

Exercise

Personal Profile

AVERT
FAMILY VIOLENCE



**Collaborative Responses in
the Family Law System**



An Australian Government Initiative

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Personal Profile Exercise

Purpose:

- To provide the opportunity for participants to reflect on power relations through exploring behaviours and interactions in violent relationships.

Materials required:

- Copy of either *Gary & Bronwyn's Story* OR *Tony & Jessica's Story*
- Copy of Discussion Notes for each small group (attached below)

Process:

1. Show one of the suggested stories to the whole group.
2. Ask participants to work in small groups of 3 – 5.
3. Using the discussion notes outlined below, ask the small groups to examine the personal profile of either Gary or Tony:
 - Reflect on their behaviour in relation to their ex-wife
 - Reflect on their behaviour in relation to their children
4. Discuss issues raised as a whole group.

Variation:

Ask the participants to write a report for their supervisor using the discussion notes as a guide.



Discussion Notes:

Note: Begin by reflecting on Gary or Tony's relation to his ex-wife and then reflect on Gary or Tony's relation to his children.

Think about Gary or Tony's:

- Level of certainty of his own rightness
- Level of empathy for the other's position
- Degree of ability to manage his own anger and express frustration appropriately
- Capacity to react with violence to his own frustrations
- Level of respect for boundaries of the other
- Level of respect for physical and psychological autonomy of the other
- Quality of attention to his children's needs and his ex-wife's needs
- Ability to create a life for himself independent of his ex-wife
- In particular, reflect on the extent to which Gary or Tony has the ability to engage in a dialogue to resolve difference. Can they talk through different perspectives and come to an agreed position in the interests of the children?