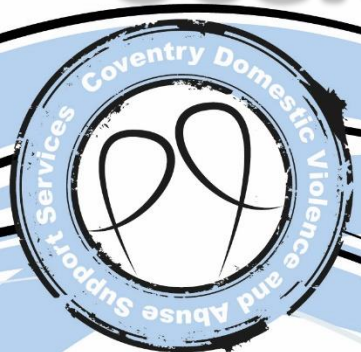
# Brighter Futures and Control and Coercion

- There are various tasks we complete on the programme which look at addressing controlling and coercive behaviour.
- The one's we will cover today are:
  - Healthy Relationships
  - Thoughts/Feelings/Behaviour
  - Scenarios
  - Irrational Beliefs
  - Victim Awareness

We would like to run through these with you, we will need some volunteers!

## Scenarios

## Irrational Beliefs







# Healthy Relationships



Sharing the burden

Respect

Common interests

Love

Fun

Communication

Understanding

What is a healthy relationship?

Appreciation

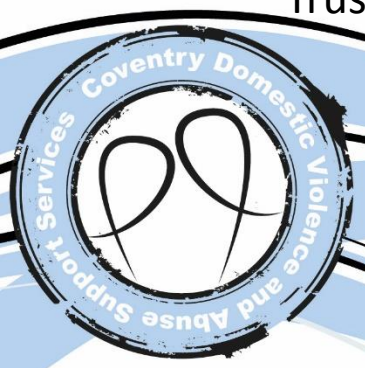
Laughter

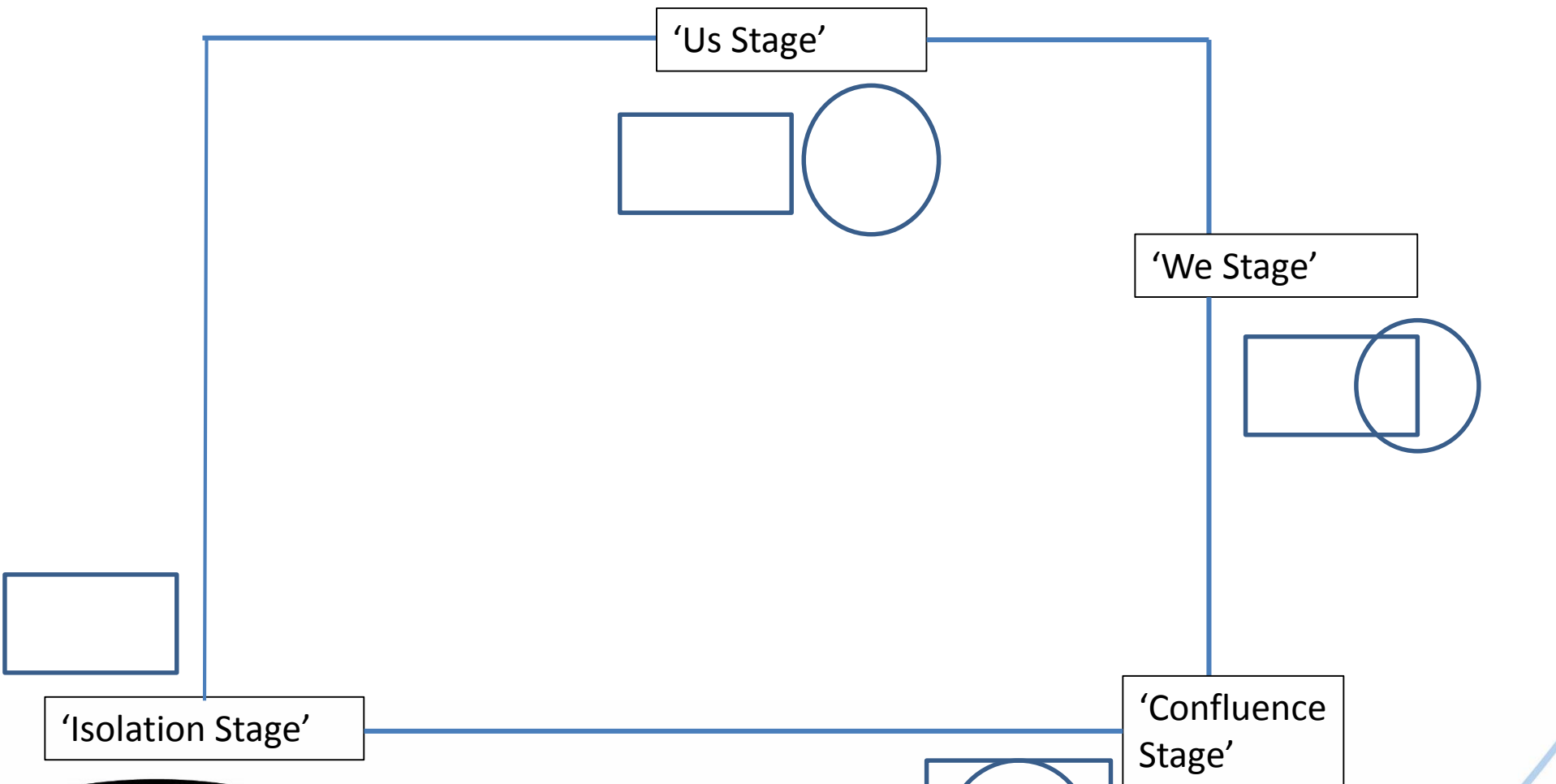
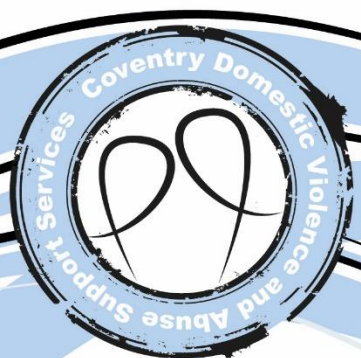
Care

Trust

Honesty

Shared Morals





# Thoughts/Feelings/Behaviour



## Where do you learn your behaviour from?

Parents

Culture

School

Neighbourhood

Demographic

Friends

Class

Politics

Work

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## What can affect your behaviour?

Health

Alcohol

Mental  
Health

Drugs

Medication

Good/bad news

Weather

Work

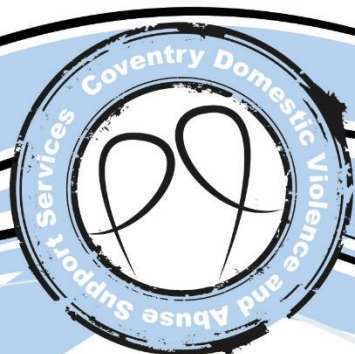
Money

Hungry

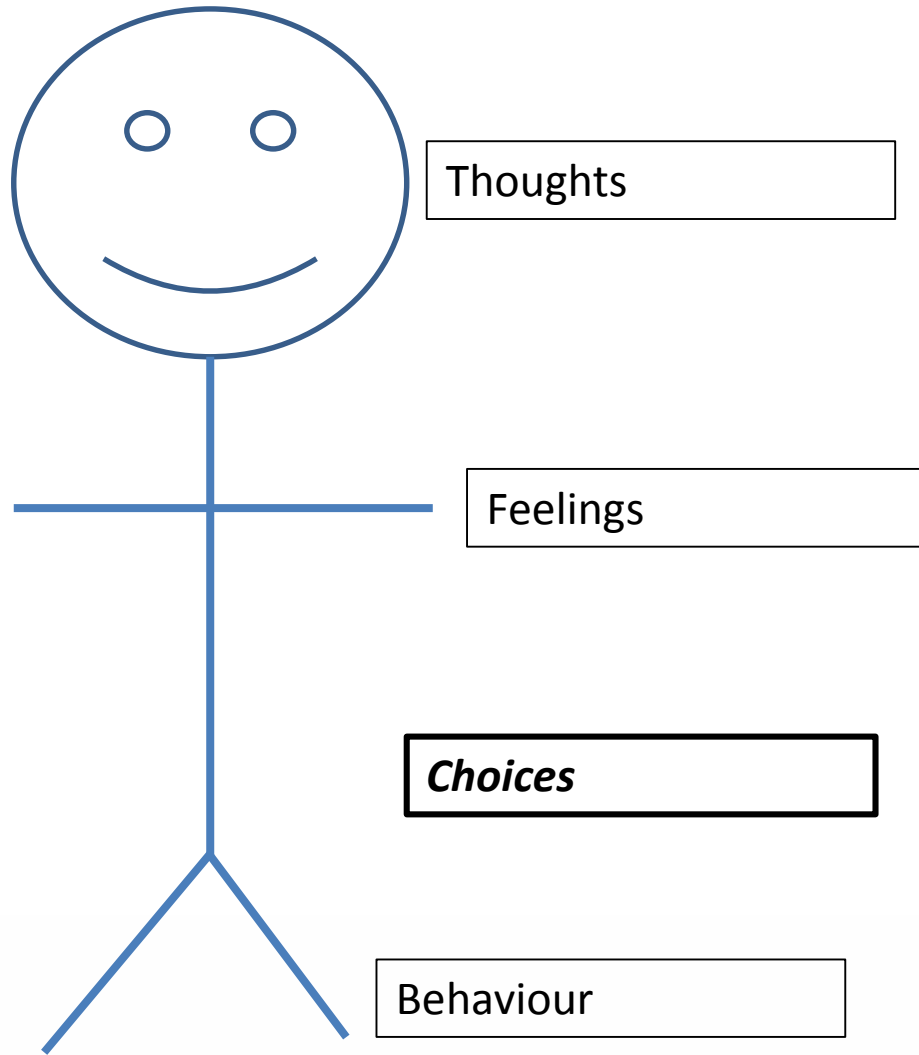
Mood

Tired

Good day/bad  
day



Only **YOU** control your  
behaviour





**Thoughts**

Changing one of these will in turn change the other two.

Although still hard, Behaviour is the easiest to change.

You must acknowledge feelings, cannot ignore them

**Behaviour**

**Feelings**



Thoughts

Feelings

Choices

Behaviour

# Scenarios



Your partner has gone on a night out, you see on Facebook they have been tagged in a photo with a group of people you don't know, and one has their arm round them.

**How do you deal with this?**

You What's App message your partner at 11.00am, they are online, they read it and don't reply until 7.00pm, despite being online all day.

**How do you deal with this?**

Your partner has gone on a planned night out (with a friend that you dislike) they were due back around midnight, they do not return, you try calling at 12.15 and their phone is off-It stays off and you're unable to make contact, they return at 9am.

**How do you deal with this?**



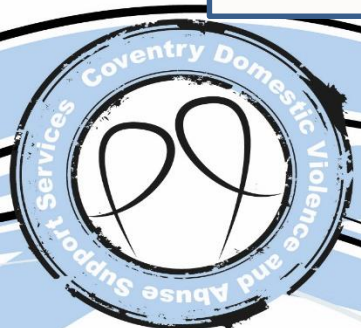
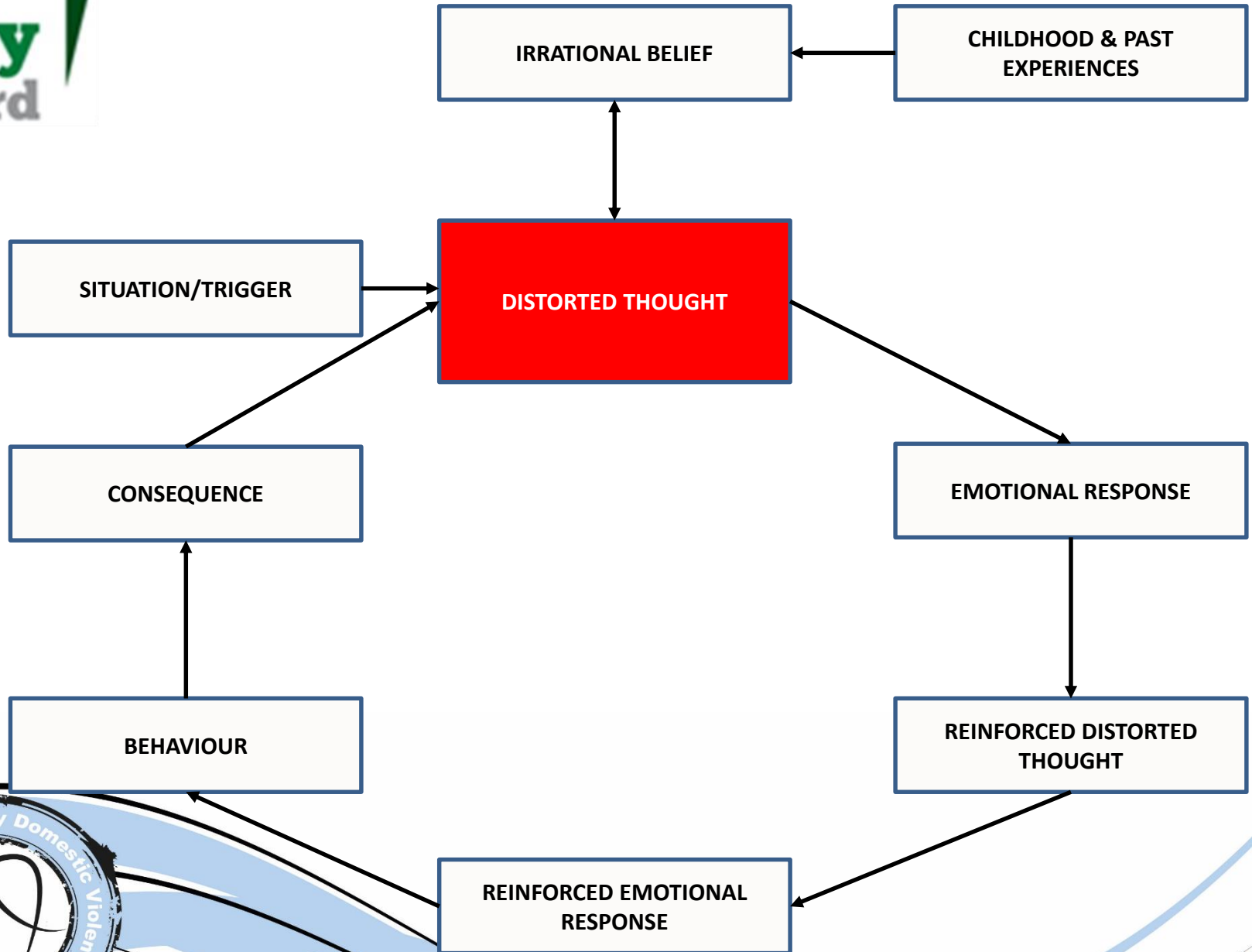
- Initially how do you feel? E.g.: Thoughts/feelings/behaviour
- What are you going to do to manage yourself in this situation?
- Ideas for solutions
- How do you feel once issue is resolved, how do the other party feel?

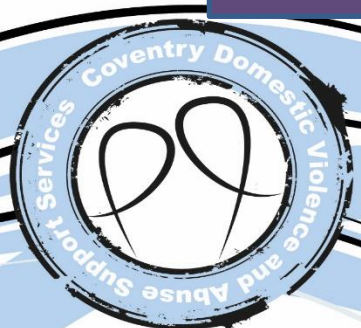
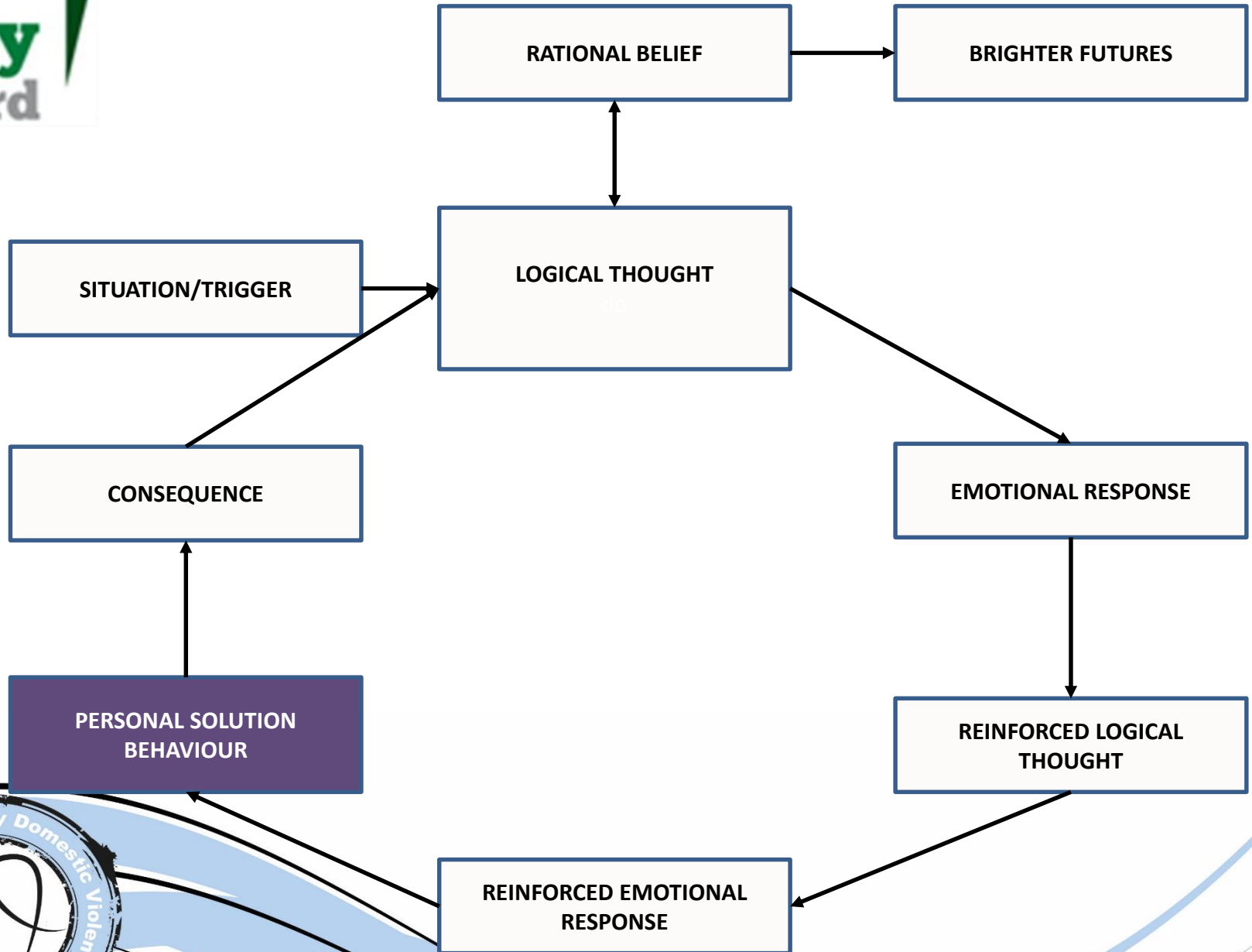


# Irrational beliefs









# Victim Awareness

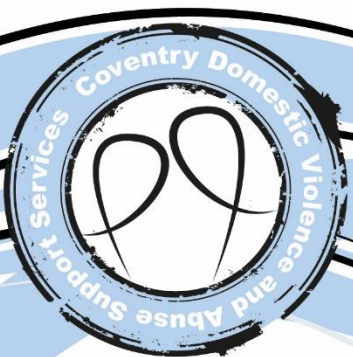


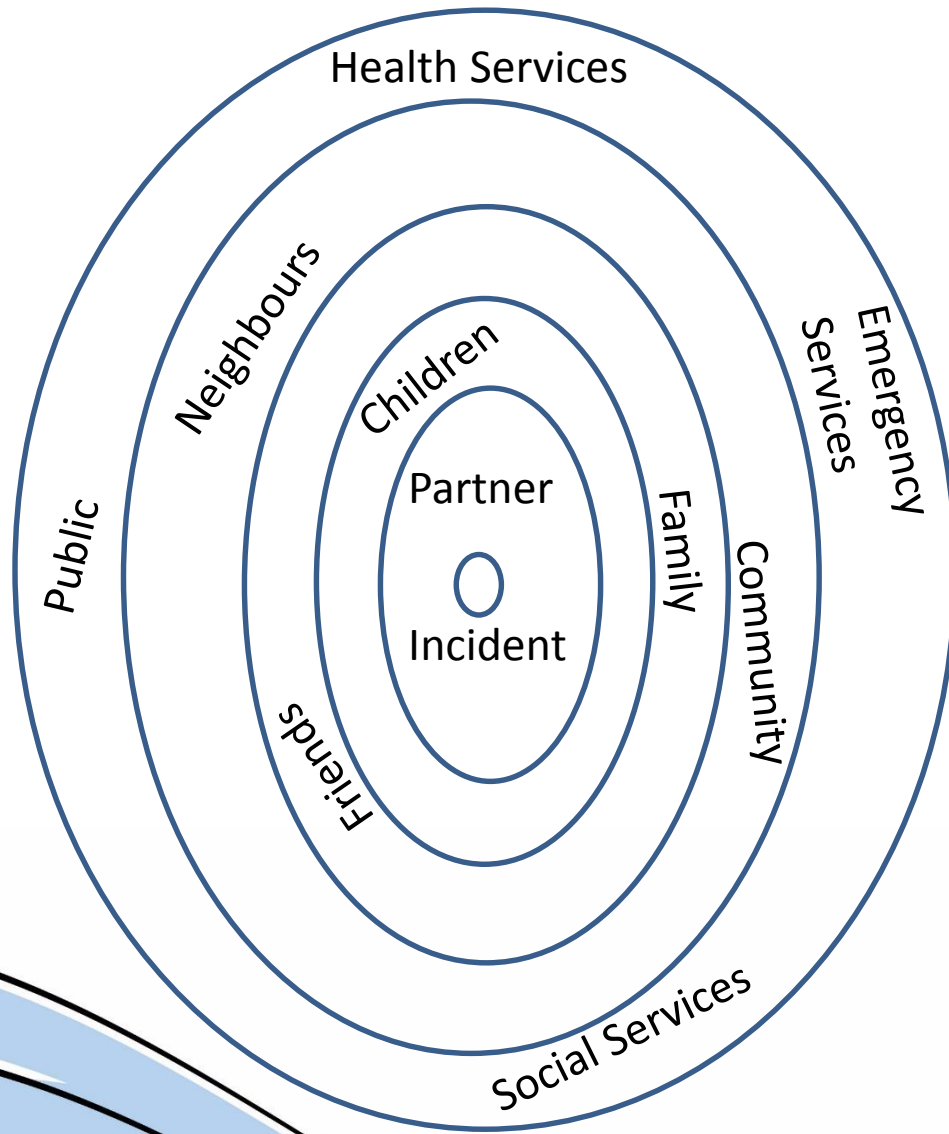
## Primary Victim

- Whoever is directly in receipt of my violence/abuse
- E.g. Partner/Children/Family member

## Secondary Victim

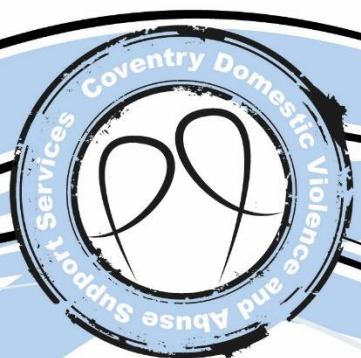
- Whoever is additionally impacted by that negative behaviour
- E.g. Children/Family member/Neighbour/Public Services





## The 'Effects of my previous behaviours on others and self'

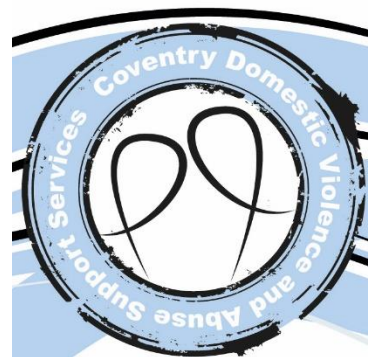
My behaviour	Who is affected by my behaviour?	The effects of my behaviour on others	The effect of my behaviour on me
	primary and secondary victims	what has happened to them, their thoughts and feelings	what has happened to me, my thoughts and feelings





## The 'Effects of my solution behaviour on others and self'

<b>My solution behaviour</b>	<b>Beneficiaries self &amp; others;</b>  primary and secondary	<b>The effects of my solution behaviour on others</b>  what has changed, their thoughts and feelings	<b>The effects of my solution behaviour on me</b>  what has changed, my thoughts and feelings



# Questions from the floor





## The Brighter Futures Perpetrator Programme

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Secure email: [fry.cdvass@frysupport.cjsm.net](mailto:fry.cdvass@frysupport.cjsm.net)

Koco's Community Resource Centre,  
15 Arches,  
Spon End,  
Coventry,  
West Midlands,  
CV1 3JQ



# References

- [http://rightsofwomen.org.uk/get-information/violence-against-women-and-international-law/coercive-control-and-the-law/#What%20is coercive control?](http://rightsofwomen.org.uk/get-information/violence-against-women-and-international-law/coercive-control-and-the-law/#What%20is%20coercive%20control?)
- [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/482528/Controlling or coercive behaviour - statutory guidance.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/482528/Controlling_or_coercive_behaviour_-_statutory_guidance.pdf)
- <https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/compendium/focusonviolentcrimeandsexualoffences/yearendingmarch2016/domesticabusesexualassaultandstalking>
- <http://www.domesticviolencelondon.nhs.uk/1-what-is-domestic-violence-/1-definition.html>

