

Women's Behaviour Change Program Change Matters

Change Matters is a program specifically designed to support women 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 around gendered identity that guide women's violence towards family members.

The program addresses the areas of intimate terrorism, situational couple violence, and violent resistance, and recognises the underlying concerns of social justice, respect, and responsibility.

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

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| 1. Understanding Family Violence, Abuse and Aggression | 7. Understanding Victim Empathy |
| 2. Exploring Patterns of Family Violence | 8. Assertiveness Training |
| 3. Understanding Elements of Healthy Relationships | 9. Exploring the Origins of Family Violence Behaviours |
| 4. Positive Female Role Modelling | 10. Exploring Responsibility, Equality and Respect |
| 5. Identifying Stressors and Triggers | 11. Breaking the Cycle of Family Violence |
| 6. Emotional Regulation | 12. Positive Change and Relapse Prevention |

