

Choices Torbay

Choices Torbay is a programme for domestic violence perpetrators. It aims to help men, who have been abusive towards their partners or ex-partners, change their behaviour and develop respectful, non-abusive, healthy relationships. By taking part in Choices Torbay perpetrators have a real chance to make a positive difference to the lives of people closest to them.

Choices Torbay is designed to help perpetrators reflect on the choices that they've made about their past behaviours and the choices they will make in the future.

They'll also consider how their choice of behaviour impacts on the choices that their partners and ex-partners will be empowered to make about their lives.

Why Choices Torbay?

By running the programme we can support men to change their behaviour and attitudes to support the safety of the women and children they are closest to, as well as improve their well-being.

The programme will do this by:

- Helping them to manage and reduce their abusive impulses.
- Helping them to accept responsibility for their behaviour and to understand the attitudes and beliefs needed for loving, happy and healthy relationships.



About the programme

Choices Torbay has six modules which cover the following topics:

- Respect (3 sessions)
- Emotional intimacy (3 sessions)
- Sexual respect (3 sessions)
- Gender (4 sessions)
- Support (5 sessions)
- Parenting (5 sessions)

Each session lasts 2 - 2.5 hours and provides opportunities to:

- Increase awareness of the topic
- Explore attitudes and beliefs in relation to topic
- Look at the impact of behaviours
- Develop non-abusive behaviours

Prior to starting the programme we will run preparatory sessions with individuals and during the programme they will complete:

- Five sessions of individual pre-group work (approximately 1.5 hours each).
- Personalised individual work with partners or ex-partners delivered jointly with a Woman's Safety Worker, as well as work in small groups on specific identified areas of need.

- Two post-group sessions for relapse-prevention, evaluation, goal-setting or other identified needs.

The basic principles of the programme are:

- Domestic abuse and having coercive control over intimate partners is both morally and legally wrong.
- The safety and well-being of victims, usually women and children is a priority.
- Abusers are accountable for their abusive behaviours and responsible for the choices that they, and only they, can make to continue to be abusive or to learn and practice respectful behaviours.
- To work in integrated ways to challenge and prevent domestic abuse through the programme and with the communities we work and live in.
- To work with a women's support service to provide separate support to perpetrators' partners or ex-partners.



For more information contact TDAS on

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