

## What can you as a Worker Do?

### **See the Signs and Be the Solution.**

⇒ Become familiar with the issues of domestic violence, that is the serious & criminal nature of domestic violence, the tactics of control, the pattern of violence, power & control issues, and some characteristics of men who abuse.

⇒ Believing any of the myths about domestic violence will affect the way you work with clients experiencing/perpetrating abuse. To work effectively you need to replace the myths with facts.

⇒ Be aware that it is not wise to see a couple together because if you ask a man questions about violence in front of his partner, he may deny violence exists or deny that it is a problem.

⇒ **Anger Management vs Behavioural Change DV Program (MenTER)** Domestic violence is not about anger—instead it is more about an abuser's desire to control his partner.

⇒ Do not accept any excuses for the violence. Violence is not acceptable under any circumstances.

⇒ Ask your client if he wants to change and if he accepts responsibility for his use of violence. If so, you should support him in seeking help to actively work on changing his behaviour.

**Help is available at NQDVRS in the form of MenTER. Ring and ask to speak to a men's program worker.**

### Other Contacts

**Mensline Australia**            1300 789 78  
(offers confidential counselling, referral & support 24hrs/7 days)

**Men's Info Line**            1800 600 636

**Life Line**                    13 1114

**Relationships Australia**    4771 3780

**Defence Community Organisation**  
(for Military Personnel)    4771 1539

**Vietnam Veteran's Counselling Service**  
(for veterans of conflict or peace keeping missions)    4723 9155



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Funded by the Department of Communities

## Against Violence #34

### **MenTER Men Towards Equal Relationships**

### **A Program for Men**

**Do you have a Male  
Client who is using  
Violence/Abuse against  
his partner and wants to  
stop?**



Small Steps to Big Changes

North Queensland Domestic Violence  
Resource Service

## What is MenTER?

Men Towards Equal Relationships (MenTER) is a group that runs on Tuesday and Thursday nights for 7 weeks, from 6pm-8.30pm. There are two additional induction interviews held separate to the group sessions. The program is held at the North Queensland Domestic Violence Service, on the 4th floor of the North-town Office Tower, 280 Flinders Mall, Townsville.

### MenTER will:

- ♦ Challenge men to seek new ideas to prevent violence.
- ♦ Challenge men to understand they are the only one responsible for their violence
- ♦ Challenge men to accept they have a choice to stop abusive behaviour.
- ♦ Challenge men to understand the effects of their use of violence.
- ♦ Supports men to gather the knowledge and the appropriate skills required to change their behaviour.



*MenTER is an educational program that provides participants with information and practical tools which can help to change the values, beliefs and behaviours that support and are at the foundation of the participants' use of violence.*

*The groups focus is on the fact that violence is a behaviour that has been learned through life and, as such, can be unlearned.*

*Men who use violence **ARE** capable of change, if they are committed to making that change.*

*The program covers eight themes:*

- *Non-violence*
- *Non-threatening Behaviour*
- *Accountability and Honesty*
- *Negotiation and Fairness*
- *Respect*
- *Support and Trust*
- *Sexual Respect*
- *Partnerships*

*Throughout the group participants learn about the intent behind their use of violence and how their abusive behaviour works to create and maintain power and control over their partners and loved ones.*

## What is Domestic Violence?

Many people believe domestic and family violence is the result of an anger problem, stress, or abuse of drugs and/or alcohol. Some people blame the person who is assaulted. When someone uses violence we ask, "What did they want to make happen?" Violence is not about losing control, but rather about trying to get control over a person or a situation. It is always an intentional choice. The choice may happen in a split second, but it is a **choice**.

### INTENT

Many men use violence for the following reasons:

To make her do something;  
To stop her from doing something;  
or

To punish her for doing or not doing something.

All of us can find excuses to avoid responsibility.  
Think about the following:

**If we stay as we are & make no effort to change, what do we stand to gain—or lose?**  
OR

**If we do change our behaviour, what then do we stand to gain—or lose?**