

Men's Behaviour Change Program

Be the Change

Be The Change is a program specifically designed to support men who are aiming to address their family violence behaviour.

The program operates from an evidence-based practice model merging CBT strategies around restructuring thoughts and behaviours, as well as exploring and challenging underlying cognitive schemas and belief patterns of power and control that guide male violence towards women and/or children. All clients are assessed at the beginning of the program around suitability of needs around family violence behaviours.

If clients are still in a relationship or in contact with their most recent partner, consent will be sought to contact the partner to offer appropriate referral, or other support.

Be The Change is delivered over a total of 12 therapy and psycho-education sessions that cover the following areas:

1. Understanding Family Violence, Abuse and Aggression

2. Exploring Patterns of Family Violence

3. Understanding Elements of Healthy Relationships

4. Understanding Victim Empathy

5. Positive Male Role Modelling

6. Assertiveness Training

7. Emotional Regulation

8. Identifying Stressors and Triggers

9. Exploring the Origins of Family Violence Behaviours

10. Exploring Responsibility, Equality and Respect

11. Positive Change and Relapse Prevention

12. Breaking the Cycle of Family Violence

