

Men's Behaviour Change Program

Be the Change

Be the Change is a program specifically designed to support men 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 of power and control that guide male violence towards women and/or children.

The program runs for a total of 12 two-hour 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. Understanding Victim Empathy
5. Positive Male Role Modelling
6. Assertiveness Training
7. Emotional Regulation
8. Identifying Stressors and Triggers
9. Exploring the Origins of Family Violence Behaviours
10. Exploring Responsibility, Equality and Respect
11. Positive Change and Relapse Prevention
12. Breaking the Cycle of Family Violence

For further details contact
Sally Nicholls (Program Manager/
Senior Counsellor) on 0403 736 936

Referrals can be made
directly through email
intake@vicbcc.com

Place

Multicultural Hub
(opposite Victoria Market)
506 Elizabeth St, Melbourne

Dates

Tuesdays (x 12 sessions)
Starting 14 April 2020 and
completing on
30 June 2020

Time

5:30 p.m. to 7:30 p.m.

Cost

\$70 per group session
including GST
(*\$80 per session
for make-up sessions,
and delivery as individual
counselling sessions*)



Victorian Behaviour
Change Centre