

Topics offered within the *Freedom from fear* programme include:

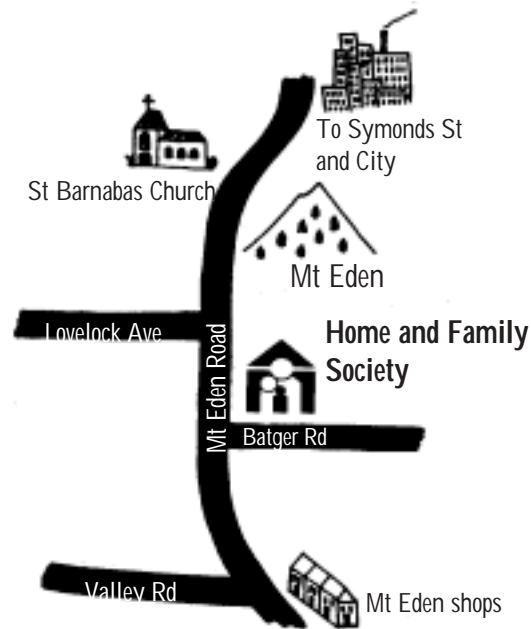
- ✎ Recognising and understanding the 'cycle of violence'
- ✎ Power and control issues
- ✎ The effects of abuse
- ✎ Myths about violence
- ✎ Self care
- ✎ Keeping safe
- ✎ Learning to say 'no'
- ✎ Setting boundaries
- ✎ Dealing constructively with conflict
- ✎ Building up confidence
- ✎ Discovering your inner strength

Contact Home and Family Society to find out more about the Freedom from Fear programme.

Other Home and Family programmes include:

- **Migrant and New Settlers Programme** – developed for women re-starting their lives in New Zealand
- **Young Persons Programme** – for all young people under 18 years of age

Where to find us



Home and Family Society is a not-for-profit professional counselling service caring for children, young people and adults living in Auckland. Counselling is provided on a donation-only basis to individuals, couples and families.

For further information please contact us at:

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Home and Family Society

counselling and supporting people

Freedom from fear

A programme for women who wish to rebuild confidence and self-worth in their lives

Date produced: October 2002

Freedom from Fear

Is a programme for women who wish to rebuild confidence and self-worth in their lives following an abusive or violent relationship.

It offers a series of supportive and educational topics on issues surrounding domestic violence and abuse.

The programme is run by professional counsellors, who are experienced in working with women in the area of domestic violence. They are fully trained and, as a team, have many years experience working with groups as well as counselling individuals, couples and families. The Freedom from Fear programme was developed by the Home and Family Society and it, and all the counsellors involved in it, are approved by the Department for Courts.



Women's comments on the programme

"It is well constructed and covers so many aspects of self-care, legal issues and preparation for the future; and is a safe place to share my story with others."

"Sharing with other women and understanding the behaviour of power and control has helped me know I am not alone."

"Freedom from fear has absolutely changed my life. Understanding the behaviour of power and control has helped me keep my distance from my abusive partner and think clearly about the health and safety of my children."

"I feel well able to look after myself in the future and comfortable about contacting Home and Family if I need further help. I feel safe and in charge of my future now."

"This is a very important step in the recovery from abuse. It is an essential part of the journey to free yourself from the behaviour of power and control."

"An absolute must for any woman in an abusive relationship, or not long out of an abusive relationship."

What is violence and abuse?

Women who have lived under the control of another person who has been violent, or emotionally or physically abusive, often describe the following experiences:

"For years I thought it was my fault, that I was stupid."

"I have no confidence. Just doing the shopping is stressful."

"Nothing I do is good enough. It's like he's watching every move I make, ready to criticise."

"Just the thought of him coming home makes me feel anxious."

"I'm a prisoner in my own home."

"I feel as if I'm going crazy, I'm not myself anymore."

Our programme

The Freedom from Fear programme is offered either in a small group setting or through individual one-on-one sessions.

An initial individual session is held to allow each woman to consider which programme best suits her. The Family Court meets the cost of the counselling programme if you have a protection order, otherwise discuss it with us.

Each format offers the range of Freedom from Fear topics, and is designed to suit each individual's specific needs.

Group Programme

Groups consist of approximately 10 women and two facilitators
Runs once a week at our premises, during the morning, for 8 weeks
Provides information and opportunities to connect with other women

Individual Programme

Covers the same course content as the group programme
Times are scheduled to suit you
Is responsive to your particular needs and experiences.

Both programmes are designed to ensure a safe and non-threatening experience, delivered in a caring and supportive environment.