

screening service that evaluates the risks that such users are subjected to, as well as evaluate the woman's needs and will.

This risk evaluation helps to reorganize the staff team with the objective of avoiding an overcrowding.

After screening, the victims are forwarded to the various sections of the center, including:

- *legal services*. Counseling the victim's on their rights and duties, provide guidance and help in applying for legal aid, file criminal complaints, divorces, etc.;
- *psychological care*. Relational functioning is a catalyst for restructuring personal healing and restructuring; Allowing the user to experience a continuity, in order to enable the internal transformation, creating a new relational model (nonviolent) identification; Supporting the restructuring of the victims' personal life in an everyday specific requirement. Finding alternative solutions for the day-to-day problems;
- *social care*. Establishing a balanced plan considering the existing resources in state social security; Making and providing the necessary contacts with social partners;
- *monitoring and professional guidance*: active help in the empowerment of professional skills, development of curriculum vitae, cover letters, available job applications, preparation for possible job interviews, etc.

Being able to accomplish an autonomy project for each woman victim of domestic violence, is to ensure her safety, assure dignified living conditions and provide a fair lifestyle, as well as the redefinition of personal and emotional terms. This process can only be done in stages, establishing priorities, according to the needs and will of the woman who needs help. This is possible by the dedication and understanding of the qualified staff working together on a project of functional, social and autonomy change.

The goals and objectives of the intervention with victims of gender violence are the following:

- helping women to establish a relationship of trust, and to be able to evaluate individual and institutional history of violence, risk limits and personal opportunities, as well as their social and family resources;
- talking to the victim about their different options in dealing with the problems they are experiencing, guaranteeing confidentiality, the right of choice, strengthening their self-esteem and autonomy;
- establishing gradual, concrete, realistic steps, towards building a map of resources, options and actions in order to implement the methodology;

- support and monitor the users who want to proceed with criminal complaints to the competent authorities, medical examinations and, if necessary, removal of personal belongings from their homes;
- alerting the various entities, judicial, social services, shelters, through reports and direct contact;
- encourage the construction of connections with the various sources of assistance, protection and monitoring, strengthening a personal organization, based on a support network (neighbors, social location, schools, family health center, job center).

In this process, the central role of the support network is fundamental, both formal and informal, in the recovery of the victim. Besides the P'RA TI Center, this support is often unavailable, as is emotional and family backup, aggravated by the still weak network of services for the treatment or monitoring of victims of gender violence. Studies in Portugal assert that in spite of the actual service resources, there is still a lack of entities articulation (Magalhães 2012). Thus emerges the importance of working together and coordinating the different types of responses for supporting, protecting and reassuring the victims. The networking capabilities permit the following conditions: taking advantage of the expertise of each organization and its users, sharing information and knowledge, finding synergies, having a greater awareness of ones constraints and potential, knowledge exchange of available resources, provide locations, common objectives, mobilization of resources, and evaluating and making a diagnosis, taking into account the specificities of each institution and existing resources.

Conclusion

Domestic violence is a phenomenon that has always existed, and is not just a fact of modern times. However, it was not until the early 1980s, that Portugal recognized domestic violence as a social problem (Portugal, Conselho de Ministros, 1999), and only after that date, this phenomenon was addressed by health professionals, and by legal and social workers.

There were three main factors that have contributed to the visibility of domestic violence in Portugal: feminist movements, changes in legislation and a gradual change in the perception of constitutes or not violent behavior.

We have reason to believe that this does not mean that domestic violence has increased in our country, but it's visibility has increased..

The reflection and debate on this issue is essential in Portuguese society, it is necessary that a thorough review be conducted on the issue of domestic violence and in particular of violence against women in intimate relationships. However, there is still a long way to go. It is also important to consider the role of professionals, organizations and institutions, public or private, through which women victims can get help. Indeed, this issue represents an immeasurable loss not only to the victims but also to our society, because it is a process of collective victimization. For example these cases can be a source of violence and many other social problems such as sick women, women in prison, women killed, orphaned and neglected children and dysfunctional families.

The fight against the scourge of this phenomenon can only be successful when understood and fought as a whole, taking into account the necessary legislative changes, educational policies, social policies and reintegration policies for employment and vocational training policies health, or support for family planning. It would be essential to improve fundamental knowledge sharing and work between the Courts, the Service Centers (including UMAR), the law enforcement agencies, hospitals and health centers, Social Action, the Commission for the Protection of Children and Young People and so on.

Another important aspect is to know the way it works in combating this phenomenon. Obviously intra individual factors, including a person's psychological nature, is very important, but one cannot ignore the inter individual factors and the social, economic and cultural rights of women who come to support services for victims, since the interaction between these factors determines often their victimization trajectories. The intervention on victims should therefore not only be based on a model of individual intervention but also a form of social intervention.

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*Men perpetrators of violence against women:
prevention through educational and therapeutic
interventions**

Roberto Poggi§, Franco Tozzi°, Luciano Gili‡

Summary. *We report on the experience of the Association "Circle of men [Cerchio degli Uomini]" that is part of a project in the Province of Turin whose mandate is to identify ways to prevent violence against women in intimate relationships. This project is aimed at male perpetrators or individuals at risk of this type of conduct.*

The intervention is divided into four steps: help-line, individual consultations, group sharing through active methods, and when necessary the client is sent to the social welfare mental health professional. This work encompasses a multidisciplinary perspective and has enabled male perpetrators of violence, to gain a greater self-awareness, and an increasing capacity to manage conflicts. Ultimately though this system of violence prevention against women that is still in it's experimental stages, we can say that so far, it is producing excellent results.

**Received: 15/07/2012 - Revision: 19/07/2012 - Accepted: 02/08/2012*

Self-declaration of compliance with ethical standards: 11/01/2012

§Gestalt Counselor. Cerchio degli Uomini onlus, volunteer association, Corso Vercelli 8, 10152 Turin, Italy. Tel 347 4465403. E-mail roby.po@libero.it

°Counselor. Cerchio degli Uomini onlus, volunteer association, Corso Vercelli 8, 10152 Turin, Italy. E-mail direttivo@cerchiodegliuomini.org

‡Gestalt Counselor. Cerchio degli Uomini onlus, volunteer association, Corso Vercelli 8, 10152 Turin, Italy. E-mail direttivo@cerchiodegliuomini.org

Interdisciplinary Journal of Family Studies, XVIII, 2/2012

Further tests and evaluations will be carried out with an increasing number of cases being treated.

Key words: *perpetrator, sharing, consciousness, change*

We report on the experience of the Association "Circle of men" that is part of a project in the Province of Turin aimed at identifying ways to prevent violence against women in intimate relationships.

Preventative interventions are therefore directed to male perpetrators of physical, sexual and psychological violence including stalking or at risk behaviors.

The project began in the spring of 2009 and it is still ongoing. In accordance with the Province of Turin, we set up a telephone call line to provide anonymity to callers, created a website and set up a call center for perpetrators of violence.

We informed the public about the existence of these initiatives through the network of welcome centers for victims of gender violence, ASL Operators, social workers, law enforcement agents, the General Attorney and Attorney for minors, in order to reach out to men with problems related to violence against women.

This service is run by three experts of the Association who have a minimum of four-years training in counseling, with specific training in violence against women, help-lines and supervision as well as regular participation at other seminars, workshops and conferences on the topics of interest.

The intervention is divided into four steps: help-line, individual consultations, group sharing through active methods, and when necessary the client is sent to the social welfare mental health professional. The help-line is led by three counselors and an expert in communications.

In regards to general training, all of the staff have taken a one year special training course with a call help line expert. Therefore when individuals call they can do so in anonymity which encourages the emergence of issues that are often concealed or minimized. In some cases individuals are offered personal orientation interviews.

The orientation interviews can be accessed by men through the call centers or by referral of other network entities. Through the interviews we evaluate the possibility of sending the perpetrator to local services, as well as to participate in a group dedicated to sharing and comparing critical situations. It is often necessary to increase the number of individual interviews provided in order to get a complete picture and then propose to continue in an adequate way. In some cases, we have only been able to work one-on-one because of the resistance of certain individuals to join a group.

In the group sharing sessions we work with personal stories, experiences and emotions. Therefore one must have a very clear idea of refusing all forms of violence while at the same time accepting that perpetrators of violence are individuals who have the intention of understanding what has happened and want to change. It is necessary to avoid taking a position of moral superiority, to try to teach them what they should do and to avoid power positions which underline the construction of violent behavior, as well as the insecurity and fear that often hide these behaviors (Ciccone, 2009).

Therefore the operators must maintain a delicate balance to avoid on the one hand dangerous confluences and on the other hand harmful prejudices. The feedback from the participants of the group should cover only the personal experiences and it is desirable to suspend all judgment. In the groups we also use active methods, such as activation techniques, role playing, the use of films and lectures and autobiographical writing. This process facilitates the expression and recognition of emotional experiences, especially of anger and fear and techniques related to their control and handling.

Some specific topics are brought up directly by the group leaders such as: minimization, denial, projection, recognition and deification of women, empathy towards the victim, the signs of escalating anger and violence, the way towards change and values and the system of life (Merzagora Betsos, 2009). During the last three years, we have completed about 250 separate actions including telephone calls, personal interviews and led groups for men with critical issues and violent relationships.

It has been fundamental to have created a network with local services and institutions to carry out interventions at various levels in order to face specific critical cases, as well as in working with professional figures and legal entities to assist the victims and institutional agencies.

The issue of violence affects millions of men, only in a few cases we can speak of true pathology, most often, what emerges are some clinical features, but most of the time the problem starts from a widespread

patriarchal and macho culture, and of personal past experiences that have caused a devaluing of oneself and of the other.

It has therefore been necessary to have a strong team, working in unison as indicated by the guidelines of the European Communities and referred to as the multidisciplinary approach, that characterizes the issue of violence in intimate relationships, especially in cases where there are many factors related to cultural and personal history.

This multidisciplinary perspective has led male perpetrators of violence, to a greater self-awareness, with an increasing capacity to manage conflicts, emotions and to develop empathy in relationships. In many cases, the perpetrators of violence made a profound change in their perception of themselves and others.

As reported by the European centers, there is a high risk of recidivism in the medium and long term (Baldry & Roia, 2011). Men who have been integrated into our groups have not committed acts of violence while attending the group. Moreover, we believe that the time necessary to produce a profound change is more than six months/one year, for this type of group work.

We are therefore considering the possibility of providing a support service through which periodically the men who have already completed the course, can be monitored and periodically attend our regular groups on gender issues. Ultimately the creation of a violence prevention program that is still in its experimental stages, has produced excellent results. Further tests and evaluations will be carried out and an increasing number of cases treated.

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¹ The Court of Appeal has authorised the First National Plan against gender violence and stalking edited by the Department of Equal Opportunities, February 2011

Practitioner research in psychodrama: Strengthening the researcher's role^{*}

Hannes Krall§

Summary. *Psychodrama research needs practitioners of psychodrama who are interested in sharing their practices and engage as research practitioners in a collaborative research network. The research identities of practitioners – psychodrama trainers, therapists and trainees – are investigated in an ongoing study. Preliminary results suggest that interest in research, research competence and the level of information in research can be seen as differentiating factors. According to the self-report of trainers, trainees and psychodrama therapists, four different research identities can be found: these identities will be described. In the presentation we will suggest, that the results of this study can be a good starting point in reflecting on the status of research in psychodrama. We propose that research in psychodrama training should receive more attention in the future.*

Key words: *psychodrama research, practitioner research, practice research network, counselling/psychotherapy*

^{*}*Received: 09/09/2012 - Revision: 15/09/2012 - Accepted: 03/10/2012*

Self-declaration of compliance with ethical standards: 20/12/2012

[§]*Prof. Dr., University of Klagenfurt, Educational Sciences and Research; pedagogue and psychologist, counsellor, psychotherapist, supervisor, trainer at the Austrian Society of Groupdynamics and Grouptherapy and lecturer at the University of Innsbruck; chair of the FEPTO Research Committee. E-mail: hannes.krall@aau.at*

Interdisciplinary Journal of Family Studies, XVIII, 2/2012

The Federation of European Psychodrama Training Organization (FEPTO) comprises a growing number of psychodrama training and accrediting organizations. The basis for this network was created in 1992. At present 66 training organizations and 9 accrediting organizations from 26 European and Mediterranean countries are members of FEPTO.

Within FEPTO, research has always been a very important element for training and practice of psychodrama. Research is a specific task carried out by the Research Committee of FEPTO. However, there is still a gap between the expectations about research – to show what is effective in psychodrama work, how to improve psychodrama for applicability in different fields of practice, and what and how to teach psychodrama effectively.

During the 2008 FEPTO Research Committee meeting in Roriz, Portugal, a social network was created to enhance research in psychodrama. In a subsequent meeting in Edinburgh 2009, the basis for creating research groups within the committee was established. Since that meeting different research projects in psychodrama were initiated and conducted in a cooperative way across different European and Mediterranean countries. In this way a practitioner-research engagement (McDonnell et al., 2012) within an international network of research practitioners in psychodrama was created.

Psychodrama research needs practitioners in psychodrama who are interested in sharing their best practices and engaging as research practitioners in a collaborative research network that exists in other psychotherapeutic modalities (e.g. Castonguay, 2011). Apart from the role of psychodrama director, the role of a researcher has to be developed and fostered even though there is often a negative perception of research in psychotherapy (Felber & Margreiter, 2007; Widdowson, 2012). Several requirements need to be met to enhance practitioner research amongst psychodrama trainers, therapists and trainees:

- to acknowledge that research is important for psychodrama practice;
 - to get information about current research from journals, books and symposia;
 - to engage in research training and to improve knowledge and skills;
 - to participate in research processes;
- to present, publish and share results and experiences of research.