

Case Study

Mr C, age 28, completed the Domestic Abuse Hub

Offence

Theft, however, due to a history of domestic abuse (DA), domestic abuse work was prioritised.

Mr C presented with concerning attitudes towards women.

On completion of the Domestic Abuse Hub, Mr C's attitudes and beliefs towards relationships and parenting had significantly improved. He explored the concepts of healthy/unhealthy relationships and following discussion was able to distinguish between the two, e.g. that both working as a team and being independent was healthy, that violence and control are unhealthy. Mr C engaged with the compromise tool, applying it to his relationship, thus reducing conflict at home and resultant abusive behaviour.

Mr C successfully used tools to challenge his own harmful beliefs, and developed his skills of 'reframing' negative views and insecurities. For example, the negative thought of thinking his partner will end up with another man if she goes out, change to the more positive thought of 'she will be having fun with her friends' and 'I don't need to worry'.

Mr C identified that he used minimisation due to his own learnt behaviour. He commented 'I have learnt that past experience with previous partners does not mean that it will be the same with new partners'. The Domestic Abuse Hub has given Mr C the knowledge and skills to question his thinking and improve his intimate relationships.

The parenting session helped Mr C develop responsible parenting behaviours and acknowledge that abusive relationships between parents can deeply impact on children. He stated that his behaviour could have impacted on their mental health and cause them to think abusive behaviour is acceptable, something he did not want to happen.