

PRESENTATION OF ASSOCIATION FOR NON- VIOLENT COMMUNICATION

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Association for Non-violent Communication



DRUŠTVO ZA NENASILNO
KOMUNIKACIJO (DNK)
<https://www.drustvo-dnk.si/>
ASSOCIATION FOR
NON-VIOLENT COMMUNICATION

Presentation of Slovenian NGO

About DNK

- Non-governmental and non-profit organization, which was established in 1996
- First non-governmental organization in Slovenia that has designed the programs of counselling for those who commit violence
- 35 employees + 71 volunteers (2020)
- There are 2 entities of our organization: in Ljubljana and in Koper
- 2 shelters for women and children victims of violence, 5 safe apartments
- All programs are verified by government

Financing

- Main sources of financing are obtained through public tenders by Ministry of Labour, Family, Social Affairs and Equal Opportunities, Municipality of Ljubljana and also some other municipalities, FIHO - Foundation for financing humanitarian and disability Organizations and etc. Therefore programmes are free of charge for all the users.
- Other donators: individuals and companies that donate materials for the victims of violence (clothes, food, furniture for the safe house...)

Statistics 2020

- There were 1840 users included in our different programs in 2020.
- There were 766 persons who were behaving violently included in our programs for perpetrators, 227 children with experience of violence, 133 victims of violence in the shelter and safe apartments, 714 persons, who were victims of violence.
- 12830 counselling sessions in 2020
- 1902 cases of accompanying users to different institutions, social advocacy cases, multidisciplinary teams in different institutions.

Objectives of the association:

- When the Association was founded 3 primary objectives were established:
- To reduce society's tolerance to violence,
- Help those who commit violence to change their behaviour,
- Help those who experience violence.

Our definition of violence

- Unequal division of power – perpetrator is trying to gain, keep or expand his power
- Violent behaviour is learnt, anyone can learn non-violence
- Zero tolerance, no excuse for violence
- Social groups with less power are more at risk
- Personal responsibility

Basic principles of our work

- It's everyone's obligation to prevent violence and to work towards increasing the safety of victims.
- A person who commits violence is the only one held responsible.
- Violence is a learned behaviour. Everyone can learn how to communicate in a nonviolent manner.

Our programmes

- Preventive work –workshops, lectures (children, youth, parents, teachers and etc.), social actions, collaboration with government in the field of violence
- Work with the victims – counseling, legal aid, advocacy, safe houses, material help, law change
- Work with the perpetrators – counseling, social skills training, group for youth and etc.

Preventive work

- We strongly believe that preventive work is crucial for solving the problem of violence. In our opinion, the combination of clear rules, legal sanctions and prevention is the best way to solve the problem of violence. If we act preventively, we focus on what we can do now to avoid the unpleasant consequences that might otherwise follow.

PREVENTIVE WORK

- 1) Educational activities and awareness-raising campaigns- Activism (International *Day for the Elimination of Violence against Women 25 November*, recently also DNK participated in changing sexual offence legislation „Only yes means Yes“)
- 2) Lectures, and seminars (professionals and general public)
- 3) Workshops (for teachers, parents, pupils and etc.)
- 4) Volunteer education and activities
- 5) Publications

Cooperation with other institutions in Slovenia

- Zveza za nenasilje / Alliance for nonviolence
- ŽLS (Ženski lobi Slovenije) / The Women's Lobby of Slovenia
- Sekcija varnih hiš, materinskih domov in sorodnih organizacij pri Socialni zbornici Slovenije / Section of safe houses, maternity homes and related organizations at the Social Chamber of Slovenia
- Skupina svetovalnic na področju nasilja / A group of counselling centers in the field of violence
- ZIPOM / Center for Advocacy and Information on the Rights of Children and Adolescents
- Koalicija NVO proti sovražnemu govoru / NGO Coalition Against Hate Speech
- NVO za zakonodajne spremembe (posilstvo) / NGO for legislative change (redefinition of rape)
- ISA inštitut (NEON) / Institute for Psychological Counselling and Education Development Projects
- Prava zveza / Real union
- Ministry of Justice, department for foreigners
- Social Chamber of Slovenia and other institutions

Participation at international level

- EWL (European Women's Lobby)
- WWP EN, Work with Perpetrators
- WAVE (Women against Violence Europe)
- RAN, Radicalisation Awareness Network
- CARING DADS (Increasing the awareness of child-centered fathering in order to reduce the risk of harm to children and their mothers caused by domestic violence)
- And some other projects

PROGRAMS FOR VICTIMS OF VIOLENCE

- Helpline for information and counseling in the field of violence
- Information and counseling support through electronic and regular mail
- Individual help for victims of violence
- Social advocacy for individuals that have experienced or are experiencing violence
- Accompaniment to institutions for victims of violence
- 2 Safe houses for women and children – victims of violence
- 5 safe apartments for victims of violence
- Assertiveness training for victims of violence
- Guided self-help group for victims of violence
- Legal counseling for victims of violence
- Individual help for children and young people who have experienced violence

COUNSELLING FOR VICTIMS OF SEXUAL ABUSE

- Although many victims of intimate partnership violence also experience sexual violence, we created a new programme for those who have experienced sexual violence outside intimate partnership or want to talk about sexual violence that they have experienced as children.

Shelter



Shelter



Shelter



Shelter



Shelter





VICTIMS OF DOMESTIC VIOLENCE 1

- Experiences and the statistics show us that the most dangerous place for women is their home (Researches show that 95% of victims of violence are female).
- Violence against women is a social problem (It depends on the response of the society, and also on the consequences).
- There is no such thing as a typical perpetrator or typical victim (Violence against women occurs in all social classes).
- There is no excuse for violence.

VICTIMS OF DOMESTIC VIOLENCE 2

- Violence is associated with traditional roles which are attributed to men and women.
- Socialization draws girls in the role that prevents women to stand up for them (Many studies have shown that socialization of boys and girls differ from birth onwards or even from earlier. We have different expectations when we think about having a boy or a girl. These expectations put men in the role of leaders and women in the role of the guided ones, which undoubtedly leads to an imbalance of power.)
- Intimate partner violence rarely stays the same over a period of time. It usually increases both in severity and frequency.

VICTIMS OF DOMESTIC VIOLENCE

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- Zero tolerance to violence is the key to preventing male violence against women (Our society is still not fully aware of the domestic violence. Public is less attentive to the violence that occurs within family relationships and more to the violence outside the home, especially in cases of rape.)
- The reality of violence, especially sexual, is different from the myths that persist in public beliefs.
- The only one, responsible for violence, is the one who commits it. There is no excuse for violence (We often wonder why the victims of violence persist in a relationship. It is time to ask ourselves why perpetrators persist in a relationship with someone that they find so unbearable that they have to use violence against her.)

VICTIMS OF DOMESTIC VIOLENCE

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- Leaving a violent relationship is an opportunity to gain back your rights.
- Response of the surrounding to individual cases of violence is a key element in preventing violence against women (When trying to prevent violence we cannot take the position “every story has two sides”. Violence against women is violence and crime. Nothing can justify violence. Violence is the point when the surroundings have to react and give the perpetrator a message that his behaviour is intolerable and unacceptable)
- Every human being has the right to be free.

PROGRAMS FOR PERPETRATORS OF VIOLENCE

- 1) Social skills training for male perpetrators, who behave violently towards women
- 2) Individual counselling for perpetrators, who behave violently towards women
- 3) Group work with young males, who behave violently
- 4) Parenting skills training
- 5) Caring Dads

Programmes for perpetrators have the following objectives:

- Increasing safety and quality of life of women who have experienced or are experiencing violence.
- Encourage men who commit violence against women, to face with the consequences of their violent behaviour, take responsibility for violent behaviour and begin to think critically about their expectations from people against who they used violence.
- That perpetrators of violence achieve better understanding and recognition of different forms of violence against women, which is a direct consequence of the basic structural inequality in gender relations. Violence against women is rooted in patriarchal cultures and traditions that are based on expectations and beliefs of men that they should establish power and control over women.
- To learn nonviolent communication and constructive conflict resolution, including: a better understanding of the consequences of violence, the dynamics of violent behaviour, to increase emotional literacy, awareness of the need to accept responsibility for the violence as a condition to change violent behaviour, the achieve an equal partnership, to understand and apply good enough and responsible parenting methods for men who have children.

Social skills training for male perpetrators, who behave violently towards women

- The program includes 24 group meetings
- Open group
- 10 participants
- The training takes place in 9 towns of Slovenia (Ljubljana, Celje, Novo mesto, Radovljica, Koper, Nova Gorica, Slovenj Gradec, Maribor, Murska Sobota)
- To this program they are usually referred by different institutions (Centers for Social Affairs, courts, prosecution office and etc.,)

Topics that are covered:

- Violence and dynamics of violent relationships;
- Perceptions of a partnership
- The messages we received in primary family and during adolescence (stereotypes regarding gender roles)
- Emotions and personal responsibility for dealing with emotions
- Understanding feelings of anger, recognizing possessive behavior associated with jealousy
- Attention diversion and relaxation techniques
- Taking responsibility, time-out
- Gender differences and why they are often unreal
- Equal partnership and termination of partnership,
- Violence against children, the relationship between child and parent,
- Addiction and violence,
- Listening and speaking skills and etc.

Contacts with (ex) partner:

- Partners or former partners are introduced to:
- Unfortunately, the inclusion of the perpetrator of violence in our or any other program does not guarantee that the victim will be safe from now on and that the threat will cease, many other measures are therefore needed.
- Every victim of violence whose partner is involved in the DNK program has the right to all information regarding our way of working with the perpetrators and about their participation in the program. We provide information that is relevant to victim safety planning.
- If they tell us about new events of violence, we inform the Center for social affairs and talk to users.

Parenting skills training

- Parenting skills training program was launched in 2015
- It is designed for men and women, who commit violence towards children, neglect them or just lack parenting skills and need additional knowledge about parenting.
- Parents, who take the training, get an opportunity to recognize their patterns of violence, change them and take responsibility for their behavior.
- Training includes 24 weekly sessions of two hours.

Topics of parenting skills training

- Main goals of the program are:
- That physical punishment and psychological violence would stop
- Increasing the safety of children
- Identifying beliefs and patterns of behavior that allow the use of violence against children.
- Developing new non-violent educational methods.
- Learning to take responsibility for children's development, socialization and violence prevention.
- Some topics of the training are: child's emotional and physical needs at different development stages, role of parents in a child's life, spending time with a child, non-violent communication with a child etc.

A GUIDED HELP GROUP FOR YOUNG ADOLESCENTS WHO BEHAVE VIOLENTLY


- The age of participants is 15-21
- Training includes 10 sessions
- Some themes which are covered: understanding the difference between violence and conflict, assertiveness, personal conflicts, accepting and receiving critic, listening and speaking skills, masculinity, love and partnership and etc.

Caring Dads

- Target group: Fathers who have a bad relationship with their children or their mothers.
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- This includes fathers who are overly controlling, absent, irresponsible, emotionally abusing children, or fathers who have hostile, highly conflicted, or violent relationships with the children's mothers.
- We do not include in the program fathers who are treated just because of the child's sexual abuse
- The condition for participation in the program is that the father has regular contacts (can be also supervised) with at least one of his children.

Caring Dads

- Training includes 17 group meetings
- Some topics: understanding fatherhood, creating relationship with the child, listening, motivation and play with the child, relationship with the child's mother, what is discipline and etc.
- There is a regular contact with the mother of the child
- If the mother is against inclusion of the father in the program, we do not include him
- Collaboration with other professionals, who are working with fathers

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- *Violent behaviour is a matter of an individual choice. Every person can choose a way to express their feelings. We learn to behave violently in a society, which tolerates or even promotes violence. That is why it is important to create a society that condemns violence and promotes nonviolent conflict resolutions.*

Thanks for your attention

