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<td><strong>Author(s)</strong></td>
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<td><strong>Publication Date</strong></td>
<td>2014</td>
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<td><strong>Item record</strong></td>
<td><a href="http://hdl.handle.net/10379/4502">http://hdl.handle.net/10379/4502</a></td>
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Non-violent resistance therapy

Context 132, April 2014
Restoring competence and confidence – non-violent resistance as a response to child-to-parent violence in Ireland

Declan Coogan and Eileen Lauster

In this article, we describe some of the difficulties some parents and therapists can encounter when faced with child-to-parent violence. We hope to show that an adapted non-violence-resistance programme restores confidence and competence in parents who have lived with such violence; the programme also provides therapists with a helpful way to talk with parents about their experiences of violence. Such conversations can lead to an end to the fear and isolation at the heart of the experience. We will also outline an innovative research project involving five countries in the European Union that includes, as its objectives, increasing awareness of child-to-parent violence and exploring participants’ responses to a two-day training programme on non-violent resistance. As a way of reflecting on experience and practice, we will also use an anonymised case-example, drawn from the experiences of one of us.

Child-to-parent violence: Helplessness and hopelessness

Kathy and Tom, the parents of a 14-year-old girl, attended an appointment at their local out-patient child and adolescent mental health service in Dublin. She had refused to join them, shouting that there was nothing wrong with her; her parents were ‘crazy’ and ‘it was all their fault’. As they spoke to the therapist, the parents described feelings of hopelessness and helplessness as their 14-year-old, over the last few months, had begun to stay out all night, use alcohol and drugs, shout and scream at them and at her younger brother, had broken a door and window and had threatened to carry out the violence.

They could not understand how Marie, who up until recently had been pleasant, happy, out-going and close to them, could change so much and treat them so badly. They felt there was nothing they could do. They felt at a loss — and, initially, the therapist felt the same way.

The experience of child-to-parent violence is surrounded with a veil of silence, with embarrassment, shame and fear (Gallagher, 2004; Holt, 2013), making it very difficult for a parent to initiate a conversation about it. It can also be very difficult for a therapist to detect that this may be a reality for family members with whom they are working. One of the reasons it can be difficult for therapists and for families to even begin to think about is that there are similarities to, but important differences also between, child-to-parent violence and domestic violence (Wulknitz, 2012). Such difficulties are not helped by the invisibility of child-to-parent violence in domestic violence official guidance and policy in Ireland and the UK (Coogan, 2011; Cundy & Miles, 2013), making it seem as if the problem does not really exist and as if there are no meaningful ways to respond to it. Neither are such difficulties helped by the potentially confusing variety of terms used to describe the problem.

What is child-to-parent violence?

Child-to-parent violence can be defined as an act carried out by a child with the intention to cause physical, psychological, or financial pain or to exert power and control over a parent (Cottrell, 2000; Calvete et al., 2013). We prefer to use the term ‘child-to-parent violence’ for a number of reasons:

a. it encompasses a wide range of abusive behaviours, including acts of violence and controlling tactics;

b. it indicates that the parent (or a person acting in the role of a parent, as a foster care, for example) is the target of the abusive behaviour by the child under the age of eighteen years of age;

c. the term clarifies that it is the child who uses violence to dis-empower the parent/carer.

Parents working in children and family services in the community may find it difficult to recognise that a child, who may be a survivor of domestic violence and/or abuse at home, can also be responsible for the use of violent and abusive behaviour. Sometimes, diagnostic labels such as attention deficit hyperactivity disorder or attachment disorder may be misunderstood in ways that can obscure the realities of accountability and choice involved in the use of abuse and violence at home by a child. Parents and therapists may also be uncertain about identifying the difference between what could be described as typical challenging behaviour and what constitutes child-to-parent violence. Making an accurate diagnosis, particularly for a child who has been a victim of abuse himself/herself,

References


Julia Jode is a supervisor and systemic psychotherapist at Oceans Foundation Trust. She works with families, couples, individuals, young people and staff groups in community settings. She previously taught at ACC Foundation, IFT and Prudence Skinner. Veronica ‘Ronnie’ Rivera-Gould is a systemic family therapist trained and graduated in Colorado USA. She spent six years practising in university settings, community mental health, and private practice. Ronnie is currently working part-time in the NHS in Greenwich. Her special interest in clinical practice is working with families, adolescents, and children; and her research interest is in qualitative enquiry in the areas of mental and public health. She can be contacted at veronica@veronevins@yahoo.com.
Non-violent-resistance as a response

But the question remains: how best to respond to problems described by parents such as Kathy and Tom in a way that avoids the cul-de-sac of blaming parents but yet offers real promise of a resolution? An empowering and innovative response seemed to be offered by the non-violent-resistance programme (Omer, 2004; Weinblatt & Omer, 2008). There were promising results in Israel from this programme, which assists parents in the development of a new awareness of their own role in de-escalation cycles, of new skills and of a support network in their responses to child-to-parent violence. The programme, adapted in Ireland with the support of Omer, seemed to enable Marie’s parents to regain a sense of confidence and competence as parents, while building on the positive aspects of their relationship with their daughter. It also made room in clinical sessions for stories of resilience and strengths, which seemed to be much more useful for the family, rather than focusing on the role of genetic factors or family ‘deficits’ (McKenna, 2010).

Throughout eight sessions, the parents developed new skills and, with the therapist, explored successes and setbacks in their implementation of the approach at home. Key factors of the programme are described elsewhere in this issue of Context. In relation to the work with Kathy and Tom, these included:

- the parents’ disclosure about the extent of the problem of violence with a number of significant people whom they also invited to be part of a support network, including a grandmother, who until recently had ceased contact with Marie;
- the parents’ development of self-management and self-calming skills;
- the announcement to the family that violence at home was no longer tolerable;
- parental reconciliation gestures.

On completion of the programme, Kathy and Tom reported their relationship with Marie had hugely improved, they were no longer living in fear of their daughter and she was no longer going missing for long periods.

The non-violent-resistance training programme in Ireland

The positive experiences of the clinical team members and of the families in North Dublin who had used the programme over an 18-month period between 2008 and the end of 2009, led to an appreciation of the potential that lay within the approach to enhance the safety of children and parents, to end violence and to improve family relationships. Following a presentation outlining the key elements of the programme by Declan at the annual conference of the Irish Association of Social Workers in 2009, some individual practitioners and managers in children and family services suggested the development of a training programme to assist practitioners in responding to the emerging problem of child-to-parent violence. When Declan commenced employment as a social-work educator and researcher at the National University of Ireland in late 2009, this presented an opportunity for the development of such a training course, together with the integration of research and practice development. As part of a PhD research project, the two-day training programme in non-violent resistance was developed, piloted and delivered to practitioners in different voluntary and statutory children and family services in Galway, Ireland.

Researching child-to-parent violence and intervention in Ireland

As part of the five nation Responding to Child-to-Parent Violence Project, the non-violent-resistance training programme was delivered to a multi-disciplinary group of child and family and domestic-violence practitioners in Galway in Ireland and in Brighton in England. At the same time, training on Break4Change was also delivered in Brighton. The training events were also delivered to local authority workers in Amäl in Sweden. Eileen joined the project in August 2013, enabling the expansion of the training and research activities. Daphne co-funded non-violent resistance two-day training, and research on child-to-parent violence is taking place throughout 2013-14 with, for example, probation officers, national family support network members (who work with families with drug and alcohol abuse problems), staff and volunteers of Parentline (a national telephone-support service for parents in Ireland) and domestic-violence refuge practitioners in Northern Ireland. Participants are asked to complete questionnaires that gather data on the effectiveness of the training. All of this information will be disseminated by the
Non-violence as a response

But the question remains: how best to respond to problems described by parents such as Kathy and Tom in a way that avoids the cul-de-sac of blaming parents but yet offers real promise of a resolution? An empowering and innovative response shifted the focus of the programme to helping parents and practitioners to develop new awareness of their role in de-escalation cycles, of new skills and of a support network in their response to child-to-parent violence. The programme, adapted for the needs of bilingual parents, was piloted in 2001, with the support of Omer, seemed to enable Marie’s parents to regain a sense of confidence and competence as parents, while building on the positive aspects of their relationship with their daughter. It also made room for clinical sessions for stories of resilience and strengths, which seemed to be much more useful for the family, rather than focusing on the role of genetic factors or family ‘deficits’ (McKenna, 2010).

Throughout eight sessions, the parents developed new skills and, with the help of a facilitator, explored successes and setbacks in their implementation of the approach at home. Key factors of the programme are described elsewhere in this issue of Context. In relation to the work with Kathy and Tom, these included:

- the parents’ disclosure about the extent of the problem of violence with a number of significant people whom they also suggested to be part of a support network, including a grandmother, who until recently had ceased contact with Marie;
- the parents’ development of self-management and self-calming skills;
- the announcement to the family that violence at home was no longer tolerated;
- parental reconciliation gestures.

On completion of the programme, Kathy and Tom reported their relationship with Maria had improved, they were no longer living in fear of their daughter and she was no longer going missing for long periods.

The non-violence resistance training programme in Ireland

The positive experiences of the clinical team members and of the families in North Dublin who had been involved during an 18-month period between 2008 and the end of 2009, led to an appreciation of the potential that lay within the approach to enhance the safety of children and parents, and to end violence in and improve family relationships. Following a presentation outlining the key elements of the programme by Declan at the annual conference of the Irish Association of Social Workers in 2010, it was decided to test the emerging problem of child-to-parent violence. When Declan commenced employment as a social work educator and researcher at the National University of Ireland in late 2010, he collaborated with the development of such a training course, together with the integration of research and practice development. As part of a PhD research project, the two-day training programme in non-violence resistance was developed, piloted and delivered to practitioners in different voluntary and statutory children and family services in Galway City.

Researching child-to-parent violence and intervention in Ireland

As part of the five nation Responding to Child-to-Parent Violence Project, the non-violent-resistence training programme was delivered to a multi-disciplinary group of 17 practitioners from family and non-violence practitioners in Galway City and in Dublin in Ireland. At the same time, training on Break4Change was also delivered to two practitioners from the national programme. All were also delivered to local authority workers in Amal in Sweden. Eileen joined the project in August 2013, enabling the expansion of the training and research activities. Chrome/Conrad family and domestic non-violence resistance training was then delivered to 12 participants in 5 sessions between November 2012 and April 2013.

Next steps for the non-violent-resistance programme in Ireland

As we listen to, and take part in, conversations with practitioners, it also stresses us that a distinctive feature of the approach is that it directly addresses the group of practitioners working not only with the child whose violence is being challenged, but rather than exclusively focusing on working with the child and his/her behaviour. One of the difficulties many practitioners face when working with parents is that the violence is that the child either refuses to accept any responsibility for their behaviour or they refuse to attend or engage in sessions. In Ireland, using the non-violence approach of working closely with children and working almost exclusively with parents in a targeted and time-limited way to develop the confidence, skills and support needed to develop their relationship. Elsewhere in this issue of Context, others describe child-focused work where child-to-parent violence takes place in ways that could complement and enhance the non-violence resistance work in Ireland. Since February 2013, the responding to child-to-parent violence project has enabled us to raise awareness among, provide training and discussions in Ireland about child-to-parent violence. We hear from our partners in Bulgaria, England, Sweden and Spain that this is also true in other parts of Europe. Although a lot have been written in the articles featured in these five countries, there is still a great deal of work that needs to be done.

We look forward to sharing the insights that emerge from the research taking place in Ireland and abroad, and we hope to encourage others throughout Europe to key speakers during our conference on child-to-parent violence at the National University of Ireland in April 2014. We are encouraged that the integration of intervention and research and the promotion of the key principles of the non-violence resistance approach are useful ways to reorient the care and competence of parents and to assist families to develop more peaceful relationships.

References


Decian Coogan is a lecturer in the masters in arts in social work programme in the School of Political Science and Sociology, National University of Ireland, Galway. He was a awarded a masters in social work from Queens University, Belfast, Northern Ireland, before practising as a social worker in child protection and welfare and in child and adolescent mental health services for fourteen years. He is also a registered family therapist (Family Therapy Association of Ireland) and may be contacted via email at declan.coogan@nuiagalway.ie

Eileen Lauster is a research assistant for the RCPI Project in Ireland based in the USC Child and Family Research Centre at the National University of Ireland, Galway. She was awarded a masters in social work, concentrating in administration and community organisation, from Wayne State University in Detroit, Michigan, before practising as a social worker in child protection and welfare in the United States and in adult mental health services in Ireland and may be contacted through email at eileen.lauster@nuiagalway.ie