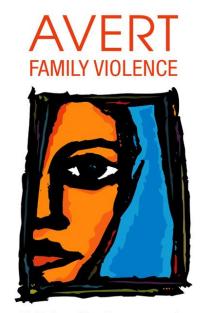
Training Session Plan

Psychology Students
Two-Day Program or
Selected 1 to 2-Hour Tutorials



Collaborative Responses in the Family Law System





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AVERT FAMILY VIOLENCE

Training Session Plan - Psychology Students

Program Title: Multidisciplinary Family Violence Skills Training Program

Program Length: Two-day whole program, or separate 1 to 2 hour tutorials.

NOTE: This program has been specifically designed to allow facilitators to 'lift out' individual 1 to 2-hour tutorials on key topics. These can be inserted into a range of higher education programs to match coursework requirements in applied psychology courses. It is intended that course coordinators adapt and apply the contents and materials to their specific needs. The program activities are directed towards an undergraduate level but can be adapted to more experienced audiences if required.

Intended Participants: Students of applied psychology

Pro	ogram Learning Outcomes:
	Introduce knowledge about prevalence, dynamics and impact of family violence in contemporary Australia.
	Increase recognition of key research themes and findings in the area of family violence.
	Develop ability to identify and respond effectively to people who are affected by family violence.
	Develop awareness of the role of psychologists and other professional practitioners in relation to family violence.
	Increase ability for reflective analytical thinking about good practice approaches in relation to family violence.
Pre	-Course Activities:
Ens	sure participants receive:
	Pre-Course Evaluation forms Pre-reading for day one: AVERT Paper: Dimensions, Dynamics and Impact of Family Violence
gro allo	om Setting and Equipment: It is recommended that this program be run with a up size no bigger than 25 and the tables should be arranged in "Cabaret" style wing participants to work in small groups. Equipment necessary for the program udes:
	Video and PowerPoint projection

□ Whiteboard

Facilitator Preparation:

The AVERT Family Violence Training Package is a multi-disciplinary training package that will be delivered to different professions with different skill sets. Facilitators should tailor the package for their particular audience and context. The package has been constructed with an assumption that an experienced trainer from within relevant professional groups will deliver the training.

Prior to delivering the program, it is essential for the facilitator to view all the video resources and read all the papers that are indicated for use in the session plans. These are listed for quick review at the end of this document and are located on the website under For Trainers/ Resources/ By Type. It is also recommended that facilitators practice any of the activities that are unfamiliar to them. This will assist in having a thorough understanding of the materials and being well prepared to answer any questions that participants may raise. This preparation also provides an opportunity for the facilitator to clarify any hesitations or queries they may have with any aspect of the training. Family violence can be an emotional and controversial topic in many groups. Practicing ways of responding to anticipated reactions will assist in the creation of a quality education experience.

When tailoring a package for a particular audience, facilitators may need to prepare some of their own PowerPoints and Handouts, drawn from the facilitator notes and general materials. A template PowerPoint and Fact Sheet is provided for this purpose on the website under Resources/ By Type/ Learning Materials.

Named fact sheets, discussion papers and resources for training exercises are all provided and can be found on the website under the program title. Points to emphasise are indicated in the session plans as well as in the detailed outline of training exercises.

All exercises, fact sheets, PowerPoints, discussion papers and course evaluation forms can be found on the website under Resources/ By Type.

Program timing in the session plan is a rough estimate and is based on a group of between 20 – 25 participants. However, the level of participation of each group necessarily impacts the amount of time that each activity will take. It is envisaged that each facilitator will know which exercises need to be curtailed if the program is running over time.

In many cases various sections of the Video Resources have been broken up into chapters (e.g. Scenarios; Overview of Family Law system). The appropriate chapters for specific exercises within the training programs are indicated as required. Chapters are listed under Resources/ By Type on the website. Click on the chapter required to start viewing.





Handouts for the Program:

	older of additional reading can be provided for each participant containing the owing AVERT Discussion Papers:
	Legal Frameworks
	Responding to Diversity
	Screening, Risk Assessment and Safety Planning
	Prevention Strategies: Involving and Engaging Perpetrators
	Multidisciplinary Collaboration and Integrated Responses to Family Violence
The	e folder should also contain:
П	Pre-Course and Post-Course Evaluation forms



Day One

TIME	ACTIVITY SEQUENCE & FACILITATOR NOTES	RESOURCES REQUIRED
15 min	Welcome	
	Acknowledgement of Indigenous custodians of the local area.	Name stickers & pens
	☐ Introductions – after the facilitator has been introduced, ask the participants to share with the person next to them (on both sides), their name, where they are from and something they already know about family violence.	PowerPoint: Psychology Program Learning Outcomes
	☐ Invite any initial comments about Family Violence and what participants know/do not know.	
	☐ Briefly outline aims of the program.	
	☐ Alert participants to the sometimes challenging and distressing content in this program and provide group rules and support for debriefing if required.	
	☐ 'Housekeeping' and timeframe details.	
105 min	What is Family Violence?	
	Ask participants to brainstorm their ideas about family violence. Briefly draw out themes and highlight myths and facts from the <i>Myths and Facts</i> Fact Sheet. In	Fact Sheet: Myths and Facts
	particular, ensure the following points are made :	Fact Sheet: A copy of the Duluth Wheel of Violence for
	Family violence is also sometimes called domestic violence, spouse abuse, or intimate partner violence	each participant
	Family violence is fundamentally about the use of power and control	PowerPoint: Definitions of Family Violence
	☐ It is not only physical abuse	
	☐ It is a <i>pattern</i> of behaviour over time	Testimonial: Lucy
	☐ It occurs in all populations and age groups	
	Family violence has long term harmful effects upon victims and also children who live in households where it is occurring. (Approximately 50% of children exposed to family violence develop long term mental health issues if recovery from the immediate trauma is not facilitated)	PowerPoint: Impact of Family Violence on Adult Victims



TIME	ACTIVITY SEQUENCE & FACILITATOR NOTES	RESOURCES REQUIRED
	Present the PowerPoint: Definitions of Family Violence as further explanation of the previous points. Handout a copy of the Duluth Wheel of Violence Fact Sheet and talk through the components of the wheel. Now show Lucy's Testimonial NOTE: The facilitator may wish to explain that during the training there will be several video screenings and it is important to highlight the difference between viewing for entertainment and viewing as a 'professional analyst'. It is encouraged that participants take written notes of key messages and concepts that stand out for them as they watch. In small groups, ask participants to note the dynamics of family violence that are evident within the testimonial that relate to the Duluth Wheel. Emphasise: The significance of non-physical violence and in particular, social isolation as a result of living with FV. For instance how does the violence impact the victim's relationship with family and friends? The fear that results from living with violence becomes an 'organising principle' of a victim's life. It is something that shapes their behaviours and limits relationships and social activities The multiple impacts of FV on adult victims (utilise the Impacts on Adult Victims PowerPoint if	
15 min	required) Break	
60 min	Indicators of Family Violence – Power and Control	
	What do we mean when we say FV is about power? Invite comments and questions from the group. Follow the detailed facilitator notes to conduct the Defining Violence Exercise.	Exercise: Defining Violence Defining Violence Cards. One set for each group (from Exercise Sheet)



TIME	ACTIVITY SEQUENCE & FACILITATOR NOTES	RESOURCES REQUIRED
	Emphasise: ☐ Family Violence is not relationship conflict ☐ By far the overwhelming majority of victims of FV are women. Family violence is situated within a history of gender inequality and male privilege. This context supports male perpetrators to use	
	powerful tactics of control. However, contemporary gender roles are undergoing changes that make the use of violence more available to women	
	☐ In order to notice and screen for family violence we must be aware of controlling behaviour and its effects	
60 min	Power and Control Continued	
	Show chapters 1 to 6 of <i>Tony and Jessica's Story</i> and conduct the <i>Personal Profile</i> Exercise which includes Discussion Notes.	Scenario: Tony and Jessica's Story Exercise: Personal Profile
	Ask participants in their small groups to consider what questions enabled the family dispute resolution practitioner to investigate the strategies of power and control used by Tony and the effects of these on Jessica.	(including Discussion Notes)
45 min	Lunch	
45 min	Kate's - Testimonial	
	View Kate's Testimonial	Testimonial: Kate
	As a whole group discuss the following questions:	
	☐ Kate wanted to support her partner, what were some of the practical and emotional consequences for her?	
	☐ In what ways could her needs have been addressed?	
	☐ If Kate was your client, what issues do you think she might need support with?	



TIME	ACTIVITY SEQUENCE & FACILITATOR NOTES	RESOURCES REQUIRED	
30 min	Testimonial – Jacob		
	View Jacob's Testimonial	Testimonial: Jacob	
	As a whole group discuss the following questions:		
	☐ What is your overall response to Jacob's story?		
	☐ What were the effects of Jacob's father's violence? How do you see Jacob's relationship with other members of his family?		
	☐ What strengths do you see in Jacob?		
	☐ In what ways might Jacob's childhood experiences impact on him as an adult?		
	☐ Were there any small details or body language that you noticed?		
15 min	Break		
60 min	Dimensions and Dynamics of Family Violence - Quiz		
	This exercise draws together knowledge covered during the whole day and within the pre-reading. The facilitator can use it to summarise key messages and make necessary clarifications.	Exercise: A copy of the Dynamics of Family Violence Quiz without answers, for each	
	☐ Distribute a copy of the <i>Dynamics of FV</i> Quiz (without the answers) to each participant and ask them to answer the quiz in small groups.	participant. Exercise: A copy of the	
	☐ Go through the answers as a whole group. (Prizes for tables who get more than 75% of the answers correct are an option)	Dynamics of Family Violence Quiz with answers	
	Remind participants that the background to this quiz is in the pre-reading sent to them.	Sweets or Promotional materials such as pens, key rings etc as prizes (optional).	
15 min	Closing Round		
	Invite participants to report to the whole group in a 'round', something from the day that they will share with others.		



Day Two

TIME	ACTIVITY SEQUENCE & FACILITATOR NOTES	RESOURCES REQUIRED
30 min	Welcome and review	
	Ask participants to each name something they learnt or a question that has arisen for them from yesterday.	PowerPoint: Definitions of Family Violence (specifically the definition of family
	Use this round to re-iterate the important key messages from the day and respond to any clarifications.	violence from The Australian Family Court's <i>Family</i> <i>Violence Strategy</i> 2004-2005
	☐ Present the Family Court FV Strategy definition of Family Violence	Opinion Piece: Sam Page
	☐ Show the opinion piece by Sam Page	
	Together these consolidate some key messages relating to all work with family violence but in particular within the Family Law System.	
	Establish the following as baseline knowledge for psychologists:	
	☐ Family violence is common and will be present in many psychologists' work settings	
	☐ Point out that the Family Court definition recognises forms of violence that are non—contact violence.	
	Remind them of the <i>Duluth Wheel</i> and that it is common for many forms of violence to operate at the same time	
	Family violence issues intersect with mental health issues; substance use; parenting problems; relationship problems; separation and divorce; and child protection	
	☐ The 'best interests of the children' is a priority within the Family Law Act	
	☐ Safety is an underpinning principle – including emotional and psychological safety.	



TIME	ACTIVITY SEQUENCE & FACILITATOR NOTES	RESOURCES REQUIRED
45 min	Indicators of Family Violence – Assessing Risk	Exercise: Risk Assessment
	This activity is designed to support participants to look for the combination of factors that present risk and enables the facilitator to point out the use of power and coercive control.	Sets of Risk Factor Cards for each small group (from the Risk Assessment Exercise)
	Conduct the <i>Risk Assessment</i> Exercise following the detailed facilitator notes.	Risk Assessment Scales Handout for each participant (from the Risk Assessment Exercise)
45 min	Scenario - Gary and Bronwyn's Story	
	Facilitator's note: It is important to note that people who have experienced Family Violence and whose safety may be at risk are not required to attend Family Dispute Resolution. Legal advice should be encouraged so that people can understand the options available to them. It is possible to apply under section 60i(9) of the Family Law Act for an exception so that participation in Family Dispute Resolution is not required where there has been Family Violence or there is a risk of violence. The other option is to attend an intake and assessment interview at a Family Relationship Centre or other Family Dispute Resolution provider to examine whether or not Family Dispute Resolution is appropriate. Explain to the group that they are about to view a	Scenario: Gary and Bronwyn's Story
	story in which they must assume they have a professional role as a clinical psychologist.	
	Ask participants to consider each character separately, taking notes on their presenting behaviours and issues.	
	View Gary and Bronwyn's Story	
	☐ In small groups, ask participants to discuss each of the 4 characters in turn. Write down:	
	 Their issues and needs How they attempt to have their needs met What safety concerns you have for them and why What method of intervention would you advise for this character? What referral options would you use? 	
	☐ Share reflections with the whole group	



TIME	ACTIVITY SEQUENCE & FACILITATOR NOTES	RESOURCES REQUIRED
	Emphasise: ☐ Initial, 'inaugurating' physical violence at the beginning of the marriage that controlled Bronwyn for many years ☐ Signs of escalation ☐ The FDRP questions that elicit indicators of control from Gary ☐ The effects of long term violence on Bronwyn evident in her presentation. ☐ Ask the group to answer the following additional questions: ■ What difference does it make to safety	
	issues that Sally has Down Syndrome?	
15 min	Break	
30 min	Gary and Bronwyn continued	
	Working in pairs, ask participants to draft a basic report outlining their assessment and therapeutic intervention plan, in dot point form only.	
	NOTE: the facilitator may insert an appropriate report format or guideline here such as a court report; a child protection report; a family therapy case reportor other format as relevant for this group.	
	Work through the contents of such a report, with the group as a whole.	
45 min	Scenario - Jaber and Zahra's Story	
	Family violence in the context of refugee trauma and acculturation.	Scenario Jaber and Zahra's Story
	 □ Divide participants into four small groups, nominating a character from Jaber and Zahra's story to each one: ■ Jaber ■ Zahra ■ Leila (daughter) ■ Jamal (son) 	AVERT Discussion Paper: Responding to Diversity for each participant



TIME	AC	TIVITY SEQUENCE & FACILITATOR NOTES	RESOURCES REQUIRED
	1. 2. 3. U	Explain the history of this family in coming to Australia and establishing themselves here. Ask participants, whilst watching the story, to consider their character and identify the following four elements: Psychological issues – what are the main challenges being faced by this family member? Individual needs – what does your character specifically need in order to overcome the challenges? Possible methodologies and referral options to meet the needs – what can you do as a social worker to help recovery? Possible ethical dilemmas – in responding to the needs of the individual, what ethical questions arise for you? Ask each small group to discuss what they have seen and develop a list of issues; needs; responses and dilemmas on a sheet of butcher's paper. Allow 30 minutes for the groups to discuss the details of the case and record their responses. Circulate amongst the groups to assist in their	
45 min	Sc	deliberations. enario - Jaber and Zahra's Story continued	
45 min	Asl the	k the small groups to feedback their response to above exercise to the wider group and allow cussion to occur. Show Judy Saba's professional Commentary on this story Discuss the groups understanding of acculturation. Draw out the details of the acculturation model as discussed by Judy and the intercultural adaptation information outlined in the Migration and Settlement Fact Sheet.	Fact Sheet: Migration and Settlement Professional Commentary: Judy Saba



TIME	ACTIVITY SEQUENCE & FACILITATOR NOTES	RESOURCES REQUIRED
	Emphasise:	
	☐ Family violence is not excused or mitigated through experiences of racism or trauma	
	☐ Addressing migration and settlement issues can contribute to recovery from trauma and reduction in risk of family violence	
	☐ Acculturation occurs at different rates and in different ways for each member of the family and this adds additional pressures	
	☐ Courts and child protection services will be concerned with the best interests of the children as a priority	
	☐ Collaborative practice between all agencies involved is extremely important for an effective response	
45 min	Lunch	
45 min	Impact of Family Violence on Children	
	Present the PowerPoint: <i>Impact of Family Violence on Children.</i> (40 min)	PowerPoint: Impact of Family Violence on Children
	In order to be familiar with the above issues it is important for the facilitator to have read both the AVERT Paper <i>Dimensions, Dynamics and Impact of Family Violence</i> and McIntosh et al report (see resources column here).	Facilitator to read the Dimensions, Dynamics and Impact of Family Violence Paper and the 'Integrated
	Emphasise:	Findings' section on pages
	☐ Children who are exposed to violence and conflict require their own attention and support to recover and re-establish a "protective cocoon"	8-9 of McIntosh et al (2010). Post Separation parenting arrangements (See references at end of this
	☐ The old assumptions that children don't notice or simply 'get over' trauma quickly are significantly refuted by research over the past 20 years	program)
	☐ Infants and pre-school children are seriously impacted by family violence. This includes experiencing neurological harm (that occurs without physical assault happening to them)	



TIME	ACTIVITY SEQUENCE & FACILITATOR NOTES	RESOURCES REQUIRED
	☐ Children who are compliant and well behaved should not be assumed to be ok; rather compliance maybe a sign of fear and trauma.	
30 min	Circle of Safety Exercise	
	The purpose of this exercise is to identify what facilitates and interrupts a child's attachment and positive development. Refer to the detailed facilitator notes provided. Complete the exercise drawing from participants' own understandings and experience of working with families, ensuring the key points are elicited.	Set of Circle of Safety Set of Circle of Safety Cards for each small group (from Exercise sheet)
	☐ Conclude this section by watching Dr Jennifer McIntosh discuss the importance of Screening, Risk Assessment and Safety Planning and the need to clarify parental capacity.	Opinion Piece: Dr Jennifer McIntosh, Screening, Risk Assessment and Safety Planning
	☐ Invite participant questions and answers throughout this section.	
15 min	Break	
45 min	Engaging Men who Use Violence	
	Watch Opinion Piece 'Working with men who use violence' by Danny Blay and ask the small groups to discuss the implications of Danny Blay's comments on their own engagement with men who use violence.	Opinion Piece: Danny Blay, Refer to AVERT Paper: Prevention Strategies
	Ask the participants to share their comments with the large group.	
	Emphasise:	
	Accountability practices prioritise the safety of the victim and children and invite the perpetrator to notice and take responsibility for promoting safety	
	☐ Accountability is not the same as exclusion or rejection of perpetrators	
	☐ Accountability practices actively seek to avoid colluding with the violence while still engaging	



TIME	ACTIVITY SEQUENCE & FACILITATOR NOTES	RESOURCES REQUIRED
	supportively with the individual concerned ☐ Accountability practices also aim to help people who have used violence to change their behaviours through greater appreciation of the impact of their actions ☐ Engaging with people who use violence is an important prevention strategy that is active in sharing the responsibility for social change, rather than simply blaming individuals. At the same time, practitioners must ensure that support and engagement are not confused with excusing perpetrators or holding victims responsible for the violent behaviour. This requires clarity from the practitioner.	
20 min	Closing round and evaluation Invite participants to report to the whole group in a 'round', something from the program that they will share with others. Handout final evaluation forms for completion and collect these before participants depart. Handout further reading list as created by facilitator from AVERT program references.	Handout - Selected references from AVERT program Post-Course Evaluation forms.

References:

McIntosh, J. Smyth, B. (2010) *Post-separation parenting arrangements: patterns and developmental outcomes for infants and children, Synopsis of two studies* Family Transitions

http://www.familytransitions.com.au/Family_Transitions/Family_Transitions.html





Training Session Resources

Pre and Post Course Evaluation Forms

Training Exercises

Defining Violence
Personal Profile
Dynamics of Family Violence Quiz without answers
Dynamics of Family Violence Quiz with answers
Risk Assessment
Circle of Safety

PowerPoint

Psychology Program Learning Outcomes Definitions of Family Violence Impact of Family Violence on Adult Victims Impact of Family Violence on Children

Discussion Papers

Responding to Diversity Prevention Strategies

Fact Sheets

Myths and Facts

Duluth Wheel of Violence

Migration and Settlement

Video

Testimonial: Lucy

Scenario: Tony and Jessica's Story

Testimonial: *Kate* Testimonial: *Jacob*

Opinion Piece: Sam Page

Scenario: Gary and Bronwyn's Story
Scenario: Jaber and Zahra's Story
Professional Commentary: Judy Saba

Opinion Piece: Dr Jennifer McIntosh, Screening, Risk Assessment and Safety Planning

Opinion Piece: Danny Blay, 'Working with men who use violence'

