



## **STOPPING DOMESTIC VIOLENCE GROUP COUNSELLING FOR MEN**

Help is available for men or women who want to stop using violence and abuse in their intimate relationships. Domestic violence is where one person uses abuse and violence to exert power and control over the other. Counselling can help men or women who are abusive to address their violent and abusive behaviours.

### **Some of the goals for group counselling:**

- Examine and challenge beliefs and attitudes that support violence.
- Examine the effects their violence and abuse have on their partners and their children.
- Examine the impact their violence has had on their own life.
- Teach and practice non--controlling and non--violent alternatives.
- Learn healthy ways of relating to others.
- Develop coping skills.
- Learn to constructively express your feelings and ideas to others.
- Build Self-esteem

### **Topics Covered in Group Counselling:**

The group topics will be based mostly on Dialectical Behavioural Therapy Skills (emotional regulation skills, interpersonal effectiveness skills, dialectics distress tolerance skills, mindfulness). Other topics which will be covered: education on VAWIR policy, psychoeducation on anger, how to manage anger, psychoeducation on abuse cycle, understanding power and control wheel versus equality wheel, understanding of elements of healthy relationships, understanding relationship dynamics with extended family members, understanding of communication, stress management skills, CBT cognitive restructuring, radical emotional behavioural therapy, assertiveness and I statements.

Dialectical behavioural therapy is designed to help people who experience their emotions in extreme ways and have difficulty handling their intense emotions. This therapeutic approach allows clients to increase their emotional and cognitive regulation.

In dialectical behaviour therapy, the balance is between change and acceptance. Clients need to change the behaviours in their life that are maladaptive. Part of the therapy is to learn how to understand a sequence of events, thoughts, feelings, and behaviours as working together in bringing unwanted reactions. The second part is to learn skills to better cope with the emotions and better interact with others.

### **Itinerary for 16 Session Group:**

1. Core Mindfulness Skills
2. Distress Tolerance Skills
3. Walking the Middle Path
4. Emotional Regulation Skills
5. Interpersonal Effectiveness Skills
6. Understanding Violence, anger and how to prevent it
7. Understanding abuse and how to prevent it
8. Rational Emotive Behaviour Therapy and Assertive Communication

#### **Referral Contact:**

Name: Pardeep Atwal, M.C., RCC, CCC  
Phone: 778.552.6509  
Group Rate: \$50 per hour session  
(\$800 for group will be taken day of enrollment)  
Group: Saturday (time to be determined)  
\*Groups available in English and Punjabi



**THE STRENGTH TO CHANGE,  
THE ROOTS TO GROW.**