



PAR PROGRAM OUTLINE

The A1 Counselling PAR Program is a 12-hour program based on the Duluth Model.

PAR Program Focus:

The primary focus of the Partner Assault Response (PAR) Program is to enhance the safety of victims of domestic violence. This is achieved by providing information and support to victims and offering counselling to individuals found guilty of, or pleading guilty to, a charge of partner assault.

PAR Program Principles:

Abusive behaviour is a choice. The offender's actions are not accidental. They are chosen with the intent of controlling another person. Since abuse is a choice, the offender can choose to act non-abusively.

Abusive behaviour is not an anger management problem. Research indicates that offenders choose not to use controlling behaviours in the workplace or in the community. The offender's choice to use violence is rarely seen publicly which is why many victims are not believed when they reveal what has happened.

Abuse is the sole responsibility of the abuser. There is nothing an abused person does to provoke or contribute to abusive behaviour.

Abuse is socially constructed, but individually willed. The PAR program reflects on the relationship between behaviour and the social and cultural values that have supported violence and discrimination against its victims.

Domestic violence offenders have the right to be treated with respect. Holding offenders accountable for their choices is not done in a way that mirrors their abusive or controlling behaviours toward their partner. We are committed to the principles of respect for all and maintaining an individual's dignity.

Partner Contact supports victim safety by providing information, support, counselling and referrals. Raising awareness about abusers' beliefs and behaviours is a key element in protecting victims from future abuse.

What is The Duluth Model?

Since the early 1980s, Duluth—a small community in northern Minnesota—has been an innovator of ways to hold batterers accountable and keep victims safe. The “Duluth Model” is an ever-evolving way of thinking about how a community works together to end domestic violence.

A community using the Duluth Model approach:

- Has taken the blame off the victim and placed the accountability for abuse on the offender.
- Has shared policies and procedures for holding offenders accountable and keeping victims safe across all agencies in the criminal and civil justice systems from 911 to the courts.
- Prioritizes the voices and experiences of women who experience battering in the creation of those policies and procedures.
- Believes that battering is a pattern of actions used to intentionally control or dominate an intimate partner and actively works to change societal conditions that support men's use of tactics of power and control over women.
- Offers change opportunities for offenders through court-ordered educational groups for batterers.
- Has ongoing discussions between criminal and civil justice agencies, community members and victims to close gaps and improve the community's response to battering.

The PAR Program involves discussing modules one through ten, culminating in a conclusion and final assessment at the end of the 10 modules.

1. Introduction to PAR, based on Duluth Model for treating domestic violence, as an early intervention program.
2. From Using intimidation to Non-Threatening Behaviour
3. From Using Emotional Abuse to Respect
4. From Using Isolation to Trust and Support
5. From Minimizing, Denying and Blaming to Honesty and Accountability
6. From Using Children to Responsible Parenting
7. From Using Male Privilege to Shared Responsibility
8. From Using Economic Abuse to Economic Partnership
9. From Using Coercion and Threats to Negotiation and Fairness
10. Conclusion and Final Assessment.

The following topics are discussed and worked through per session in the PAR Program:

- Assessment: narrative, context of precipitating events
- Counselling goals: creating healthy relationships
- Multi-Causal Model of Domestic Violence: individual, family, societal factors
- Anger awareness (internal cues: psychological and physiological changes)
- Power and control issues in relationships
- Gender roles, men and abuse
- Anger interventions and applications. E.g. non-retaliation in confrontations, defusing anger in interpersonal interactions, mindfulness in everyday life, letting go, keeping an anger journal

- Effective communication in the partner relationship
- Stress management in relationships
- Family of origin issues as these relate to partner assault
- Short and long term effects of partner assault
- The healthy partner relationship: core characteristics
- Non-violent behaviour and equality in relationships
- Forgiveness and the partner relationship
- Defining domestic violence
- Types of abuse that constitute domestic violence
- Behaviors in the house of abuse: Physical, emotional, verbal, sexual, financial and spiritual abuse
- Understanding the power and control wheel of domestic violence
- Understanding the cycle of domestic violence
- Identifying, learning and understanding triggers that lead to domestic violence
- The family system and domestic violence
- The effects of domestic violence on family, children, self and community
- Teaching communication skills to diffuse and de-escalate anger warning signs that can lead to domestic violence
- Conflict management skills and life cycle changes
- Assertiveness as a means of anger solution.
- Reframing Thought Process
- Accountability and responsibility
- Identifying and claiming your anger style
- Ability to assess and seek help when needed.
- Review of the above topics

Upon successful completion, participants receive a detailed letter and certificate of completion. In some cases, further counseling may be recommended and conducted on a one-on-one basis as needed.

Sincerely,

Daniel Saugh
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 Registered Psychotherapist and Director