



*"Building the smallest democracies at the heart of society."
The United Nations: The International Year of the Family, 1994*

Agreement# 40063171

Strengthening Families Project: Couples Treatment for Domestic Violence and Substance Use



by Kathleen Bell, Calgary Counselling Centre



The launch of a brand new pilot program this Fall by the Calgary Counselling Centre (CCC), through the Wilson Centre for Domestic Abuse Studies, will help address the complex relationship between substance use and intimate partner violence. The ***Strengthening Families Program: Couples Treatment for Domestic Violence and Substance Use*** is supported by the **Alberta Government Safe Communities Innovation Fund**. The program will be open to the public in early 2011.

The Strengthening Families Program provides 12 treatment sessions to married or cohabitating couples who have had at least one incident of intimate partner violence, and where at least one partner has a substance use problem. The program is modelled on work initiated by the late **Dr. William Fals-Stewart** and **Dr. Keith Klostermann**, and offers treatment to both partners to start and maintain abstinence for the substance user, while teaching the other partner coping skills in order to increase safety.

"Working with both violence and substance abuse is a very challenging problem," says **Robbie Babins-Wagner**, CEO, Calgary Counselling Centre. *"There is promising research showing the provision of couples treatment can simultaneously treat both the domestic*

violence and substance use. We are really optimistic that we are going to make a difference."

In June 2010, CCC was honoured to receive \$750,000 from the Alberta Government Safe Communities Innovation Fund to develop and support the Strengthening Families Program. Minister of Justice and Attorney General, the **Honourable Alison Redford**, and Child and Youth Services Minister, the **Honourable Yvonne Fritz**, announced the funding at the second annual Canadian Domestic Homicide Prevention Conference.

At the announcement ceremony, Ms. Redford commented that *"We need to all work together - partnerships are key to ending domestic violence."*

Strengthening Families is in preparation for its launch; Centre staff are participating in extensive training; and the Centre is making necessary adjustments before clients from select referral sources enter the program. CCC has engaged **Dr. Leslie Tutty** of Resolve Alberta as the external evaluator for the program. Once the first couples have completed the Strengthening

Strengthening Families... cont'd on Page 6

Inside this issue ...

2. Learning at the Parent's Knee: Physical Punishment of...
3. RESOLVE Manitoba Update
4. RESOLVE Saskatchewan Update
5. RESOLVE Alberta Update
6. Strengthening Families, con't.
7. Workshops & Resources / Making Friends, con't.
8. Prairieaction Update

Learning at the Parent's Knee: Physical Punishment of Children and Violence in Later Life



by Joan E. Durrant

Since the arrival of Europeans, the belief that children learn through pain and suffering has become entrenched in Canadian culture. This belief is captured in Section 43 of the Criminal Code of Canada which states that:

Every schoolteacher, parent or person standing in the place of a parent is justified in using force by way of correction toward a pupil or child, as the case may, who is under his care, if the force does not exceed what is reasonable under the circumstances.

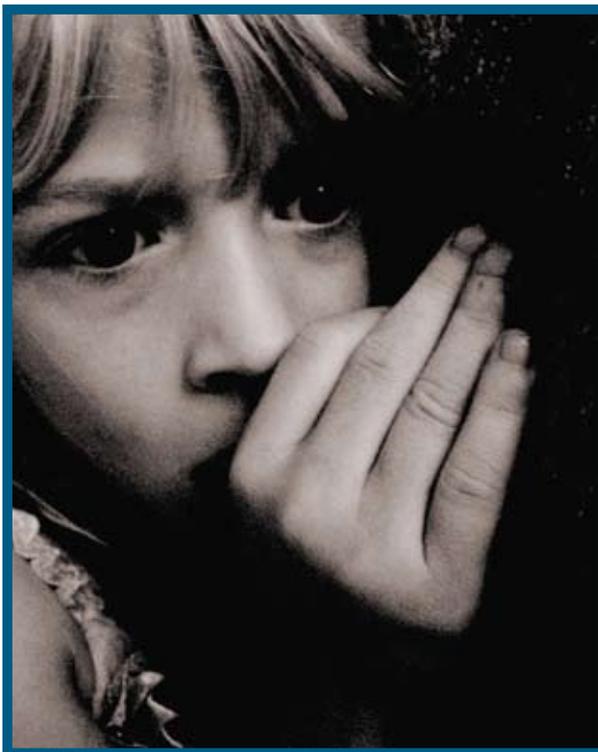
This defence was part of English common law for centuries. This thinking applied not only to children but to all "subordinates," including wives.

The husband might give his wife moderate correction. For, as he is to answer for her misbehaviour, the law thought it reasonable to entrust him with this power in the same moderation that a man is allowed to correct his apprentice or his children.

Over time the justifications for physical punishment of wives, ships' crews, and prisoners vanished from our laws as our society transformed to uphold and protect human rights. But today children remain outside of those protections.

The perpetuation of the belief that children learn through painful punishment has important implications for those who work to end violence in families. An ever-growing body of research demonstrates that children who are physically punished are more likely to aggress against their peers, siblings and parents; youth who have been physically punished are more likely to commit dating violence; adults who were physically punished as children are more likely to be violent towards their

intimate partners and their own children. Every study - and there are now more than 30 - of the relationship between physical punishment and aggression has found it to be a positive one. This should not be surprising; for 40 years we have known that children who observe aggressive models are more likely to behave aggressively themselves. Every time children see conflict resolved with aggression, they lose an opportunity to learn constructive alternatives.



In an ever-growing number of countries, violence prevention initiatives include efforts to end physical punishment through two means:

- 1) intensive public education about its risks and harms, and
- 2) explicit prohibitions of its use.

The former is aimed at changing parents' understanding of the long-term impact of physical punishment; the latter is aimed at affirming public education messages and upholding children's rights to protection.

Twenty-nine countries have now prohibited physical punishment, in almost all regions of the world. Canada has not yet joined that

list, despite a broad consensus among professionals that our law should be changed. The Joint Statement on Physical Punishment of Children and Youth, which calls for universal public education and law reform, has been endorsed by 400 professional organizations across Canada from all sectors, including, health, education, labour, business, and family services. It is time for Canada to join the list of countries committed to abolishing physical punishment of children—a pivotal issue in the struggle to end family violence. For more information on the Joint Statement, refer to www.cheo.on.ca/en/physicalpunishment. ☚

Manitoba Update: Looking Deeper – A Guide to Programming for Men Who Behave Abusively



by Jocelyn Proulx

In 2007, RESOLVE Manitoba and a number of agencies that provide services to children who have witnessed violence and abuse produced *Children First: A Guide for Service Providers Working with Children Exposed to Family Violence*. The Evolve Program at **Klinic Community Health Centre** also works with men who have behaved abusively in their relationships and therefore, felt that a guide to programming for men would be beneficial. A committee, composed of agencies and individuals who work with men who have used violence and RESOLVE Manitoba researchers, was organized to develop this programming guide. Currently in its final revision, this guide, tentatively titled *Looking Deeper: A Guide to Programming for Men Who Behave Abusively*, will be available on the Klinic website and through RESOLVE Manitoba in 2011.

The guide covers issues from program conceptualization to implementation. Foundational issues such as the nature, effects, and myths of violent behaviour, cultural influences on violent behaviour, and the process of changing violent behaviour are presented. Service provider qualities and characteristics that facilitate work with men who behave abusively are then outlined. A number of theoretical approaches to intervention with men are introduced and their applications are discussed. Following these underlying elements of intervention, are the more pragmatic concerns such as guidelines for intake and assessment, preparation for programming, methods of intervention (i.e. individual and group interventions; short and long term programming, and the use of peer mentors), and preparation for the end of programming. A section on program evaluation briefly describes different types of evaluations and suggestions for enhancing outcome evaluations. Finally, appendices and an extensive reference section provide additional resources and information for guide users.



Contrary to the tendency to identify or define men by their abusive behaviour, this guide promotes a multidimensional perspective of men who have behaved abusively. Complexity, compassion, and a contextual approach are the core perspectives presented and promoted by the document. Family violence is a complex issue and therefore acknowledging this complexity broadens understanding and ensures that programming approaches remain current and relevant. It also serves to increase compassion, which nurtures and supports respect for individuals as whole persons, rather than focusing on limited aspects of their experience or being. This view tends to facilitate an optimistic expectation of change and creates a welcoming environment for men to take responsibility for their behaviour and thus become agents of change in their lives. Individuals exist within family, community, culture, and other social systems. Addressing the influence of these systems on men's behaviour and their efforts to develop healthier relationships provides a more contextualized and thus comprehensive approach to both intervention and prevention programs.

This document can be used as a guideline for developing new programs and modifying existing ones. Also, it may assist workers in supporting and meeting the needs of men who behave abusively in their relationships, in part by encouraging them to reflect on their current practices and by increase their sensitivity to particular issues that may arise in their practice. The guide may further be used to promote awareness surrounding issues of men's programming in a

variety of settings within the community. Rather than presenting recommendations or standards of practice, as is often the case with standards manuals, this guide raises awareness of programming considerations by presenting a number of approach and method options. The intent is for service providers to be able to select the options most appropriate to their needs and circumstances. ❀

RESOLVE Saskatchewan Team Members Present Research at RESOLVE Alberta Research Day



by Whitney D. Taylor and Danaka R. Safinuk

In November 2010, five University of Regina students received the opportunity to share feminist research from the **Healing Journey Project** (SSHRC/CURA, PAF, RESOLVE; P.I. Dr. Jane Ursel) at the RESOLVE Research Day in Calgary, Alberta. This Saskatchewan update highlights the students' research. However, it should be noted that faculty and community members supported and co-authored their projects.

Danaka Safinuk, an M.A. student in Clinical Psychology, **Whitney Taylor**, a RESOLVE research assistant, and **Meghan Woods**, a Ph.D. candidate in Clinical Psychology, presented *Bad Memories in the Bedroom: The Effects of Cued Recall on Sexuality in Intimate Partner Violence Survivors*. Any form of IPV may negatively impact victims' sexual desire, sexual comfort, and perceptions of physical and sexual health. The authors examined the effects of non-sexual violence (specifically, being locked in the bedroom) on women's

experiences of intimacy and sexuality. Memory theories were used by the students to propose that if a woman has been locked in her bedroom as a form of abuse, the bedroom could subsequently cue traumatic memories and interfere with her experiences of intimacy and sexuality. For this reason, the students wondered if women who have been locked in the bedroom would demonstrate a response pattern to sexuality questions similar to that of women who have been coerced into sexual acts.

Results demonstrate that women who have been locked in the bedroom have patterns of discomfort with sexual relations similar to that of women who have been raped. Further, women who have been locked in the bedroom but never raped demonstrate more discomfort with their sexual relations than IPV survivors who have not experienced a bedroom lock-in or rape. Retrieval cues in the bedroom may help to explain this difference in experience. The results from this study provide a better

understanding of how IPV shapes women's experiences of sexuality and how specific acts of violence have far-reaching effects on other areas of their lives. Further, the results provide insight into the category of Severe-Combined Abuse (i.e., physical, sexual, and emotional abuse), of which "locked me in the bedroom" is an item. The interplay of different types of abuse may be more harmful than physical or sexual abuse alone. Further research is required to explore the relationship between memory and sexuality and the combination of abuse types that is most harmful to victims.

Kimberley Zorn, a RESOLVE research assistant, used an Exploratory Data Analysis framework to examine eating patterns reported by a sample of adult women who had experienced physical IPV. Over half (57.1%) of participants in the Saskatchewan sample of Healing Journey participants reported changes in their eating habits over the last twelve

months, and 43.4% reported experiencing a concerning change in weight. Psychological or emotional reasons for changes in eating patterns were most frequently reported. Findings suggest that future research should focus on the relationship between physical forms of IPV and disordered eating.

Holly McKenzie, a graduate student in Multidisciplinary Studies, and Danaka Safinuk presented a Discourse Analysis with **Dr. Darlene Juschka** that explored Aboriginality, age, and current societal discourses as factors for different experiences of sexuality. The study revealed themes of silence, power, masculinity, and femininity. These results form a better understanding of how women internalize or resist societal discourses to shape their sexuality. Findings suggest that future research should focus on success stories of women who survive violence with a positive sexuality, revealing factors for resiliency and hope. ☘



Whitney Taylor (left) and Danaka Safinuk

Alberta Update



by Leslie M. Tutty

The **RESOLVE Research Day 2010** conference took place on November 17, at the Olympic Volunteer Centre at the University of Calgary and, according to the feedback we received, was a success! Approximately 100 registrants attended.

Our key-note speaker was **Anne Troy**, Assistant Professor of Nursing from the Louisiana State University Health Sciences Centre and spoke on *Teens NOT Gone Wild*. Anne, the originator of Girls Not Gone Wild, developed the peer-driven prevention program in response to the rampant sexual violence that occurred during Mardi Gras, and the victimization myths perpetrated by media images. Anne was also in town to collaborate with **Gaye Warthe**, **Cathy Carter-Snell**, **Pat Kostouros**, all from Mt. Royal University, and **Leslie Tutty** from the University of Calgary, to develop a pilot healthy relationships program for secondary education students. Modelled after the successful *Making Waves Program* in New Brunswick for high school students, the peer-led program fills a gap in dating violence and sexual assault prevention by focusing on the group of young men and women most at risk for such abuse.

The RESOLVE Research Day included twenty-five presentations from academics and community representatives across Canada, who spoke about their latest results on programs, policies and best practices to address intimate partner violence and child abuse from justice, mental health, and counselling perspectives. The presentation topics were truly comprehensive, ranging from the efficacy of approaches to perpetrators of woman abuse, critical issues for abused women and children, diversity issues with respect to Aboriginal and Black Canadian women, and different models of school-based healthy relationship programs.

Just a few of the innovative presentation titles included *Bad Memories in the Bedroom: The Effects of Cued Recall on Sexuality in Intimate Partner Violence Survivors*; *Structural Violence: Incarcerated Women's Voices on How Did We Get Here and How Do We Stay Out?*; *Jumping*

Hurdles: Barriers to Violence Research with Youth; *Experiences of abuse, harassment and strangulation in Saskatchewan survivors of intimate partner violence*; and *Manifestations of Sex and Gender: Using Survey Data to Understand the Gendered Experience of Violence*.

Thanks to everyone involved! ☘



Anne Troy delivering keynote address



Pictured left to right: Teri Posyniak, Sharon Butala, Margaret Newall

Strengthening Families cont'd from Page 1

Robbie Babins-Wagner

Families Program, it will open to the public.

In 2011, **Dr. Keith Klostermann**, a licensed mental health counsellor who specializes in individual and couples therapy, will offer a workshop for domestic violence practitioners called **Behavioural Couples Treatment for Domestic Violence and Substance Use**. The workshop will outline what we are working toward.

*"The Strengthening Families Program will allow us to gather essential information about dual issues, like substance abuse and domestic violence," says **Christine Berry**, Director of Family Violence Prevention Programs, Calgary Counselling Centre. "It offers the opportunity to understand how we can better intervene when dealing with dual issues. Social costs like loss of jobs, interruptions at work and police intervention caused by domestic violence and substance abuse will decrease. More importantly, we will have families who are healthy, feeling safe and connected in our community."*

The Safe Communities Initiative is a partnership of nine government ministries that work closely with the police, community groups, municipalities, businesses and social agencies. Their goal is to find

meaningful and long-term solutions that address crime in communities, and to make communities safer and stronger. With the help of our partners, the Centre is taking all steps necessary to organize the program in order to have it launch with the highest level of success.

For more information about the Safe Communities Innovation Fund, visit the Government of Alberta website at justice.alberta.ca/programs_services/safe/Pages/safe_communities_innovation_fund.aspx#projects.

To add your name to our conference series list, please e-mail your name, address and telephone number to our communications department at communications@calgarycounselling.com. ☘



Child and Youth Services Minister the Honourable Yvonne Fritz (left) and Minister of Justice, and Attorney General the Honourable Alison Redford announce funding from the Government of Alberta Safe Communities Innovation Fund to develop and support the Strengthening Families Program at the Canadian Domestic Homicide Prevention Conference

WORKSHOPS AND RESOURCES



March 10 - 11, 2011 - *Essentials for Making Trauma Therapy Safer*, with Babette Rothschild MSW, LCSW,

presented by Professional Initiatives. Somatic Trauma Therapy is an integrated model for the understanding and treatment of trauma and Post-Traumatic Stress Disorder. Participants will learn neurophysical and psychophysical theory and principles, as well as tools for understanding, reducing, containing, and halting traumatic hyperarousal, including flashbacks. It is consistent with and a beneficial adjunct to any method of psychotherapy or specialized trauma therapy. Advance group rate of \$240 per person, for groups of 6 or more. Group registrations must be submitted together. For more information contact us at pi_workshop@mts.net, or **204.254-7148**.

Fort Garry Women's Resource Centre: *Providing FREE counseling, support, and resources for women and children.* Fort Garry Women's Resource Centre is a non-profit organization committed to creating a community where women and children are safe, healthy, valued and empowered. Winnipeg locations are 1150A Waverley Street; Outreach at #104 - 3100 Pembina Highway; and Ellen Street Centre at #104 - 210 Ellen Street. For more information on our programs and services, contact us by phone at **(204) 477-1123**, e-mail at info@fgwrc.ca, or visit www.fgwrc.ca.

Help Us Make Friends, con't from Back Page

Saskatchewan Ministry of Justice and Attorney General's Victims Services Branch increased its funding from \$81,000 to over \$500,000 per year to assist children and youth who have witnessed or experienced interpersonal violence or abuse, with the goal of preventing them from becoming victims or perpetrators of violence and abuse in the future—plus, the operations manual developed and used by the program's staff is going to be made available to Victims Services professionals across Canada.

We also helped Regina's Transition House conduct an evaluation of the effectiveness of their services. The objective was to understand how the pieces of their *Bridges of Hope Outreach Program* worked to help women achieve their goals of empowerment and violence free lives. Research results are being used to improve best practices for the Bridges of Hope Outreach Program and have been shared with other outreach programs across Canada. Having a standardized and measurable program evaluation tool will enhance the sharing of the knowledge gained from research.

We Need Your Help

If you have, or know of, a story about solutions—including changes in government policy, to violence and abuse resulting from RESOLVE's or CARE Grant Program funded research, then please call our executive director, **Martin Strauss** at **1-866-697-9707**. The more examples of the value of research, the easier it is for us to make the case for supporting the Foundation, the more money we can make available for research. ☚

National Day of Remembrance and Action on
Violence Against Women
December 6

RESOLVEnews is a quarterly newsletter published by RESOLVE Manitoba. Any submissions, announcements and inquiries can be directed to the RESOLVE office in each of the three prairie provinces or to the editor, Ilze Cepelis, RESOLVE Manitoba - phone (204) 474-8965; fax: (204) 474-7686; e-mail: newsedit@cc.umanitoba.ca



We're finding solutions to protect women and children from violence and abuse!

Phone: 1-877-926-8129 / Fax: 1-877-947-9767

E-mail: info@prairieactionfoundation.ca

Web site: www.prairieactionfoundation.ca

Help Us to Make Friends and Influence People



Friendraising is a first-step in the fundraising process.

Since its founding in 1998, *Prairieaction* Foundation has supported research that has led to solutions which break the cycle of family violence and abuse. Many of our past and future *friends* are unaware of the impact of research done by RESOLVE and community-based organizations. Receptions in Calgary, Regina, and Winnipeg have been held to reconnect with our past supporters and to create relations with potential new friends. One such reception was held on Wednesday, November 4. His Honour, the **Honourable Dr. John Barnhart**, Lieutenant Governor of Saskatchewan, hosted a reception at Government House in Regina, where over 100 guests had an opportunity to learn more about our past successes and future plans.

Dr. Barnhart commented, "I applaud *Prairieaction* for their mission to connect researchers and the community. When I was teaching at the University of Saskatchewan, and as the University Secretary, I saw how crucial it is to make those connections between academics and people working in the field. Research usually begins with a problem, which leads to questions which, hopefully, lead to answers and, ultimately, leads to solutions. Real life data and service delivery must be involved for research to yield results."

Mary Rose McGuire, Foundation Chair, provided several examples of the impact of RESOLVE's research, including one where RESOLVE Alberta completed an evaluation of *Saskatchewan's Programs for Children Exposed to Domestic Violence*. As a result of this study, the...



Mary Rose McGuire (left) and Dr. Barnhart

RESOLVE Manitoba

~ Dr. Joan Durrant ~
Acting Director (Academic)

PUBLICATIONS MAIL AGREEMENT NO: 40063171

RETURN UNDELIVERABLE CANADIAN ADDRESSES TO:

108 Isbister Building
University of Manitoba
Winnipeg, MB R3T 2N2

Ph: (204) 474-8965 Fax: (204) 474-7686

E-mail: resolve@umanitoba.ca

Website: www.umanitoba.ca/resolve

RESOLVE Saskatchewan

~ Dr. Mary Hampton ~
Academic Research Coordinator

LC 210, Luther College
University of Regina
Regina, SK S4S 0A2

Ph: (306) 337-2511 Fax: (306) 585-5267

E-mail: resolve@uregina.ca

Website: www.uregina.ca/resolve

RESOLVE Alberta

~ Dr. Leslie Tutty ~
Academic Research Coordinator

Community Research Development Coordinator

PF 3239

University of Calgary
2500 University Drive NW
Calgary, AB T2N 1N4

Ph: (403) 220-8181 Fax: (403) 210-8117

E-mail: resolve@ucalgary.ca