



# Who's in Charge? CHILD TO PARENT VIOLENCE

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# Who's in Charge?



2010 noticed the issue

2010/11 Research what's available

2011 Found Who's in Charge? – Eddie  
Gallagher

2012 Piloted 1<sup>st</sup> Programme in Ipswich

2013 CPA National Conference University  
Campus Suffolk

# 2013 Conference



# What is Who's in Charge?



- Developed by Eddie Gallagher in Australia
- 9 week programme
- Part therapeutic/part knowledge basis
- 2 month follow up

# Aims of the Programme

- Reduce parent's feelings of isolation.
- Challenge parent's feelings of guilt.
- Lessen deterministic thinking about causes (e.g. "he can't help it.. he has ADHD" or "... he saw his father be violent") – it is **always** multi-causal.
- Reinforce belief in possibility of change (without giving false hope or creating complacency).
- Clarify boundaries of what is acceptable and unacceptable behaviour (harder than it sounds as there are many grey areas and we need to avoid imposing our own values).

# Aims Continued

- Examine strategies for creating meaningful and practical consequences for unacceptable behaviour. The approach of most parenting courses and materials is to assume that children are basically cooperative and only need encouragement and positivity to be good. These approaches usually have failed miserably with the oppositional children of the WiC? parents. Finding consequences for children who care about little and don't want to cooperate is very difficult.
- Explore anger, both children's and (often more usefully) parents'
- Encourage assertiveness
- Encourage self-care

# Resistance

- The title – Who's in Charge?
- Children are not violent!
- Children are not abusers
- Parents need to take responsibility/get tougher
- Showing parents the level of influence they have over children absolves their responsibility for the behaviour.
- A programme like this could be more damaging to children who are neglected or have attachment issues
- Not evidence based!

# Tips

- Work to educate professionals
- Continue running programmes no matter what!
- Always gather data from the outset from parents, facilitators and professionals.
- Confront (sensitively) the issues
- Work to support parents experiencing the issue
- Keep moving forward, however small the steps may be.
- Keep up to date with the latest research and discussion on CPV
- Set up a peer mentoring group for facilitators
- Keep fidelity with the programme



# In the face of resistance...

- 2013 Trained as UK trainers
- 2013 Trained the first 25 facilitators
- 2014 Set up peer mentoring network
- 2014 Further facilitator training in Suffolk
- 2014 RCPV Galway, Ireland
- 2014 Trained facilitators for London Probation
- 2014 Programme funded by PCC
- 2015 March training programme for up to 25
- Programmes for parents continue to roll out across Ipswich/Suffolk

# The work goes on!



Working with:

Early Intervention Foundation  
(Early demonstration place)

CanParent Quality Mark

# Parents are the solution not the problem

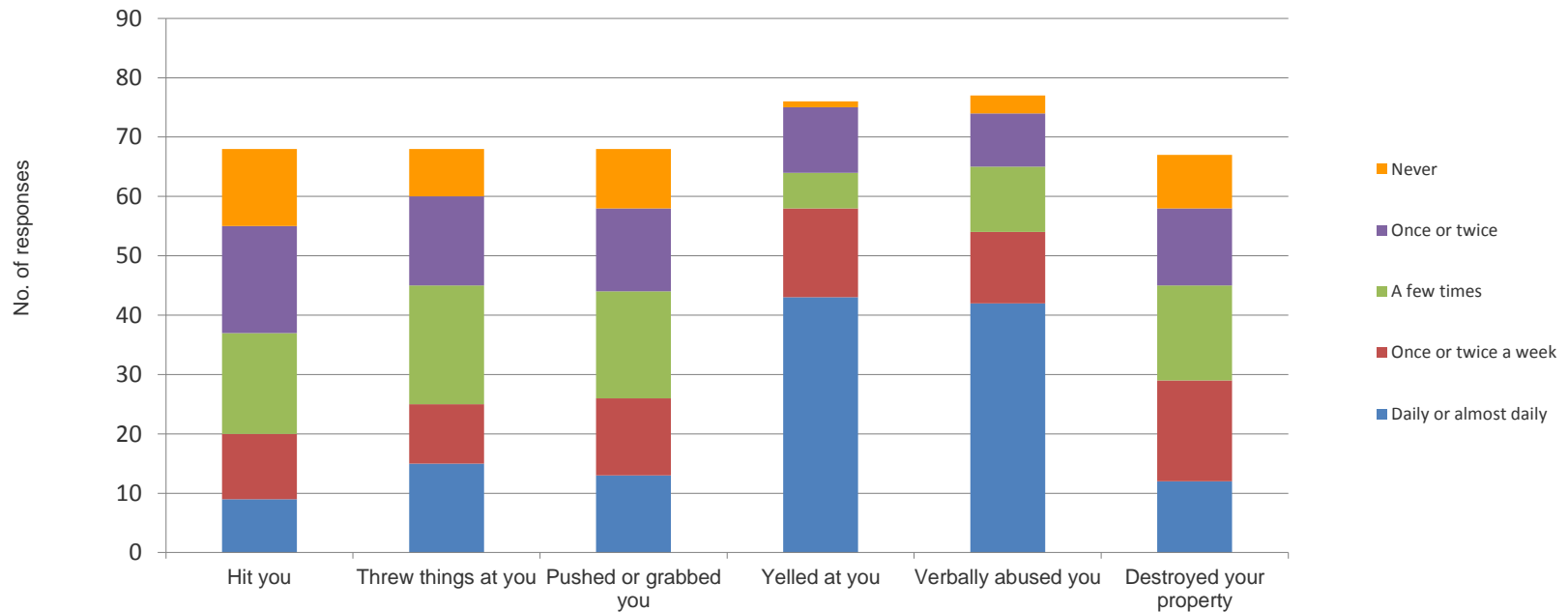
- Parents' behaviour often plays a crucial role in the vicious circle maintaining violence.
- Parents need to feel believed.
- Their behaviour may be “normal” even “good” but not **good enough** in an abnormal situation
- Often they can only reflect on and change their behaviour once they stop feeling under attack
- If you feel you are being attacked it's only natural to be defensive

# Supporting parents.....

- “Control” and “discipline” are not dirty words in this context
- Firm not strict
- Two-parents: can they work together?
- One-parent: influence of ex partner
- Warn of the risks!
- Clarifying boundaries
- Rules and consequences are crucial!

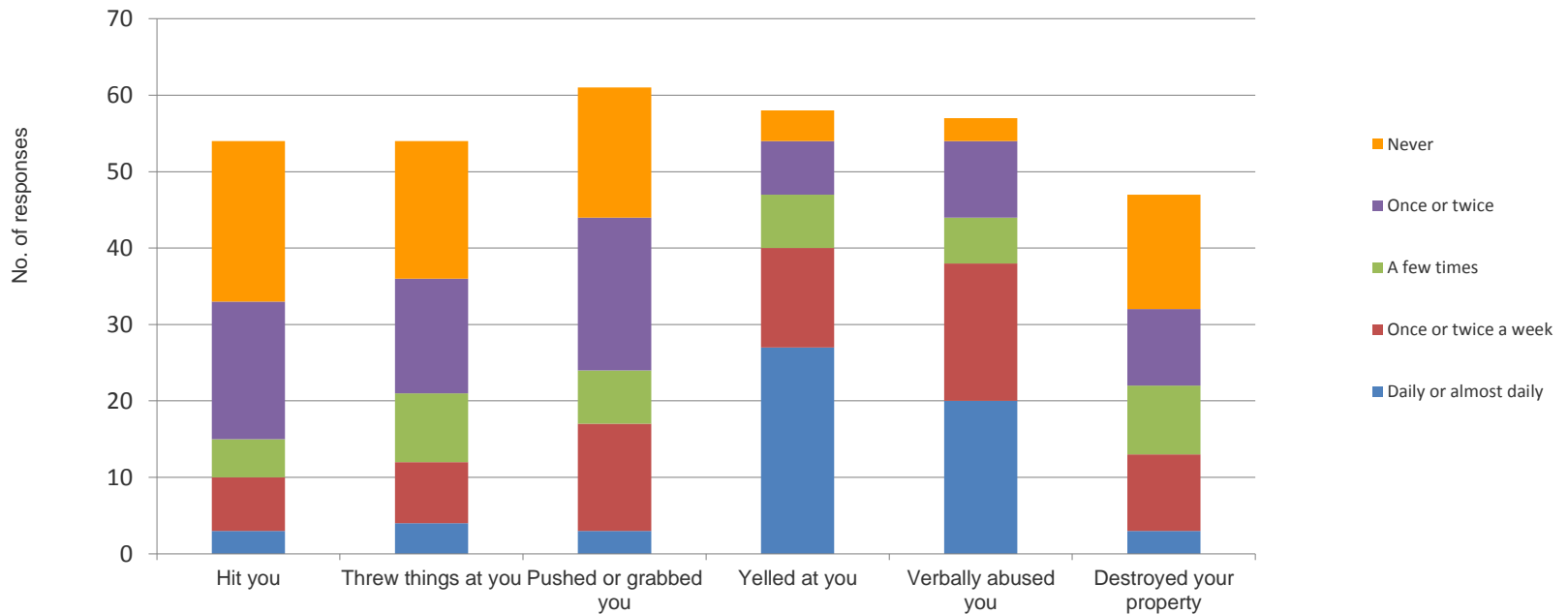
# Before the Programme

How often in the past 2 months has this child done the following to you?



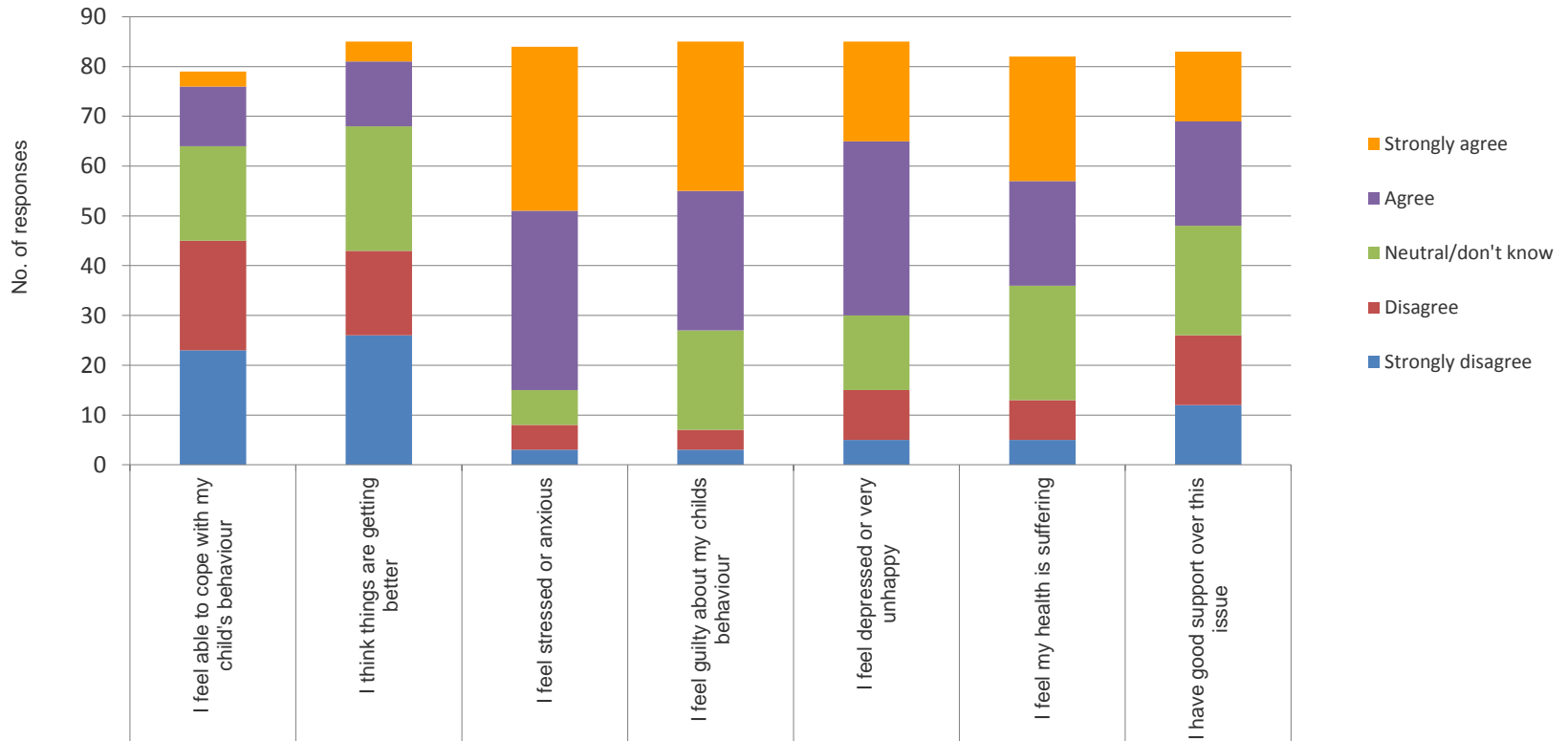
# After the Programme

How often in the past 2 months has this child done the following to you?



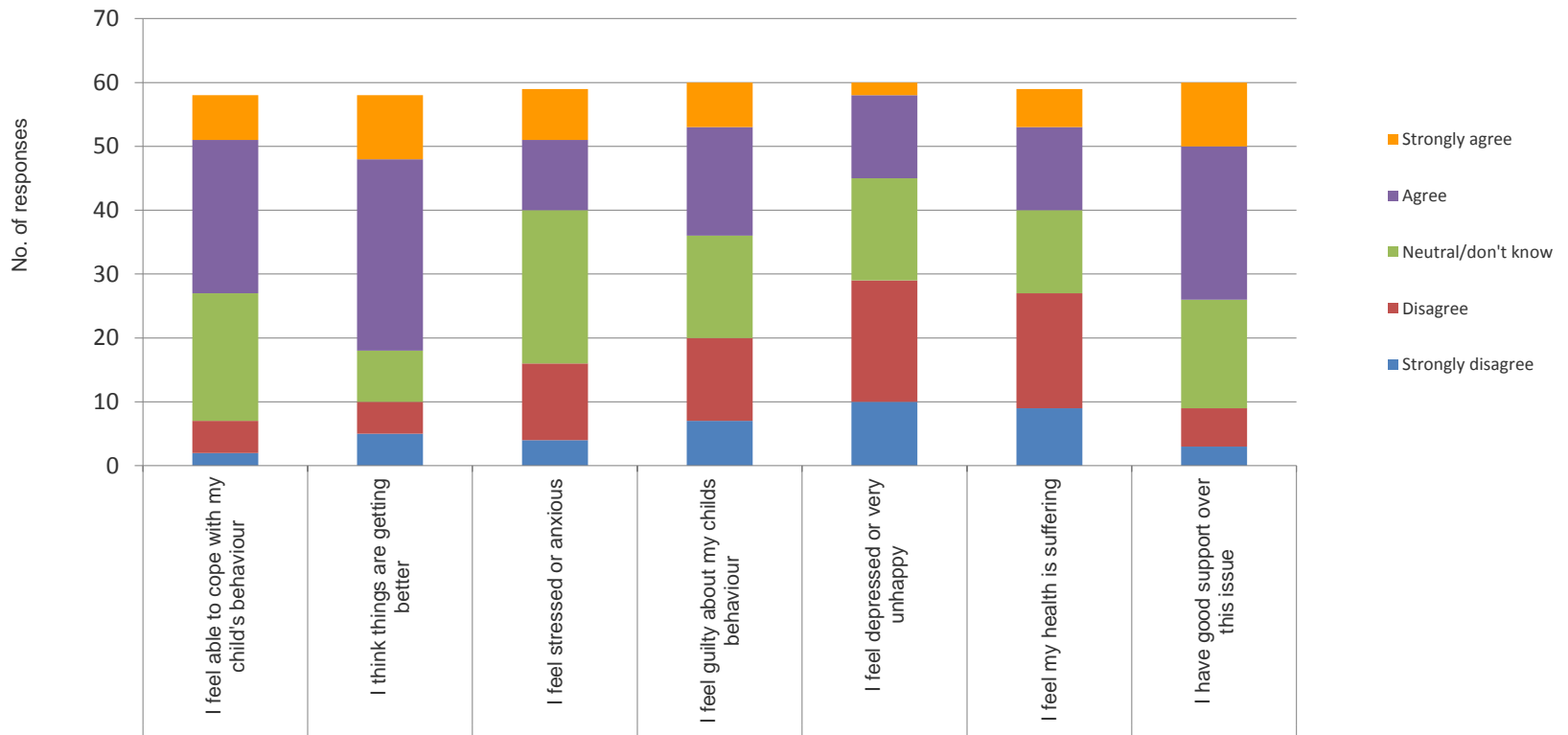
# Before the Programme

Please show how strongly you agree or disagree with the following statements



# After the Programme

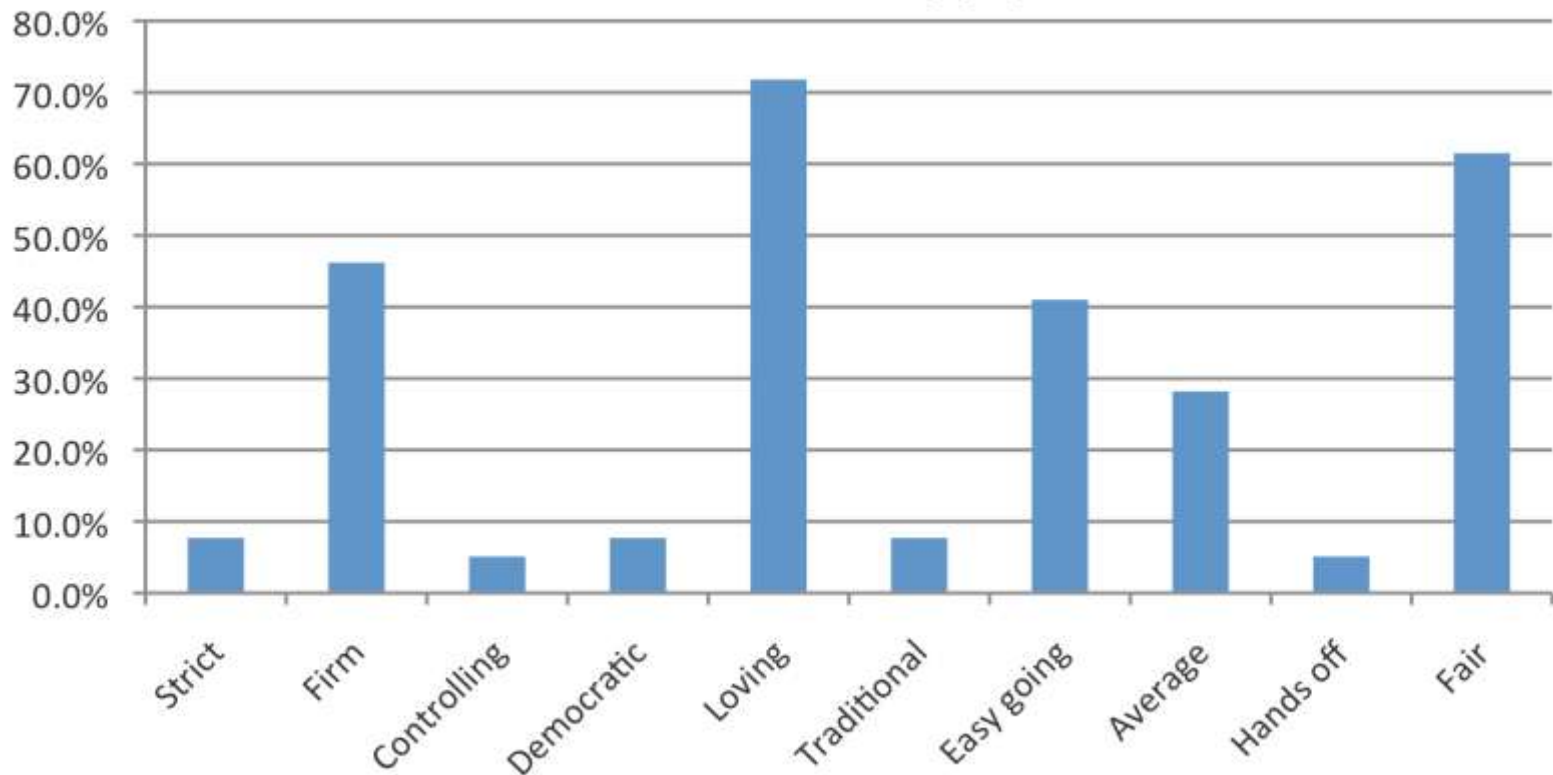
Please show how strongly you agree or disagree with the following statements





# Parenting Style

How would you describe your style of parenting? Tick all those that apply





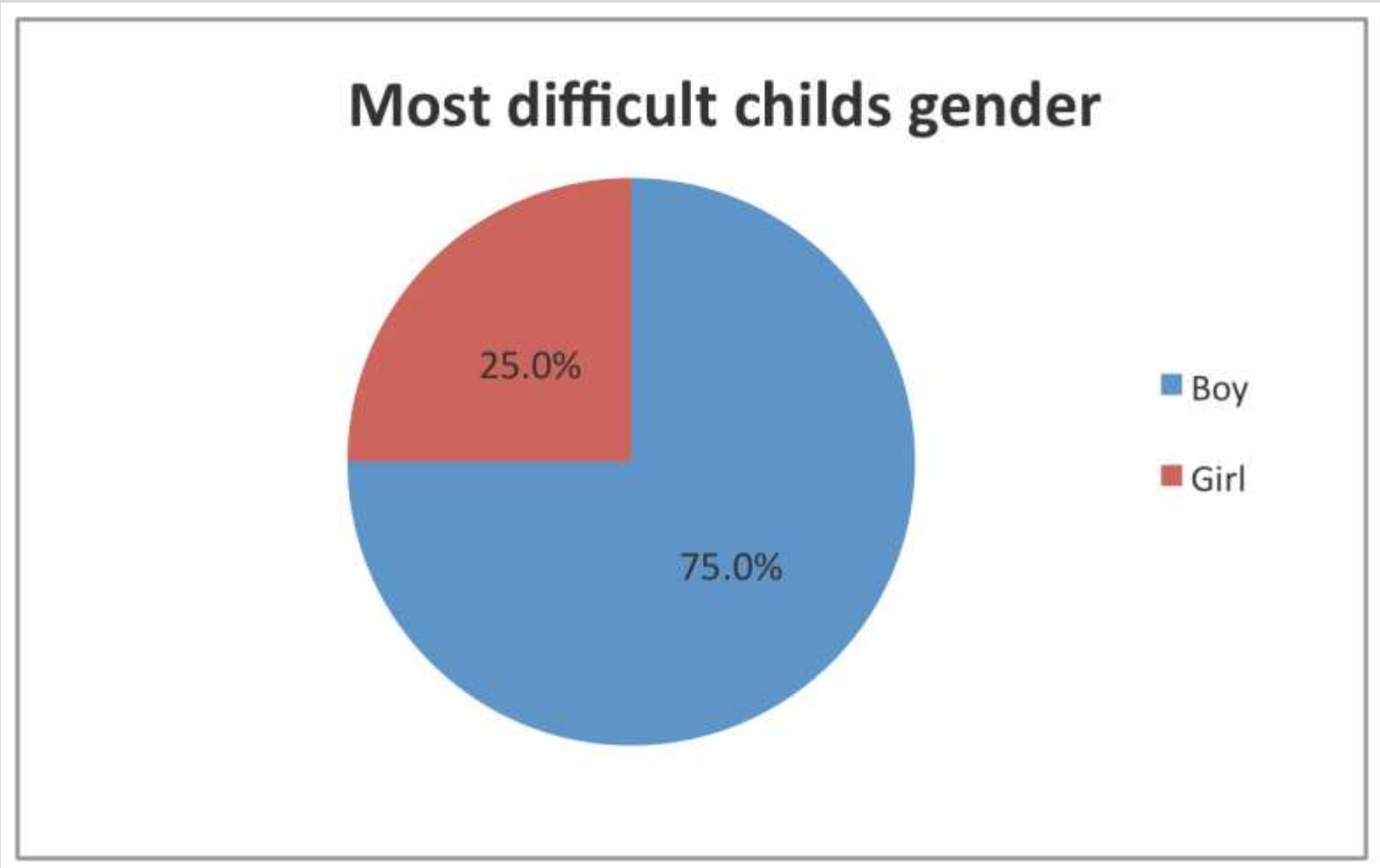
# CPV Question Time

# More information at:



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- [carole.williams@ipswich.gov.uk](mailto:carole.williams@ipswich.gov.uk)
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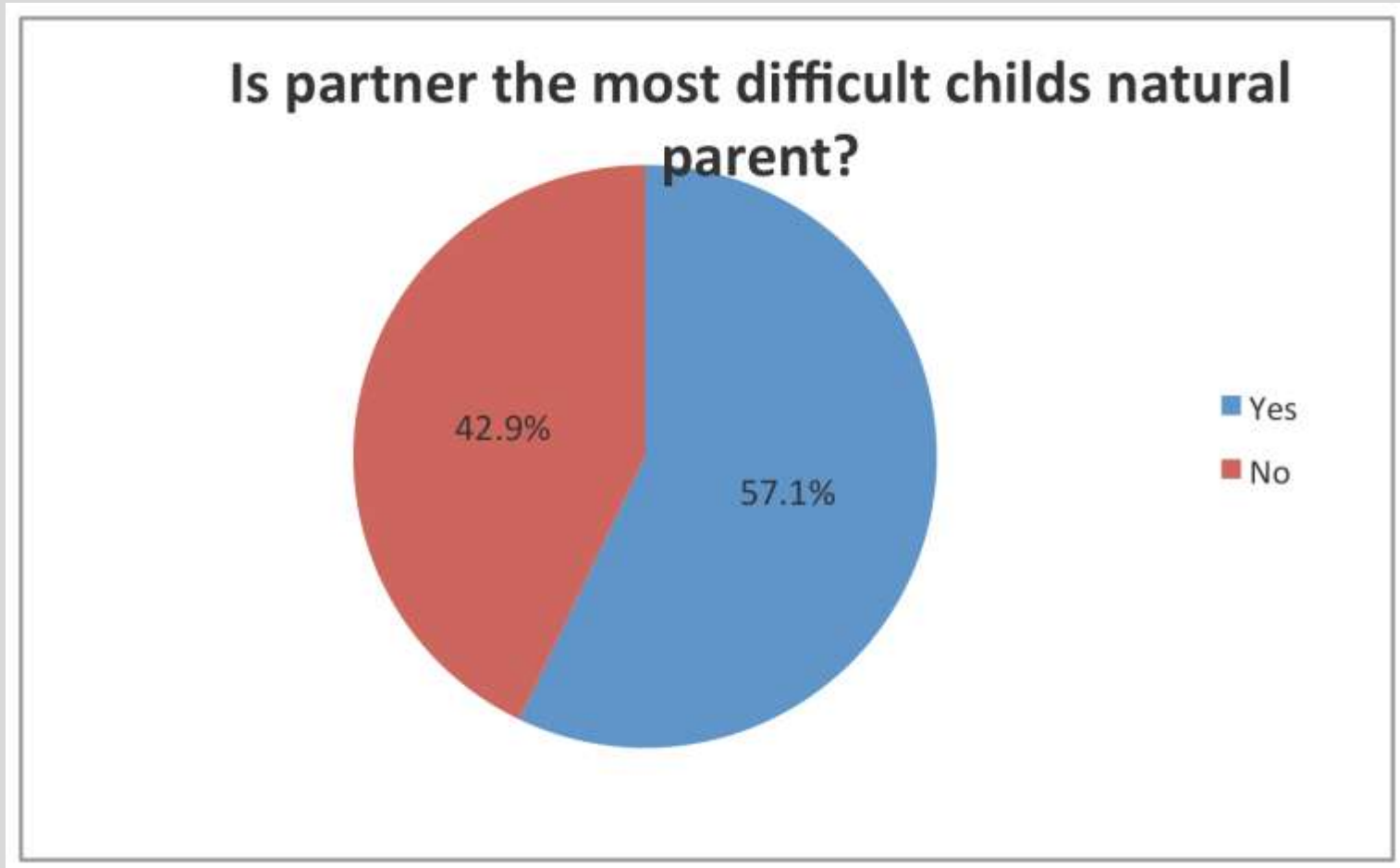
# Most Difficult Child's Gender



# Partner Lives With You

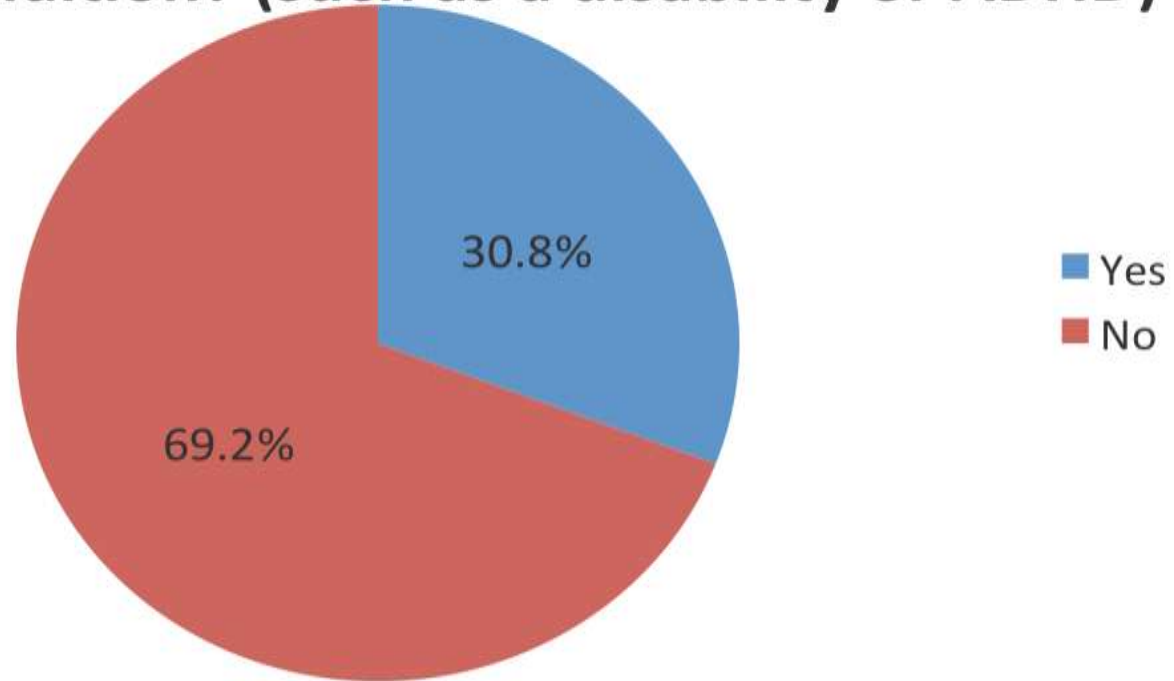


# Is Partner the Most Difficult Child's Parent?



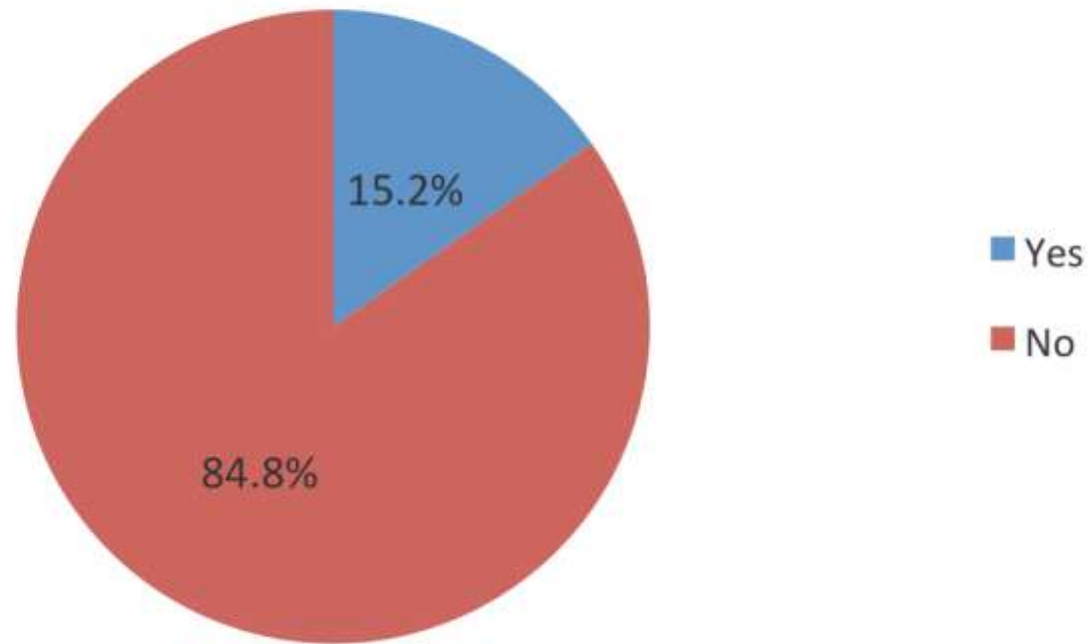
# Does Child Have A Diagnosed Condition?

**Does your child have a diagnosed condition? (such as a disability or ADHD)**



# Has Your Child Been Abused In the Past?

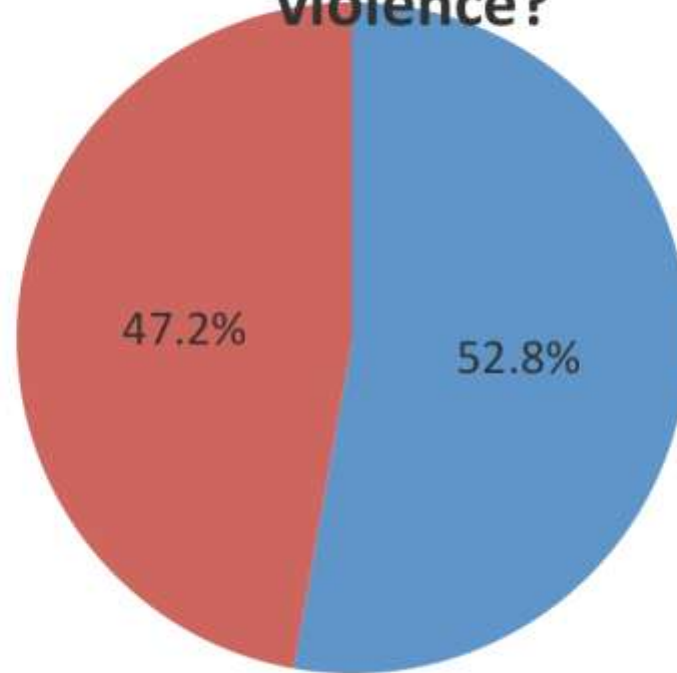
Has your child been abused in the past?





# Has Your Child Witnessed DV?

Has your child witnessed domestic violence?



■ Yes  
■ No