

Be the best version of ourselves

Individual Programmes for Men & Women

Some people are unable to attend group programmes due to:

- Mental health
- Work commitments
- Language and literacy issues
- Intellectual disability
- Sexual orientation
- Alcohol and drug dependency

In instances where you are not a good fit for a group or you need some extra support we can provide individual sessions.

Topics we might cover are:

- Where did the violent or abusive behaviour come from
- What can I do about it
- Dealing with our thoughts
- Core beliefs – do they need rethinking?
- Conflict resolution and communication skills
- Keeping myself and family safe
- Intergeneration violence and how it impacts
- Relapse prevention
- Developing support structures in order to maintain a non-violence life style
- Victim impact and empathy
- Alcohol and other drugs
- Mental health
- Power and control tactics
- Emotional regulation