

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 789 978
(offers confidential counselling, referral & support 24hrs/7 days)	
Men's Info Line	1800 600 636
Beyond Blue 24/7	1300 224 636
Life Line	13 1114
Relationships Australia	1300 364 277
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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390 Flinders Street Townsville 4810
P.O. Box 6061
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Phone: 07 4721 2888
Fax: 07 4721 1794
mensprogram@nqdvrs.org.au or
menter@nqdvrs.org.au

<http://www.nqdvrs.org.au>

Against Violence #30

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?**



Other Contacts

**North Queensland Domestic
Violence Resource Service**

NQDVRS

Funded by



**Queensland
Government**

What is MenTER?

Men Towards Equal Relationships (MenTER) is a group that runs for 16 weeks.

The night program runs on Tuesday and Thursday nights from 6.00pm-8.30pm for the first 8 weeks, then moves to Wednesday nights 6.00pm-7:30pm for 8 weeks.

The program also runs during the day on Monday and Wednesday afternoons from 1:30-4:00pm for 8 weeks, then moves to Wednesday 1.30pm-3.00pm for 8 weeks.

There are two induction interviews held prior to group commencement this is to work out whether there are barriers to the attending and the second is to complete risk assessments and contract requirements, these are separate to the group sessions. The program is held at the North Queensland Domestic Violence Service, on the Mezzanine Level, Metway Arcade 390 Flinders St, 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 you want to 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;
- To punish her for doing or not doing something.
- Or
- To show her who is in charge

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?