

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

Agreement# 40063171

Requisites for a Non-Violent Society



by Diane Delaney, PATHS – Provincial Association of Transition Houses and Services of Saskatchewan

Violence is a global problem that we encounter at an interpersonal level, in group dynamics, and between communities and nations. Wherever it is situated violence can cause physical harm and profound emotional damage. An ideal world is one in which there is no violence. The renowned philosopher **Hannah Arendt** said, *"The practice of violence, like all action, changes the world, but the most probable change is to a more violent world."* If we are to create peaceful communities we must address the issue from a multi-disciplinary perspective that explores psychological, philosophical, and cultural components in addition to the sociological and feminist understandings of what causes violence. These aspects of root causes of violence and possible solutions can be viewed by use of a framework that encompasses security, knowledge, values, and equality.

Security

Children benefit from growing up in an environment where they experience love and care. This type of environment helps them to feel secure and safe. When children develop in a space where they are not fearful and are able to form strong, healthy and consistent attachments, they develop a physiology of the brain which results in healthy emotional development. We need to ensure that our children are forming these nurturing relationships from the moment they are born. Children raised in a secure environment where they are confident in the caregiving capacity of mothers, fathers, grandparents, and other friends and relations are then free to explore their environments without fear. They then become productive, creative and loving people

themselves.

Values

We require communities where people feel a sense of responsibility to act ethically. We need to follow principles of conduct which ensure that we are treating others in a way in which we ourselves would want to be treated. Many spiritual teachings and philosophies are based on values such as love, honesty, respect, compassion, and generosity. Having these values become a common groundwork to all our actions, and which is part of people's shared identity, will ensure that we develop non-violent responses to conflict and resort to communication and mediation rather than the authoritarian response implied by violence.

Equality

Research shows us that unequal societies have higher rates of violence. The creation of equal societies can only occur when we place more value on social cohesion and less on consumption. This focus on social cohesion will ensure that our economic policies will benefit all in a fair way without excluding those who are marginalized by way of ethnicity, race,

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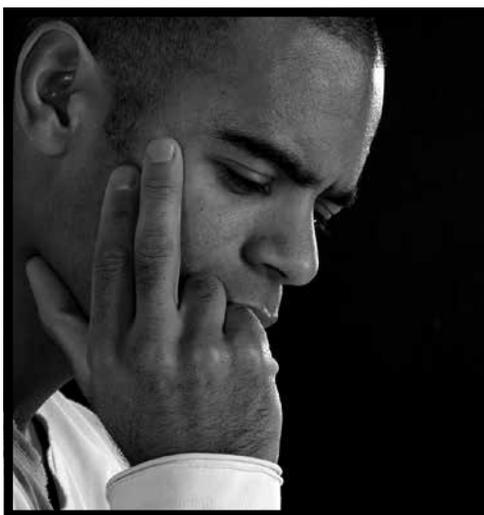
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Making a Connection...in Order to Make Change (Part II)



by Paul Klostermaier-Starkewski

Over the past 16 years I have had a challenging and rewarding career working with men who have behaved abusively toward their intimate partners. The challenge to make a connection with these men has kept me motivated to seek out approaches that engage them in meaningful conversations, and in so doing, have discovered that this engagement is more easily accomplished than I had first anticipated.



In the last Newsletter I spoke about aspects of traditional Intimate Partner Violence (IPV) interventions with men that, for me, “got in the way” of success with these individuals. The basis of these approaches—Power and Control—is still a reality in IPV, but how I perceive it and how I address it has slowly been transforming in hopes of becoming more effective.

Research has indicated that effectiveness in IPV interventions increases when a strong rapport has been developed between the client and the clinician. Those in the helping field understand that development of a strong rapport involves such things as honesty, collaboration, compassion, respect, care, and even acceptance that the client is the expert of their own life. This is the mindset that I use to encourage men to engage in meaningful conversations about their behaviours, experiences, and how their goals/priorities for their relationship often differ from the way they behaved. Creating dissonance for these men helps them in reflecting on their behaviour, and even to start talking about and changing this behaviour.

These same conversations help bring about the stark contrast between the men’s behaviour and their feelings of guilt and shame. Applying the approaches of T. Augusta-Scott, A. Jenkins, W. Miller, S. Rollnick, and S. de Shazer, I start a process in which I use these “negative” emotions to help the men identify their true beliefs of not wanting to harm others, especially those they care about. This eventually turns our conversations to the future and what the men want in their future intimate relationships. By weaving

back and forth between the past, present and future, the men can start planning and practicing new behaviours for the future based on their lived experience. As the planning and practicing discussions become more concrete, I make use of some basic Cognitive Behavioural Therapy techniques to put some real actions to these conversations.

I have moved away from telling the men they have to talk about the specifics of their abusive and violent behaviour. The reality is

that most men will acknowledge that their behaviour did not bring about the positives they had hoped for in their relationships. Conversations in a supportive, compassionate manner help to keep them engaged with the goal of taking responsibility for their behaviour moving forward from today.

As part of establishing and maintaining a strong rapport, I actively acknowledge the men’s own possible victimizations, either early in life or even as adults. It is important to leave space for these conversations as it allows compassion for the harm done to them and allows for growth in understanding the harm done by their behaviour.

Coming from a place of care and compassion does not mean I completely lose perspective to the potential lethality of these men. I keep myself up to date with the latest research on what are the risk factors to re-offending in IPV as well as in general offending behaviour. I recognize how important it is to engage in the above described process, especially with someone who has a higher risk to re-offend. In fact, research states the higher the risk, the more need to connect with meaningful conversations, more often.

Finally, research in this area is still in its infancy which restrains me from using only one approach. The work I do with each man is prescriptive to them and may or may not look similar to the work I do with the next man. The reality is, because these men are such a heterogeneous population, it may never be best practice to use only one approach. ☘

Manitoba Update: A Busy Term With Much to Celebrate



by Jane Ursel

Carolynne Boivin Bursary

Since 2000, RESOLVE Manitoba has administered a bursary fund set up to honour Carolynne Boivin, former President of the Prairieaction Foundation. Since then, we have awarded bursaries to 15 students at the University of Manitoba who pursue graduate studies in the area of domestic violence. This year we are pleased to announce our 2013/14 bursary recipients.

Nicole MacInnis is a new graduate student who comes to us from Calgary, where she completed her undergraduate work. Her thesis project for a Master's degree in Sociology is to examine variables from the Canadian General Social Survey to determine factors that would encourage or deter sexual assault victims



Nicole MacInnis

from reporting to the police. This will build upon her honours thesis that involved an Internet survey of self-identified victims/survivors of sexual assault and their reasons for deciding to report or not report to the police. Given the well documented low rate of reporting we look forward to Nicole's study, which will examine this critical issue using national data.



Alysha Jones

Our second bursary recipient is **Alysha Jones**, who will explore a lively debate within the criminological literature about the value and purpose of "conditions" imposed on accused released on bail or offenders on probation. There are some criminologists

who see the increasing number of imposed conditions as violating the accused/offenders human rights. However, none of the studies cited to support this position have ever looked at domestic violence (D.V.) cases. Alysha will examine this issue to explore the extent to which the conditions imposed in D. V. cases are designed to protect victims and examine the characteristics of the accused/offenders whose

activities are restrained by conditions. This study will be an important contribution to the literature on domestic violence and criminology.

Our third bursary recipient is **Mariah Baldwin**, who is conducting research on different government responses to the tragedy of domestic homicides. She will examine a range of responses from formal inquiries, to domestic violence death review committees, to one time reviews of a number of homicides, to commissioned studies. Her examination of this range of responses will explore which model/s have the greatest potential for tertiary prevention.



Mariah Baldwin

International Visitor

RESOLVE Manitoba was pleased to host a visitor from Portugal who is currently doing a Ph.D. in Law at Queensland University in Australia. **Patricia Pais**



Patricia Pais

is a lawyer who has practiced as a public defender and as a public prosecutor in Portugal. Her work as a prosecutor dealing with domestic violence cases piqued her interest in how criminal justice systems in other jurisdictions respond to domestic assault.

Ms. Pais was in Winnipeg for a month examining our court, interviewing police, prosecutors, judges and victim service workers about the process in Winnipeg. She selected our city because of its long history with a specialized court and the fact that Winnipeg is approximately the same size as Porto, Portugal, where she practiced law. In our discussions I was struck by how similar the challenges of intervention in domestic violence are despite differences in countries, cultures and judicial systems. We look forward to reading the results of her very ambitious project. ☘

Saskatchewan Update: Rural and Northern Community Response to Intimate Partner Violence



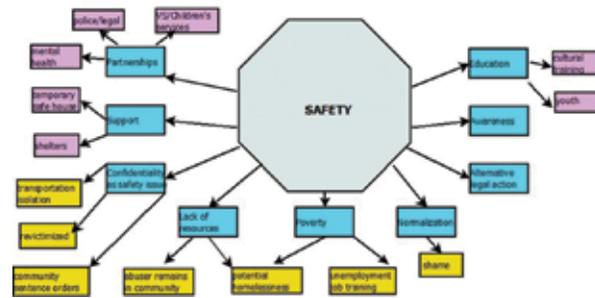
by Darlene Juschka

In 2011, Dr. Mary Hampton from Luther College, University of Regina, Diane Delaney from PATHS Saskatchewan—along with researchers and community partners in the three Prairie Provinces and the Northwest Territories—were awarded a Social Sciences and Humanities Research Council–Community-University Research Alliances grant for the study on *Rural and Northern Community Response to Intimate Partner Violence*. This study is conducted under the umbrella of RESOLVE and led by RESOLVE Saskatchewan. The purpose of this study is to look at the services available to women who experience intimate partner violence (IPV) in rural and northern locations. IPV takes a multitude of forms while levels and intensity vary, and requires a variety of responses. Furthermore, IPV can take more severe forms for those who live in rural and remote areas, even as women have decreased access to IPV services. This project aims to assist in the development of pathways toward sustainable, violence-free communities.

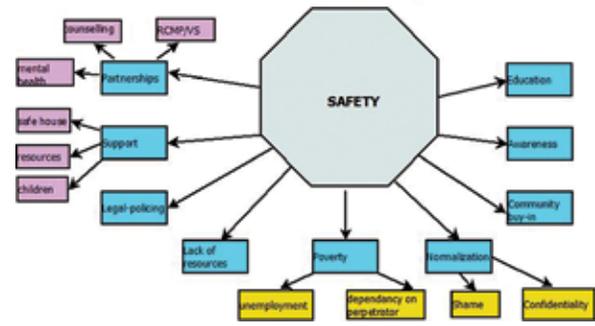
for one research site are safety plans; housing needs; partnership with other agencies and case planning; child care access; transportation; safe house; proactive policing and Victims Services; first Nations Victim’s Services; education; mental health; children’s services; confidentiality; change IPV perception.

From our open coding and maps we identified two communities—one northern and one rural—for in-depth analysis, which will commence Summer or Fall 2014.

Open codes were then subjected to axial coding. Axial coding requires that researchers abstract their open codes to identify comprehensive categories by which the open codes can be organized. The creation of more comprehensive categories allowed us to show relationships between the open codes. The axial coding was done by researchers and community partners. In Saskatchewan we determined that safety is our core axial code to which all of the axial codes relate. From here we



Saskatchewan Axial Coding – Northern



Saskatchewan Axial Coding – Rural

All provinces began the interview process early in 2013. Throughout March, until early June, interviews were transcribed by student assistants. Prior to our mid-June 2013 meeting, all sites began to open-code those transcribed interviews. Open coding consists of looking for response patterns with the research questions in mind. Different programs can be employed to open-code but NVIVO was chosen as it allows us to check code reliability. In Saskatchewan, interviews were geographically coded according to our eleven determined research sites. The open codes for Saskatchewan are too numerous to relate here but a sample of our codes for question one, “What are the needs of women who experience intimate partner violence in rural and northern regions of Canada?”

diagrammed the axial coding according the northern and rural allowing us to visualize the relationships between the axial codes.

These diagrams are now in the process of being narrativized. Narrativization of codes requires a return to the interviews and participants’ language in order to “tell the story” of axial codes. This aspect of the project will be completed by our next face-to-face meeting in June 2014.

In 2014-2015, our project will detail geographical and environmental features and gather demographic information from our two specified sites. On-site focus groups will be conducted to allow a networked approach to IPV, and secure non-violent communities in northern and rural Saskatchewan. ☘

Alberta Update: Adaptive Functioning of Children Exposed to Domestic Violence: Parent Perceptions of the Neurosequential Model of Therapeutics and a Psycho-educational Play Therapy Model



by Rhonda Kent, YWCA of Calgary; Dawne Clark and Justine Palinkas of Mount Royal University



The YWCA of Calgary offers therapeutic services and programs for individuals and families exposed to domestic violence. A Saturday Children's and Parenting Program is a ten-week group therapy program that separates children from parents and provides counselling and educational services. For the past three years program facilitators have worked with **Dr. Bruce Perry** and his therapeutic approach with traumatized children. A decision was made to examine parent perceptions of the adaptive functioning of their children, ages four to seven, who were exposed to domestic violence after receiving intervention techniques informed by Perry's (2006) *Neurosequential Model of Therapeutics* (NMT), as compared to the YWCA's psycho-educational play therapy based model of intervention. From January 2012, to June 2013, the Centre for Child Well-Being at Mount Royal University worked with YWCA staff to conduct the study.

Methodology

Participants were drawn from parents and children registered in the YWCA Saturday Parenting Group program and the YWCA Children's Group program. Group sessions (morning and afternoon programs) were offered using one therapy approach only: January and September 2012 groups used play therapy, and April 2012 and January 2013 groups used NMT. Parents and 79 children, aged four to seven, participated in the study. Quantitative data was gathered pre- and post program with two parent completed developmental questionnaires: the Ages and Stages Questionnaire Social-Emotional subscales (ASQ-SE) and the Achenbach Child Behaviour Checklist (CBCL). Interviews were conducted after the eighth week, with six parents per group. Ten questions asked about changes seen in children, parents, and their relationship, as well as how helpful parents found the group and its activities for their children. A facilitator focus group was conducted after the first NMT

group to determine how prepared facilitators were for NMT implementation and how they felt the approach worked in their groups. The NMT group sessions included children's activities with controlled movement games, music and dance, yoga poses, breathing and relaxation exercises, and drumming. The parent program included education on brain development and NMT principles, with an emphasis on the power of positive relationships. Group play therapy sessions included a check-in, structured group time, child centred play time, and checkout. Structured group activities focused on the topic of the day, and included such activities as artwork, stories, and role-play. Parents from both groups were asked to complete homework assignments with their children to help reinforce learning.

Findings

This study indicated that NMT is an effective approach that produces positive results for families that experience domestic violence. NMT groups showed positive change in overall average scores on the ASQ-SE and the CBCL. Parents in the NMT interviews identified positive changes in their lives as the result of the program. For example:

"For me to have the opportunity to put myself in a child's shoes, in my children's shoes, and to try and understand what they are saying and feeling has given me so many gifts."

"We have a closeness, a togetherness...caring for each other, nurturing, compassion."

"Our home has a different energy."

"I'll do anything for my kids in terms of getting through tough situations and healing. It's not too late. That's the biggest thing ... it's not too late to fix this. Heal them."

Facilitators felt that the NMT program and its activities were helpful for children and parents. Teaching parents about brain development and providing concrete specific tools for them to use with their children was a successful approach, as was encouraging parents-through the homework assignments-to act as coaches throughout the week to reinforce group experiences. ❧

References available upon request from the Editor.

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disability, status, or gender. We require restored social spending which does not exploit the environment and changes to a market system that, by its nature, does not allow us to set as a priority care for one another and for the earth.

Knowledge

Non-violent communities are ones where knowledge is valued. We need to reflect on the causes of violence and come to understand these causes in the most real way so that we can respond most effectively to address the issues. We must reflect on personal attitudes, examine research on the issue, and engage in dialogue with each other as we explore not only the causes of violence but also alternative solutions to resolve conflict. A violent response is often taken because we believe there is no other way to deal with our fears and working towards our goals.

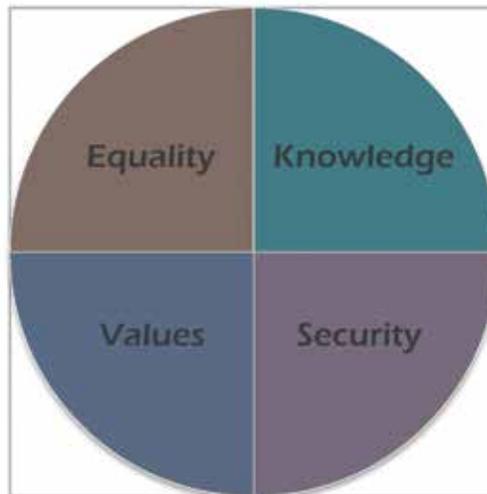
These findings and the framework developed by PATHS was the result of a grant received from the Prairie Action Foundation. This grant was the impetus which allowed us to examine the issue of violence from a broader perspective than has been done to date. While researchers in their work may have touched upon all the quadrants of our mandala, generally they have a primary focus on one area such as the individual psychological causes or biological structures. In the case of violence against women, we have always examined the issue through a gender lens which has enabled us to develop a deep understanding of the structural roots of violence, an essential component of the bigger picture. The feminist movement, of which the shelter movement has played a key role, did an exemplary job of defining the problem and naming many specific actions which would result in equality between women and men including pay equity, access to daycare and treating violence against women as a criminal offence. This gendered perspective helped us to understand equality as a key component of the causes of violence. Any marginalized group is at risk of increased violence so that if we are to end violence, we must work towards creating societies where one group is not favoured over another.

Often feminists resist stepping beyond the structural analysis, but it is our belief that unless we do this we will

never be able to achieve violence-free societies. This goal may be utopian but a vision is an essential first step in making change. A common vision puts us all on the same page, whether we are working for gender equality, in the global peace movement, or helping individuals to become less violent. What

results then is collaboration, building bridges of research, and a common respect that acknowledges that by working together we can build a synergy from our ideas and produce effective solutions. We will move away from blaming, an often difficult task when one works within a paradigm of oppression, to an enhanced understanding of the issue. As feminists we have found comfort in our certainty about the way the gendered world works. But being certain also closes

the door to new ideas, to hearing the legitimate perspective of others, to expanding our reality. We can re-energize our work by opening our minds to the offerings of other disciplines, scholars and practitioners. The PATHS research gives us a context from within which we can begin to answer the question "What now?" ☘



Requisites for Creating Non-Violent Communities

Actions to Promote a Non-Violent Society

1. Pay attention to the child. Changing the world requires nurturing the next generation.
2. Encourage people to think and talk about what values are important to support non-violent solutions to conflict.
3. Explore alternative actions to violence.
4. Call for a fair and sustainable distribution of the earth's resources.
5. Advocate for policies that are grounded in regard for children, fairness, a valuing of education, and a respect for the environment.

Announcements, Conferences and Events



May 12–13, 2014 - *Love and Violence: The End of the Fairytale*, is presented by Cornerstone Family Violence Prevention Centre, at the Best Western in Cobourg, Ontario. This an international conference that addresses issues and intricacies of love and violence, and brings together speakers from around the world to speak on various topics surrounding domestic abuse, the law and love. It is our mission to confront the issues and create open discussion and critical thinking on how to put an end to the relationship between love and violence. For more information refer to www.cornerstonenorthumberland.ca or contact **Janelle Eisler** at **905-372-1545, ext. 236**.

May 13–15, 2014 - *14th annual Missing and Exploited Children Conference (MECC)* presented by the Canadian Centre for Child Protection, in Winnipeg, Manitoba. The goal of this three-day training conference is to broaden the knowledge of those involved in child protection surrounding the issues of missing and exploited children. One of the leading conferences of this type in Canada, the MECC provides training by expert speakers from around the world on a wide range of issues. With the rapid growth in online crimes against children, the training needs of professionals working in the area of child protection have changed immensely. An example of topics covered include the detection and investigation of child victimization, how to deal with children in trauma and Internet-related exploitation, as well as offering a unique glimpse into the victim's perspective. Refer online for more information protectchildren.ca/app/en/training#training-mecc.

June 3 & 4, 2014 - *Family Violence Across the Lifespan* presented by the Today Family Violence Help Centre, in Edmonton, Alberta. Topics covered include types of abuse; the role of media in shaping our perceptions; safety planning; boundaries and self-care; domestic violence in LGBTQ* communities, and more. There is no cost to attend this workshop but space is limited, so please register. For more information or to register, call **780-455-6880**, or e-mail registration@thetodaycentre.ca, or through our website www.thetodaycentre.ca.

December 8–10, 2014 - *2014 World Indigenous Domestic Violence Conference* is presented by Indigenous Conference Services (Australia), and will take place in Cairns, Australia. This event is designed to be the largest international gathering of Indigenous and non-Indigenous people with an interest in stopping domestic violence. The aim of the conference is to highlight and showcase successful programs that have led to decreased incidence rates of domestic violence and elder abuse issues. For further information refer to www.indigenousconferences.com.

RESOLVE Manitoba Research Day

is **Monday, October 6, 2014**, at the University of Manitoba. Please reserve this day on your calendar and join us for presentations of innovative local and community based research and program initiatives. Our keynote speaker is **Krista Miller**, a police officer who is also an abuse survivor. Service providers and experiential women wonder whether police really understand the dilemma faced by survivors. Police often wonder whether their intervention is helpful. Research indicates that first responders' attitudes significantly impact victims. These issues, along with Ms. Miller's experience of abuse and its impact on her policing, will be discussed.

If you have research results or would like to present some of the new initiatives in your agency or community related to violence please **submit an abstract by July 30, 2014**, to resolve@umanitoba.ca.

The registration fee is \$35 and we offer reduced fees for agencies (register three staff and send as many as you want); students and service consumers are offered free registration. A call for abstracts, registration and more information about Research Day can be found at our website www.umanitoba/resolve.

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



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Going Digital With Our Newsletter

RESOLVE has decided to reduce the hard-copy production of our newsletter. At a time when more readers request the newsletter electronically, we have an opportunity to be "green" and save on rising mailing costs. This transition will take place over time; the September issue will be sent electronically to all of our subscribers whose e-mail we have. If you are aware that we don't have your e-mail or unsure if we do and would like to receive the newsletter electronically please send us your e-mail address. This summer we will collect e-mail addresses for our **A to G** subscribers. If you fall into this alphabetical category and want to switch, send us your name and e-mail address with the subject title **RESOLVE E-mail Delivery** to our Editor at newsedit@cc.umanitoba.ca or resolve@umanitoba.ca by August 31, 2014.

If you prefer the paper version we are happy to continue mail delivery and can send copies on request. We will always produce a paper copy but hope to have a smaller run and lower costs at the end of this process. ☘

RESOLVE Manitoba

*~ Dr. Jane Urşel ~
Director (Academic)*

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