

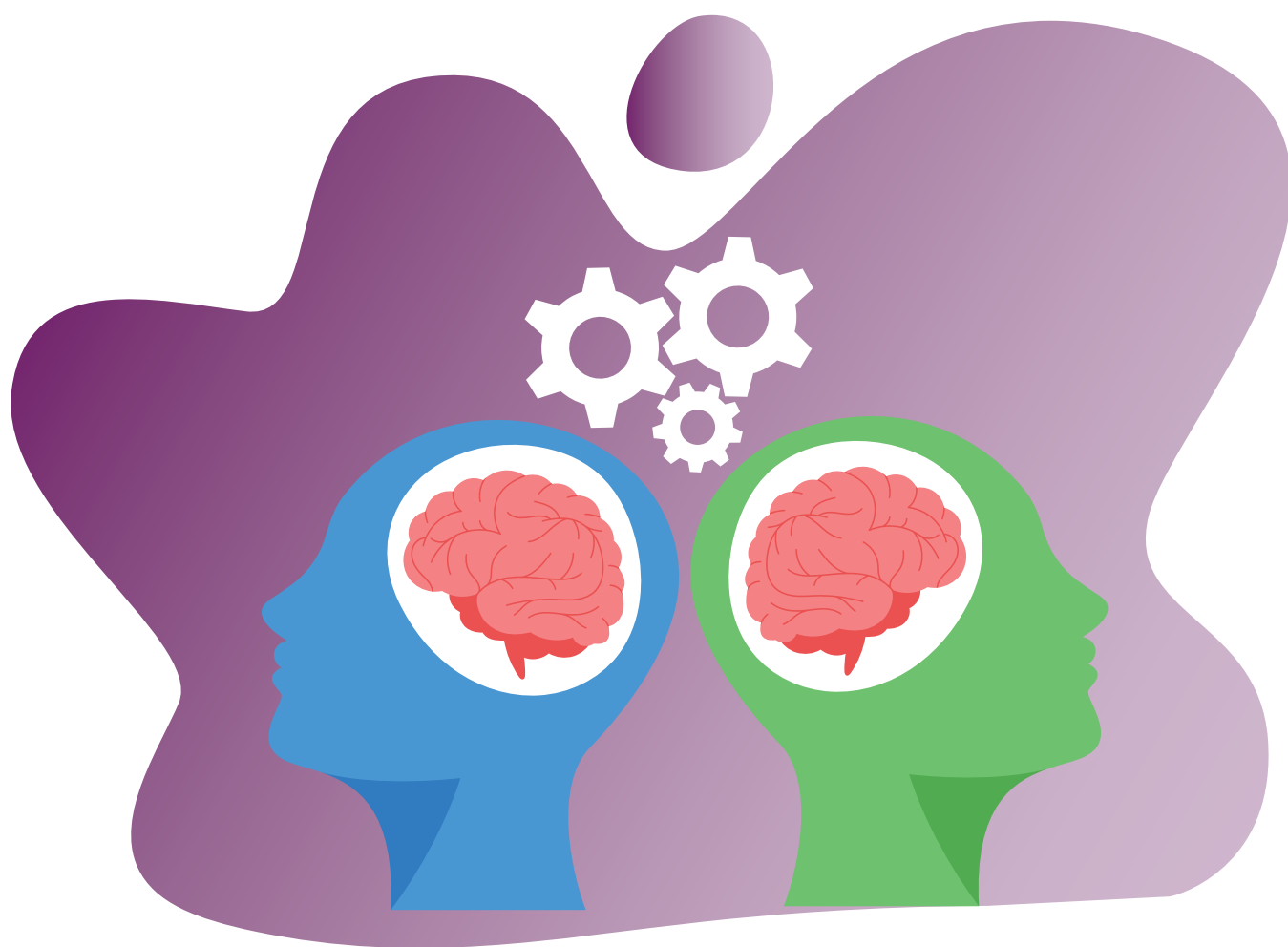


INTUITIVE THINKING SKILLS

Empowering people through education

This Ends Here

Skilling people to build healthier relationships



This is an accredited educational programme that promotes simple and practical tools as a means to end the cycle of abusive and coercive behaviour within families and relationships. It's important for people to face up to how their behaviour affects their partners and family. The more they understand how their behaviour affects others, the harder it is to justify. Domestic abuse covers a wide range of behaviour that leaves real and lasting physical, emotional and psychological damage.

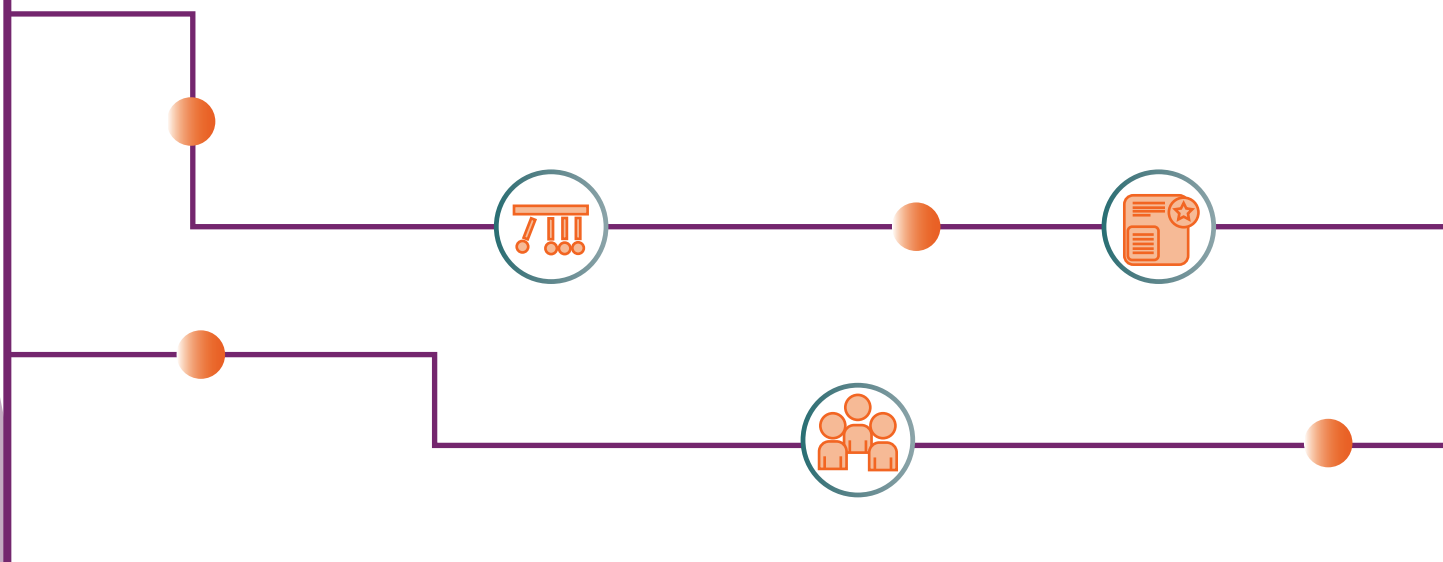
The victim/s may feel angry, stressed, vulnerable, ashamed, scared, confused, nervous, hurt, unloved, and humiliated. Abusive behaviour also has an emotional and a physical impact on children and wider family.

Anybody can stop abusive behaviour when they know they are responsible, shifting responsibility merely implies the person can't stop it. If you aren't responsible for it, then there's nothing you can do to prevent it happening again.

Our course promotes personal responsibility, delivered over a minimum of eight, three hour sessions. It provides the learner with a structured understanding of what drives their behaviours and actions, their feelings and insecurities, along with credible and highly specific ABC (Attitude, Behaviour, Culture) change tools. These are to address these behaviours and actions. Using these tools regularly means they become skills, it is these skills, knowledge and tools that enable the learner to clearly recognise consequences, therefore encouraging full responsibility for their own choices whilst also removing fear of change.

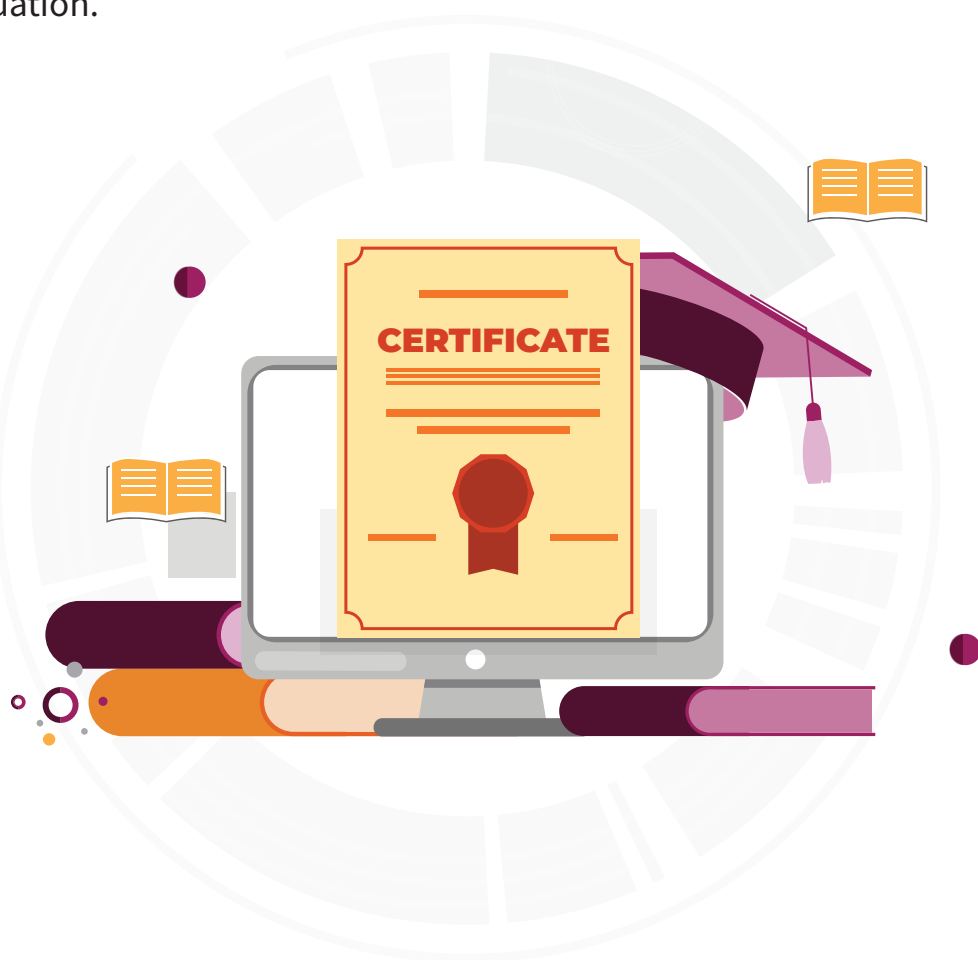
The course includes a personalised and meaningful personal development action plan that is embedded and reviewed at follow up sessions.

The course can be delivered in both community and custodial settings.



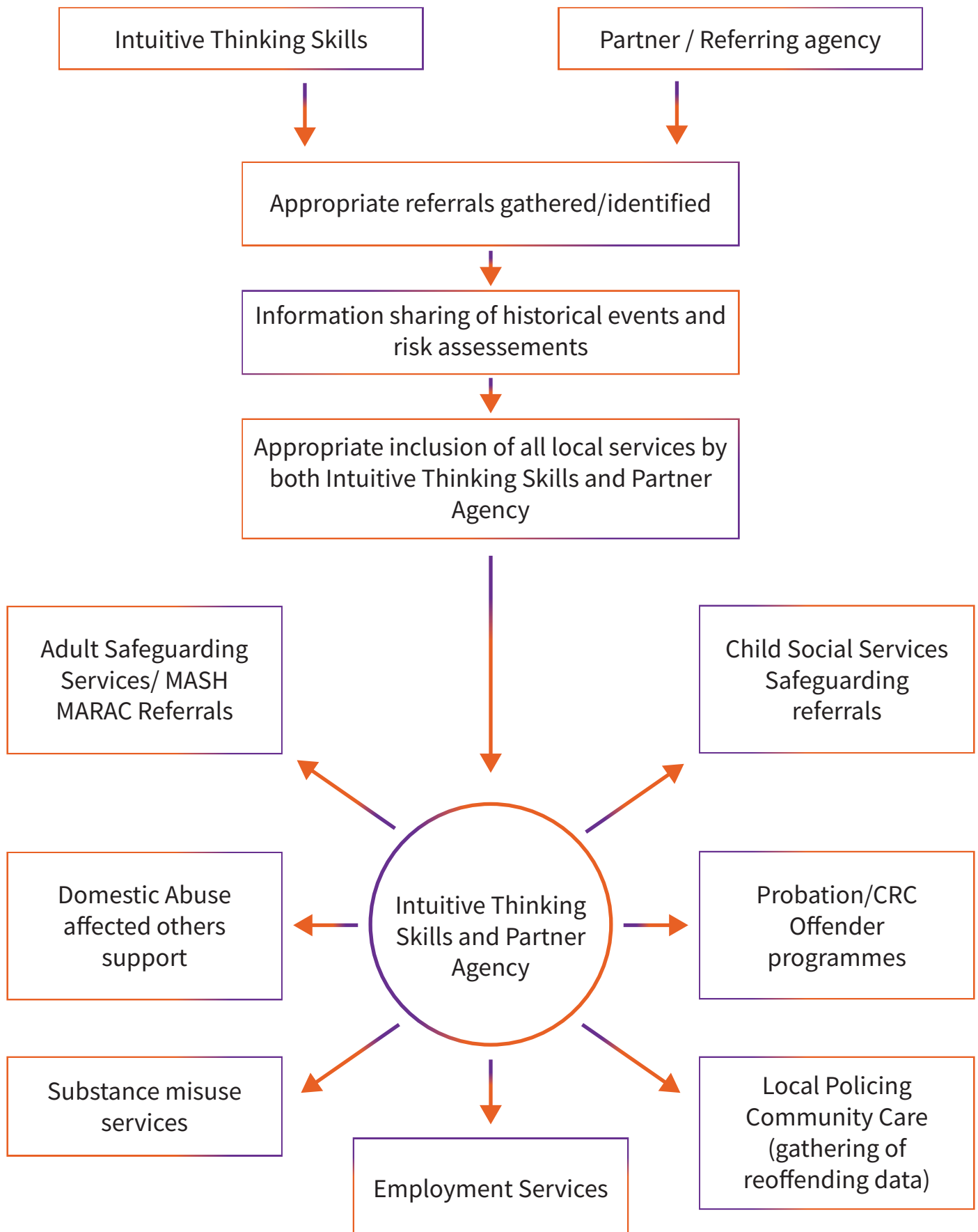
This Ends Here is available also as an extended course, taught over 31 hours of classroom time, and giving our students additional modules such as substance misuse education, abstinence planning and commitment, employment action planning and in-depth conflict resolution. Further information is available on request.

After completion the outcomes and anecdotes made by each student are collated to form an impact report. Each student is presented with their **NOCN Level 1 Award in Understanding Domestic Abuse** after completion. Where students provide additional consent, we will continue to track their achievements for up to a year post graduation.



This Ends Here is delivered by people with lived experience, all of whom are DBS checked and individually suitable for the role. 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 their lives and how it continues to affect others.

Domestic Abuse local service delivery model



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