



# Toolkit for male counselling in the context of intimate partner violence

## Men's rights versus women's rights?



Worldwide, one in three women has been beaten, coerced into an unwanted sexual relationship, or abused – often by a family member or acquaintance. Gender Based Violence has an enormous impact on the dignity, autonomy and health of women affecting all aspects of life and development. Therefore, in the first place women need the full support of society to heal and to empower. However, also men are product of a system that emphasizes male aggressiveness, not allowing them to be vulnerable. Many men experience frictions between losing the traditional role of masculinity and the new, still to be defined male identity. Violence at home can be considered as an ultimate expression of frustration.

**World Population Foundation (WPF):** a Dutch NGO aiming at encouraging sexual and reproductive health and rights. WPF supports local organizations in Africa and Asia to enable individuals in making their own decisions about their sexuality and the number of children they desire. Gender based violence is one of WPF focus areas.

**Mosaic** in South Africa, **Rifka Annisa** and **Cahaya Perempuan Women Crisis Centre Bengkulu** in Indonesia offer women as survivors of violence a holistic package of support (including counselling, social, legal and Sexual and Reproductive Health services) and in the case of Indonesia also shelters. Organizations are active in advocacy, outreach work, research and training.

### Justification for male involvement:

- Few women abandon their husbands
- Women want the organization to offer counselling to their male partners
- Abusive men increasingly want to deal with their own problems
- Lack of behavioral change programs for abusive men
- Indonesia Domestic Violence Act indicates programmes for men
- Court system in South Africa 'experiments' in collaboration with NGOs with counselling for abusers

**A promising practice:** An intervention that has shown to be of particular quality – including tools to implement the intervention and guidelines on how the promising practice can be adapted, implemented and evaluated (implementation manual).

**Intervention Mapping (IM) model:** A stepwise way of developing and implementing an intervention. IM is used to design Evidence-Based interventions targeting at behaviour change.

### Promising Practice – Toolkit for male counselling in the context of intimate partner violence

#### Overall aim:

Male abuser: To stop the violence and become a respectful partner

#### Sub-objectives:

##### *Counselling Manual:*

To assist the client within a structured environment to change his violent behaviour and become a respectful partner

##### *Facilitator's Manual:*

To capacitate counsellors in conducting counselling sessions and appropriate techniques for male abusers

#### The Male Counselling's Toolkit will consist of:

1. Counselling's manual for individual counselling
2. Facilitator's manual for training counsellors
3. Background information on the organization
4. Brochure to describe the toolkit

### INTERVENTION MAPPING STEPS:

Step 1.	Involvement	Partner Consultation Meetings Exchange visits	June 2007
Step 2.	Needs Assessment/ Situation Analysis	Global Review Country analyses Working Group Advisory board	2007-2008
Step 3.	Objectives	Determinants of behaviour (knowledge, attitude, skills, social environment) transferred into changeable objectives	2008
Step 4.	Evidence-Based Intervention Design	Counselling's & facilitator's manual designed	2008
Step 5.	Adoption and Implementation	Piloting Review of results Final counselling and facilitator's manual	2009
Step 6.	Monitoring and Evaluation	Continuous	2010

#### Content of Counselling's Manual:

##### Session Theme

- I Assessment Session or Intake Session
- II Anger/stress management
- III Domestic Violence
- IV Self-esteem and social roles
- V Relationship
- VI Fatherhood
- VII Domestic Violence and Sexuality
- VIII Culture and religion
- IX Gender and rights
- X Substance abuse
- XI Communication
- XII Looking at future (plan for self-regulation)

#### Content of Facilitator's training Manual:

- I A general introduction to the organization, vision, counselling programme etc.
- II The male counselling programme in details (aim, role counsellor, importance of impartiality etc.)
- III General topics: Domestic Violence, Gender, Rights, Sexual and Reproductive Health and Rights
- IV Training in the specific counselling sessions, based on counselling's manual

#### Challenges – Men's versus Women's rights?

- How dedicated should one be to the implementation of programmes aimed at men in a country where 4 to 6 women get killed every day by their partner?
- Is a women's organization capable to work with men when known as offering support to survivors of violence from a feminist perspective?
- Working with men has implications for the mission, image, human resources, policy etc. of a women's organization. How far should one go?
- Female counsellors show compassion with the 'victims' of violence easily. Avoiding partiality, training on neutrality is one of the biggest challenges.
- Male counsellors are urgently needed but scarce.

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