

Safer Futures:

Working Systemically with Couples
and Families where there is Intimate
Partner Violence - Risk,
Responsibility, and Collaboration.

Tracy Jackaman and Kate Adams



Essex County Council



Essex County Council

Who is the programme for?

- The programme works with hot, spontaneous, jealous violence not cold, calculated, deliberate or planned violence.
- If there are alcohol or drug dependency issues then individuals should be working with drug agencies alongside us. This does not include cannabis misuse or recreational drug misuse which is not problematic.
- There needs to be a history of violence either between the couple or in their past relationship histories – this programme is not suitable for just one or two incidences of violence.
- The couple need to acknowledge that the violence is a problem; They need to have some motivation to change; They will need to agree to a no-violence contract; And to make themselves available for sessions.



How does it work?

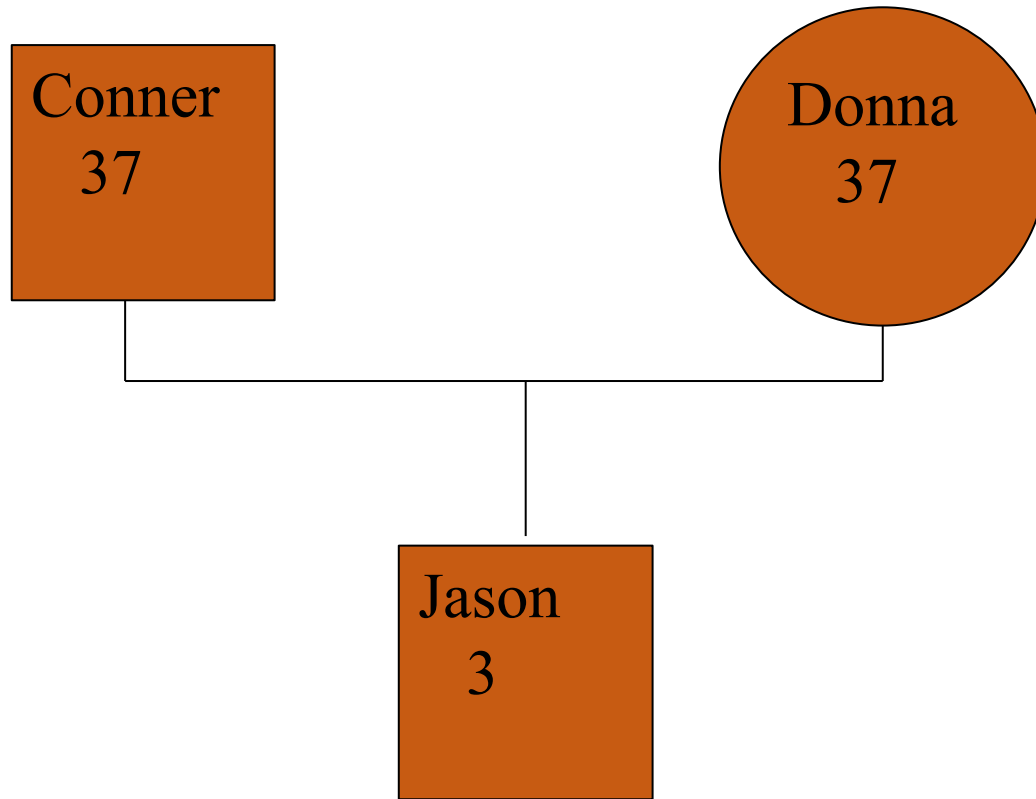
- **Systemic**
- **Meaning behind violent actions and how thoughts and feelings are Communicated**
- **Attachment strategies, attachment ‘triggers’ and attachment threat**
- **Communication; The development of narrative as a skill by encouraging each partner to tell their story**
- **Language and behaviour as a choice**
- **The relationship between responsibility and collaboration and transparency**
- **Uses cognitive behavioural approaches to anger management**



Pattern continues



Introducing the Family





The end

Reading List

1. Cooper, J and Vetere, A. (2005) Domestic Violence and Family Safety: A systemic approach to working with violence in families. London: Whurr/Wiley
2. Vetere, A. and Cooper, J. (2001) Working systemically with family violence: Risk, responsibility and collaboration. Journal of Family Therapy, 23, 378-396
3. Vetere, A. and Cooper, J. (2003) Setting up a domestic violence service. Child and Adolescent Mental Health, 8,61-67
4. Vetere, A. and Cooper, J (2005) Children who witness violence at home. In A. Vetere & E. Dowling (eds) Narrative Therapies with Children and Their Families. London: Routledge
5. Vetere, A. and Cooper, J. (2006) Keeping fathers visible: men and domestic violence. Context, 84, pp33-35