

Although this programme is aimed at men, our organisation also supports the men's current and ex-partners whilst they are completing the programme through working with our Women's Safety Officer. This ensures a holistic family approach is taken in the support process. We also have a Mediator and Child Workers who are available to work with both adults and children in the relationship.

If you, or someone you know, would benefit from taking part in the Choices Programme then contact us on the details below to self-refer, get the referral form or to book an appointment to have an assessment to determine suitability for the course. If it is not possible for you to participate in the current Programme we will put you on a waiting list for the next course.

01554 752422

enquiries@threshold-  
das.org.uk

# Threshold CHOICES

programme



Funded By



LOTTERY FUNDED

# What is Choices?

The Choices Programme is a rolling programme for any man over the age of 18 years old. The aim of the programme is to bring about changes in the perpetrator's attitudes and behaviours. It is **NOT** an anger management or counselling programme.

The group programme is designed to specifically reduce domestic abuse by using an engaging approach. Workers invite participants to consider the consequences and impacts of their behaviours, taking responsibility for them and identify for themselves reasons and motivations to act differently. We do not change people, they change themselves and workers can only facilitate this process.

The core aim of the programme is to support change and men's understanding of abuse and relationships, teaching ways of being non-abusive, taking the men through a highly structured program step-by-step, supporting positive change over time.

Families who have accessed our support through the Choices programme have reported:

- A significant improvement in their relationships
- Significant reduction in the violence
- Improved parenting
- Children felt safer
- Health and wellbeing of whole family unit increased
- Reduction in police involvement

# What does Choices cover?

The Choices Programme is a comprehensive programme which occurs in a series of stages. There are usually:

- 5 Assessment Sessions
- 23 Group Sessions
- 5 Individual Sessions
- 2 Post-Group Sessions

There are modules covering the following aspects and all sessions are mandatory:

- Respect
- Gender
- Parenting
- Emotional Intimacy/Vulnerability
- Sexual Respect
- Support and Trust

There are certain restrictions and rules which apply to the programme including:

- All sessions are mandatory
- An initial assessment must be carried out before starting the group
- Signing a consent form