

Freedom Programme

<p>Overview</p>	<p>The Freedom Programme is for women who are experiencing or surviving domestic abuse. It examines the roles played by attitudes and beliefs on the actions of abuser and the responses of victims and survivors.</p> <p>The aim is to help victims to make sense of and understand what has happened to them.</p> <p>The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.</p> <p>The Freedom Programme focuses on a different theme each week based on the types of tactics that a perpetrator uses – ‘the dominator’. ‘The dominator’ is then contrasted with a non-perpetrating partner, ‘The Friend’, in order for the women to reflect through structured discussion.</p> <p>Weekly themes are:</p> <ul style="list-style-type: none"> • Introduction session/The Dominator and Mr Right • The Bully • The Headworker • The Badfather • The Effects of DA on children • The Jailer • The King of the Castle • The Sexual Controller • The Liar • The Persuader • Warning Signs • Evaluation Session
<p>Upcoming programme dates</p>	<p>Ongoing</p>
<p>Programme goals</p>	<p>The Freedom Programme aims to:</p> <ul style="list-style-type: none"> • Provide women who are experiencing or surviving domestic abuse with a safe, supportive and friendly environment. • Allow women to recognise the tactics and behaviours of ‘the dominator’ – that is, the tactics that typify a perpetrator of domestic abuse. • Give women the opportunity to build connections with other women.
<p>Eligibility criteria</p>	<ul style="list-style-type: none"> • Any woman in recovery from domestic abuse • Not living with/in a relationship with the perpetrator
<p>Exclusion criteria</p>	<ul style="list-style-type: none"> • COVID-19 Virtual Delivery: We are currently not working with women in situ in light of our virtual offer

<p>Points to consider before making a referral</p>	<ul style="list-style-type: none"> • Should not be mandated as part of a social care plan – the parent needs to voluntarily attend • For face to face groups, if the family is open to CSC and the oversight and safeguarding from CSC remains in place throughout, then the woman can still be in situ in crisis or in an abusive relationship. If delivered virtually this is not applicable. • Is only suitable for women in recovery from domestic abuse
<p>What to discuss with the parent before making a referral</p>	<ul style="list-style-type: none"> • It is important that informed consent is obtained prior to making a referral. • It is helpful to provide a brief synopsis of the programme/intervention, how it is structured and who will be in touch to discuss next steps. • It is also important that the service user continues to feel believed and as though she/he is not alone and not to blame.