Domestic Violence

“Just make it stop and make it better”

Matt Casey
Domestic Abuse

- What makes a difference?
- Describe our current responses?
- .....current methods of dealing with family violence are not likely to alter family dynamics and may in fact exacerbate the current situation. (Linda Mills: 1999)
- What is going on in the relationship?
- There is evidence of co-morbidity in Domestic Abuse situations. How do we deal with that?
- Domestic Abuse is often about the domination of the victim by the perpetrator.
- What about when it’s not?
- What many victims want is for the behaviour to stop and the relationship to improve
Responding to Domestic Violence (NSW Auditor General 2010)

- The response before and after crises is fragmented,
- Victims and perpetrators had no standard entry point to programs.
- Non-government and government organisations lacked a strategy to work together to encourage people to seek help and to support them when they did so.
- Two in three victims did not go to the police
- Little progress in reducing the high level of under-reporting.
- Only one in 10 victims who died through domestic or family violence were known to police to be in an abusive relationship in the year before their death.
- Organisations are not providing a response that works or lasts for many victims and perpetrators,
Restorative Practice

• Why does Restorative Practice Work?
• How important are relationships?

• Relationships are fundamental to our human existence. As social beings we define ourselves by our relationships with others. Our most innate emotional and social needs in life, it seems, are met by those who are significant to us. The need to be loved and nurtured is probably the most important. The polar opposite of these good feelings is the shame family of emotions.

Nathanson
Adapted from Social Discipline Window - Paul McCold and Ted Wachtel - 2000
PRACTICE DOMAINS

Where is our current response?

Pressure Limits Expectations
FIRM

TO WITH

NOT FOR

Support - Encouragement - Nurturing
I know I will always be treated

"................

by those I respect.

most people say “fairly”
Fair Process

• What is ‘Fair Process’?

• What is more important, process or outcomes?
Fair Process
The Central Idea...

‘....people are most likely to trust and co-operate freely with systems - whether they themselves win or lose by those systems - when fair process is observed.’

Fair Process

Engagement:

Explanation

Expectation Clarity

• What happened?
• What were you thinking at the time?
• What have you thought about since?
• Who has been affected by what you did?
• In what way?
• What do you think needs to happen to put things right?
• What did you think when this happened?
• What have you thought about since?
• How has this impacted on yourself and others?
• What’s been the hardest thing for you?
• What would you like to see happen now?
Why do you do the right thing most of the time?

What and who are the influences?

If you did the wrong thing who is the last person you would want to know about it?

Why is this important?
Shame

“the central social regulator that governs our personal interactions with one another.”

Nathanson
Theory of Affects

**POSITIVE AFFECTS**
- Interest - Excitement
- Enjoyment - Joy

**NEUTRAL AFFECTS**
- Surprise - Startle

**NEGATIVE AFFECTS**
- Distress - Anguish
- Anger - Rage
- Fear - Terror
- Dissmell
- Disgust
- Shame - Humiliation
Shame Experiences

A traffic light turns red just before you reach the intersection so you have to break uncomfortable fast.

(You were in a hurry and hoping to make it through on the yellow.)

Adapted from Nathanson
Shame Experiences

• Someone’s Words

• Why didn’t you think of buying milk on the way home you knew we used it all this morning?

Adapted from Nathanson
Shame Experiences

• A child doesn’t ask a question in class because she has felt stupid before when the question was viewed as too ignorant or inappropriate by fellow students or the teacher.

Adapted from Nathanson
Nathanson's Compass Of Shame

ATTACK OTHERS

WITHDRAWAL

ATTACK SELF

AVOIDANCE

NATHANSON 1992

NATHANSON 1994
ATTACK OTHERS
Blaming, physically or verbally lashing out at other people or things

AVOIDANCE
Alcohol, drugs, thrill seeking, sex, workaholism

ATTACK SELF
Self put down, doubt, loathing, blaming oneself. Behaving so as to fulfil others preconception.

WITHDRAWAL
Isolating oneself, Running and hiding, not speaking, driving Other away

NATHANSON 1992
Fight  
Be cross  
Hurt others  
Be cross with others  
Be mad at people  
(Attack Others)

I felt like this too  
Pretend it’s not happening  
Don’t want to talk about it  
(Withdrawal)

Run away and hide  
Go to your room  
Don’t want to play  
(Avoidance)

Feel sad  
Hurt yourself  
Say I’m Stupid  
Do naughty things to get into trouble  
Be Frightened  
(Attack Self)

I Felt Like That To  
The Shame Bear  
The Crumpled One  
(Shame)  
I Felt Like That
• Shame is the Affect closest to heaven
• it interrupts us feeling good to bring a sudden awareness of something we don’t really want to know about ourselves
• Understanding shame is a critical element in enabling insight, learning and personal growth.
• The healthy management of shame involves owning it and taking responsibility for making things better
• Acting on it instead of reacting to it
• Revising and overcoming shame script is an individual task
• but it is not accomplished in isolation.

Don Catherall
• Whether it be a professional therapist, a mens group or an AA sponsor, the individual who chooses to confront himself must do so before the eyes of another human being

Don Catherall
Engaging people using the script to encourage the sharing of the emotional harm caused by inappropriate or harmful behaviours.

• Introducing new information through the lens of Affect and the Compass of Shame to clients and later, their families

• Provides a new language to describe emotion and make sense of their own and others responses,

• Use the information to make informed decisions and change to more wholesome responses.

• begin to address the harm and repair the relationships

• Engaging other family members introduces the “new language” into the family day-to-day life experience and provides an improved way to challenge behaviours, deal with the inevitable tensions and conflicts and strengthen relationships.
“If the hijackers had been able to imagine themselves into the thoughts and feelings of the passengers, they would have been unable to proceed. It is hard to be cruel once you permit yourself to enter the mind of your victim. Imagining what it is like to be someone other than yourself is at the core of our humanity. It is the essence of compassion and it is the beginning of morality”