

## 1 to 1 Support for Perpetrators of Abuse

**At Cranstoun, in addition to The Men & Masculinities programme, we offer a 1 to 1 programme designed to support people who are aware that their behaviour is damaging or distressing within their relationships.**

**These sessions are primarily aimed at working with female perpetrators, those in same sex relationships and those who require an interpreter.**

We provide a safe space for people who have engaged in abusive, harmful and damaging behaviour within their relationships. The programme explores what it means to display appropriate behaviour within relationships and highlights how conflict, aggression and anger can deeply impact the lives of others.

The 12 week programme focuses on behaviour, how we act, how this reinforces how we think and feel, and most importantly, how to act differently and make changes to our behaviour and the environments we create. It is also designed to support any other treatment that a person is involved with.

Core modules involve, but are not limited to topics and discussion such as:

- Types of abuse
- Denial and minimisation
- Anger management
- Accountability and consequences
- Impacts on children
- Loss and separation
- Active listening
- Control
- Intimacy, closeness, sex and sexuality
- Building confidence, stability, self reliance