

Women's Behaviour Change Program Change Matters

Change Matters is a program specifically designed to support women who are aiming to address their **family violence behaviour**.

The program operates from an evidence-based practice model merging CBT strategies around restructuring thoughts and behaviours, as well as exploring and challenging underlying cognitive schemas and belief patterns around gendered identity that guide women's violence towards family members.

The program addresses the areas of intimate terrorism, situational couple violence, and violent resistance, and recognises the underlying concerns of social justice, respect, and responsibility.

Change Matters is delivered over a total of 12 therapy and psycho-education sessions that cover the following areas:

1. Understanding Family Violence, Abuse and Aggression
2. Exploring Patterns of Family Violence
3. Understanding Elements of Healthy Relationships
4. Positive Female Role Modelling
5. Identifying Stressors and Triggers
6. Emotional Regulation
7. Understanding Victim Empathy
8. Assertiveness Training
9. Exploring the Origins of Family Violence Behaviours
10. Exploring Responsibility, Equality and Respect
11. Breaking the Cycle of Family Violence
12. Positive Change and Relapse Prevention

