

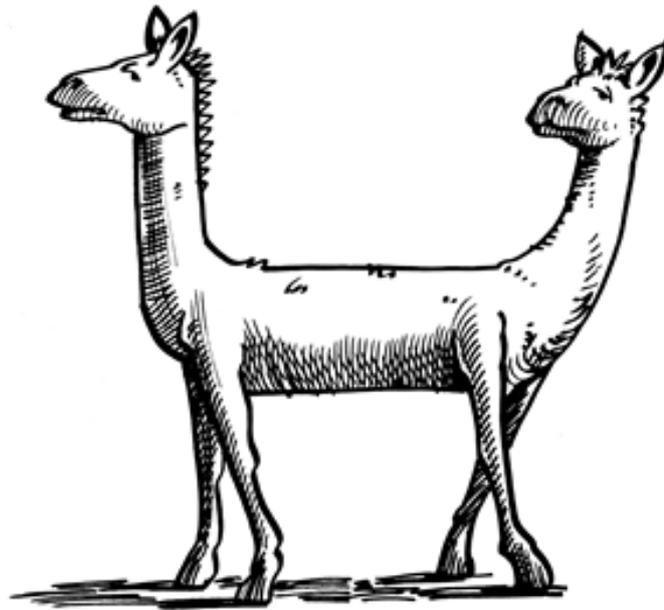


“this ends here”™

Taking back control

“this ends here!!”™

Changing beliefs and attitudes to abusive behaviour



**“The specialists in
domestic abuse attitude change”**

nocn
CREATING OPPORTUNITIES



“this ends here”™ is an accredited educational programme that promotes **SIMPLE** and **PRACTICAL** tools as a means to end the use of abusive and coercive behaviour within families and relationships. The course, delivered over a minimum of eight, three hour sessions, provides the learner with a structured understanding of what drives their behaviours and actions, their feelings and insecurities, along with credible and highly specific skills to **CHANGE** these behaviours and actions. It is these **SKILLS, KNOWLEDGE** and **TOOLS** that enable the learner to recognise the consequences of their **CONDUCT**, therefore encouraging full responsibility for their own **CHOICES** whilst also removing fear of change.

The final part of the course is the development of a personalised and meaningful plan of change, including specific actions to be taken, embedded and reviewed.

The course can be delivered in both **COMMUNITY** and **CUSTODIAL** settings with delivery typically offered across five consecutive days although it can be facilitated weekly, during evenings or weekends to ensure accessibility.

This end's here is available also as an **EXTENDED COURSE**, taught over 31 hours of classroom time, and giving our students additional modules such as substance misuse education, abstinence planning and commitment, employment action planning and in-depth conflict resolution. Further information is available on request



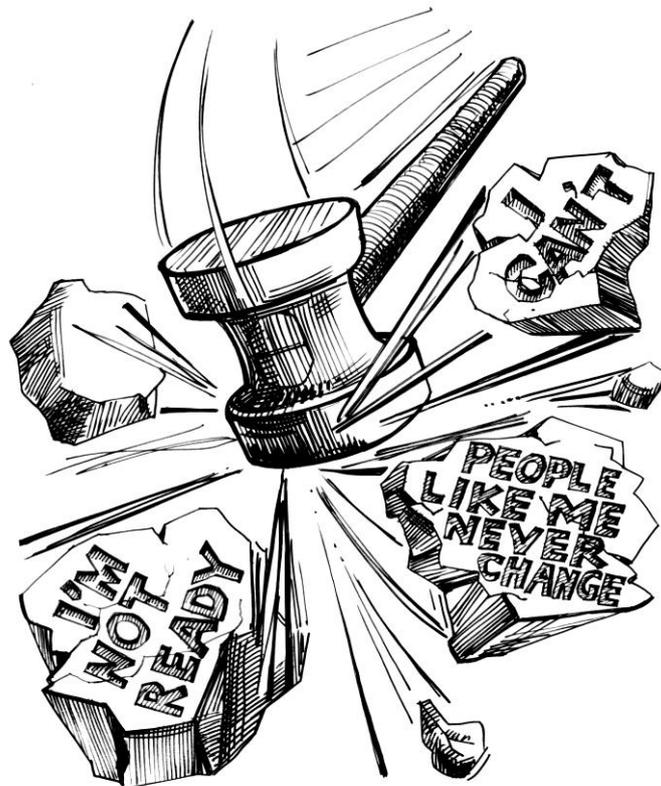
The final three sessions are delivered over two months after completion, with each session tailored around the agreed action plan of each learner.

After completion the outcomes and anecdotes made by each student are collated to form an impact report. Each graduating student is presented with their **NOCN QUALIFICATION** at a celebration event ensuring their achievements are fully recognised but also highly visible to other service-users and partner agencies. Where graduates provide additional consent, we will continue to track their achievements for up to two years post graduation.

Peer delivered, our tutors are recruited from graduates of all our programmes and bring with them a wealth of personal experience in overcoming significant and ingrained life problems.

“this ends here”™ is delivered to abusers by people who have themselves been abused within a relationship. The understanding they bring, and their ability to challenge without judging is unrivalled, resulting in our learners gaining a true insight into how their behaviour has impacted on others.

It is impossible to adequately describe the power that this classroom relationship fosters, but the resulting outcomes far exceed those of many other programmes.



Our learners leave the programme with a clear understanding of what domestic abuse is, how their learned beliefs condone and excuse their actions and how to easily challenge and change these beliefs. Simply put, they each write and agree an assertive plan of action to NEVER use abuse within ANY current or future relationships.

Key topics and skills covered include:

- **Defining what abuse is**
- **Understanding why they act this way**
- **Understanding ambivalence**
- **Changed language equals changed beliefs**

- **Critical thinking**
- **Conflict resolution**
- **Effective planning**
- **Goal setting**
- **Self Reflection**

Asset based

All domestic abuse is underlined by an extreme low-level of self-esteem and insecurity but the skills utilised to create, grow and foster an atmosphere of fear and domination are considerable. Our learners are highly skilled in this regard and yet they often feel unskilled, useless and insecure of their own value. Once a person starts to recognise their personal skills portfolio, they very quickly become willing and open to using those same skills in a positive manner. This is key to the relationship we foster in our classrooms – we see every person as a highly skilled, valuable asset and we seek to help them realise this potential in a positive manner.

Challenges

Part of working with difficult to engage individuals is recognising the challenges that come with institutional dependence, long term addiction, health inequalities and/or lack of academic qualifications. The people we meet are often a mixture of disaffected, apathetic, sceptical or resistant.



By utilising existing relationships, peer led education and employed, skilled Tutors we provide a highly flexible service aimed at helping existing services and partners achieve their key outcomes. We deliver partnership training for identification and referral along with post course strategies to improve and support best practice.

“this ends here”™ learning outcomes

Qualification Title:

NOCN Level 1 Award in Developing Skills to Change Behaviour and Improve Relationships

The learner will/can:

- Understand the definition of domestic abuse.
- Define abuse within their own behaviours.
- Identify their ambivalence towards their behaviour.
- Outline how this ambivalence can be used to implement change.
- Understand the tools available to support this change.
- Define Abusive Desire Recognition.

- Identify examples of transposing to recognise and resist abusive desire self-talk.
- Identify the practical and emotional costs to both their victim, their family and themselves.
- Know the importance of planning future behaviour
- Create a credible plan of future behaviour.

Outcomes and Costs

These outcomes contribute to:

- 1) Improved successful exits from established Domestic Abuse partner agencies.
- 2) Improved outcomes for victims and their families
- 3) Reduced crime.
- 4) Improved lifestyles and opportunities for both victim and perpetrator.
- 5) Improved family units.
- 6) Vibrant, positive role-models as living proof of the value of investing in change.

Getting in touch

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Case study

Rikki – Aged 24

Prior to sitting the “this ends here!!” course I had had a series of relationships which had involved some form of domestic abuse or another. I had always minimised my responsibility, blaming my partner or circumstances for what happened. I had also been on the receiving end of abuse, but gave as good as I got.

The last time this happened it resulted in the police and social services being called out, and as a result my son was taken into the care of his Grandmother. At this point I still regarded responsibility for this to lie with my partner, as she had started abusing me both verbally and physically – as far as I was concerned it was self-defence, despite the excessive amount of force I used to constrain her.



Having been referred to a local voluntary service that helps people who have committed domestic violence, I was then referred on to the “this ends here!!” course. I must admit that I was highly sceptical at first, I thought that I didn't really have a problem and agreed to go on to keep the service happy rather than thinking I would get much from it.

How wrong I was !! From the start, the quality of the staff who delivered the course was amazing. They had been there and got the T-shirt, and working with someone who had been on the receiving end of some very extreme abuse brought home to me just how deep my own use of abuse had become. I see now that I had real attitude problems which had impacted on all my previous relationships, from paranoia, making assumptions, being rigid and unreasonable and above all endlessly justifying everything I did as being the result of my partners actions. As I said, it was never my fault, and in the classroom I could see this for the fiction it was. It was hard to sit there with others whilst admitting the awful things I had done, but the course tutors never judged me but instead explained how I could stop this and put things right.

In particular, when we studied my language and how it reinforced my actions, I realised that far from the abuse being re-active it was actually pre-planned. This doesn't make me feel great, but I see now that it is the truth. Also, the self-reflection and critical thinking skills were fantastic – I can use these skills and apply them to so many things, but above all I recognise that I and I alone am responsible for what I do, and that I am more than capable of changing the way I choose to react to lifes ups and downs.

Since completing the course I have been back to court and now have been able to increase the numbers of access hours I have with my son. I am now able to start to rebuild the trust that his Grandmother has in me and I have already seen her attitude to me become more friendly and more open. I also find that other family relationships have improved and I am able to use the critical thinking skills in my work.

For the first time in a long time, the future looks more positive and I know, for sure, that I will never harm or abuse my partner again, and that above all is the best feeling ever.