



ahimsa

supporting non-violent and loving relationships

About us...

Ahimsa, a charity established in 1990, challenges and supports perpetrators of abuse to cease their violent and abusive behaviour and to become responsible and loving human beings.

We provide an established Respect accredited perpetrator programme and an Integrated partner support service which provides in-depth counselling, safety advice, and information on other services.

Ahimsa also provides bespoke training to agencies to promote engagement with perpetrators and their families.



Contact us for
further information...



enquiries@ahimsa.org.uk



01752 213535

Funded by:



PCC

Office of the Police and
Crime Commissioner
Devon and Cornwall

TORBAY COUNCIL

About Ahimsa in Torbay

Ahimsa is supporting Torbay Council in their Behaviour Change work. Ahimsa is an established charity with a proven track record of working with the Police, Social Services, Probation and other agencies.



Referral Pathway

- Police / SODAIT
- Probation
- Children's Social Care
- Early Help
- Other services offering support including Adult Social Care, Mental Health Services, Drug and Alcohol Services, Domestic Abuse Services and Probation.

What does our programme look like

Ahimsa is a 30-session programme; 2-4 Assessments, 8-10 individual sessions 18-20 group sessions. Assessments will take place face to face in Plymouth, individual sessions will be a mixture of on online and in person, group sessions will be held weekly in a venue in Torbay every Tuesday. Sessions explore -

- Violence and abuse – what does it mean to be abusive?
- Responsibility taking for behaviours. Why do perpetrators place blame on others? What is minimisation?
- Understanding the impact of violence and abuse. Who are the real victims of abusive behaviours?
- Learn different, non-abusive ways of dealing with difficulties in intimate relationships. How can perpetrators change?
- Dealing with conflict in an intimate relationship. How do you deal with a partner's anger?
- Negotiation and compromise – the art of building a respectful relationship?

What are the criteria

We can support individuals:

- Aged 18 years and over.
- Who accept an element of responsibility taking for abusive behaviours.
- Who demonstrate a willingness to commit and engage in the personal work on a weekly basis.
- Who exhibit minimal levels of substance misuse, where they can manage their thinking, feelings and behaviours.

We are unable to support individuals:

- If sentenced to a Community Order with a Building Better Relationships Requirement.
- If on bail or going through the Court process for any domestic abuse related offence.

No-one should be subjected to any form of domestic abuse, so Ahimsa is calling on all agencies to stand together to help end intimate relationship abuse and violence.

www.ahimsa.org.uk