

*In the meantime, what can you do to help yourself and your family?*

- Spot the warning signs
- Take time out
- Accept responsibility for your own actions
- Accept that you need to change and that you want to change

*If you are worried about your behaviour and need to talk to someone, you may find the following helpful:*

**THE RESPECT PHONELINE: 0808 802 4040**

Information and advice to perpetrators of domestic violence, their partners/ex-partners, friends and family.  
[www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

**VICTIM SUPPORT:**

**0300 300 1977** (Coventry)

**0300 300 1947** (Northamptonshire)

Offers emotional and practical support and information to male and female victims of crime.

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

**WOMEN'S AID: 0808 2000 247**

Free 24hr national domestic abuse helpline offering information, advice and support.

[www.womensaid.org.uk](http://www.womensaid.org.uk)

**NENE VALLEY CHRISTIAN FAMILY REFUGE:**

**01604 230311**

A Northampton based charity working with survivors of domestic abuse.

[www.nvcfr.org.uk](http://www.nvcfr.org.uk)

**COVENTRY DOMESTIC VIOLENCE AND ABUSE PARTNERSHIP:**

Information and support for the Coventry area.

[www.safetotalk.org.uk](http://www.safetotalk.org.uk)

**IN CASE OF AN EMERGENCY CALL 999!**

*"The course has made a difference. I have become less angry and aggressive and have realised the damage it can have on my family. I don't get aggressive verbally or physically anymore".*

*Previous programme participant*

If you accept responsibility for your behaviour and want motivation to change, we can help you and your family. If you would like more information please contact us:

relate  
the relationship people

St Giles House  
76 St Giles Street  
Northampton  
NN1 1JW

**Tel: 01604 634400**

**Email: [info@relatenorthants.org.uk](mailto:info@relatenorthants.org.uk)**

**Web: [www.relatenorthants.org.uk](http://www.relatenorthants.org.uk)**

Registered charity number 1098399.

Relate Coventry  
New House  
Hertford Place  
Coventry  
CV1 3JZ

**Tel: 024 7622 5863**

**Email: [info@relatecoventry.org](mailto:info@relatecoventry.org)**

**Web: [www.relatecoventry.org](http://www.relatecoventry.org)**

Registered charity number 1103470.

relate  
the relationship people

Choosing  
to Change

*Do you have the motivation to change your behaviour?*



## 1-2-1 Intervention for men

Working in partnership, Relate Northamptonshire and Relate Coventry are pleased to be able to offer 'Choosing to Change'.

## What is Choosing to Change?

Choosing to Change is an intervention for male perpetrators of intimate partner violence and abuse, delivered on a one-to-one basis where both partners want to remain in the couple relationship.

The intervention combines a specific structure and materials with skills, concepts and principles using the counselling approach of motivational interviewing.

Choosing to Change is a twelve week programme that includes assessment, structured motivational programme and goal setting. There is potential to move into couple counselling with a Relate Counsellor, if deemed safe to do so (additional sessions required for the couple work), although this is dependent on full engagement and a motivation to change.

Support sessions are also provided for the wife/partner and there is scope to enter family therapy once the full Choosing to Change programme and couple counselling has been completed.

Choosing to Change is currently available at Relate Northamptonshire and Relate Coventry.

## Do you wish your relationship was more respectful and less threatening?

If you have ever used any of these behaviours then Choosing to Change may be able to help you:

- Called her names, humiliated her
- Checked her mobile phone, texts or emails
- Threatened her or damaged belongings
- Pushed, slapped, punched or kicked her



## Do you wish you could be more honest and accountable for your behaviour?

### What are the aims of the programme?

- To enable men to explore and accept responsibility for their behaviour
- To enhance motivation and engagement in men wanting to change their behaviour
- To enhance levels of importance and confidence around changing behaviour
- To reduce the escalation of controlling and/or abusive behaviour
- To begin the process of change and create healthy, respectful relationships
- To provide safe transition to enter couple counselling

## What can you do next?

For further information on how Choosing to Change might be able to help you, contact the relevant number below:

If you live in Northamptonshire or surrounding area, contact Relate Northamptonshire on 01604 634400.

If you live in Coventry or the West Midlands, contact Relate Coventry on 024 7622 5863.