



Heimilisfriður (Domestic Peace):  
treatment for men and women who  
are violent in close relationships  
Reykjavik - Iceland

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# Heimilisfriður

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- Started in 1998
- Funded by Ministry of Welfare since 2006
  - Clients pay a low consultation fee
- Part of ATV
  - paradigm and treatment approach
  - supervision



# Basis of violence/ 4 models

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- 1.: Victim of violence in childhood
- 2.: Alcohol or drugs
- 3.: Power struggle
- 4.: Control/helplessness



# Approach

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- Psychological problem
- Vulnerability and inability
- Use of psychological methods to deal with the problem
- CBT, attachment theories and Psychoeducation is the basic approach



# Manifestations of violence

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- Physical violence
- Psychological violence
- Material violence
- Sexual violence
- Latent violence



# The therapeutic process

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- Individual sessions for everyone
- Psychological evaluation
- Group therapy optional
- Spouses get 2 sessions
- Long term therapy preferred (6-24 months)



# Therapeutic stages

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- 1.: Visibility
- 2.: Responsibility
- 3.: Context
- 4.: Consequences



# Basic sentiments

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- Nothing justifies my violence.
- I have a problem that I need to deal with.
- I can learn to control my behavior.
- I am willing to learn new ways of reacting.
- I am more of a person for doing this.





# Grouptherapy (6-8 participants)

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- 2x24 session cycles
- Special theme for each session
- Same stages as in individual therapy
- Group dynamics enhance further progress
- Solidarity and empathy characterize the group process.



# Perpetrator treatment with limited spouse support

- Every spouse is offered 2 sessions (at the start and end of treatment)
- Main emphasis on risk assessment and counselling
- **No couples therapy**
  - When needed we refer to other agents



# Voluntary participation

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- Perpetrators come voluntarily
- They are willing to take responsibility
- They want to change
- They get a lot of encouragement and praise



# Change in referrals

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- Following a new approach to domestic violence (collaboration of police and child welfare) – more than half of our clients are referred by Child Welfare



- Aprox. 500 clients have attended therapy at Heimilisfriður – plus spouses
- Serving the whole country:
  - Outpost at Akureyri in the north
  - Skype sessions for the perpetrators (not spouses due to risk factors)

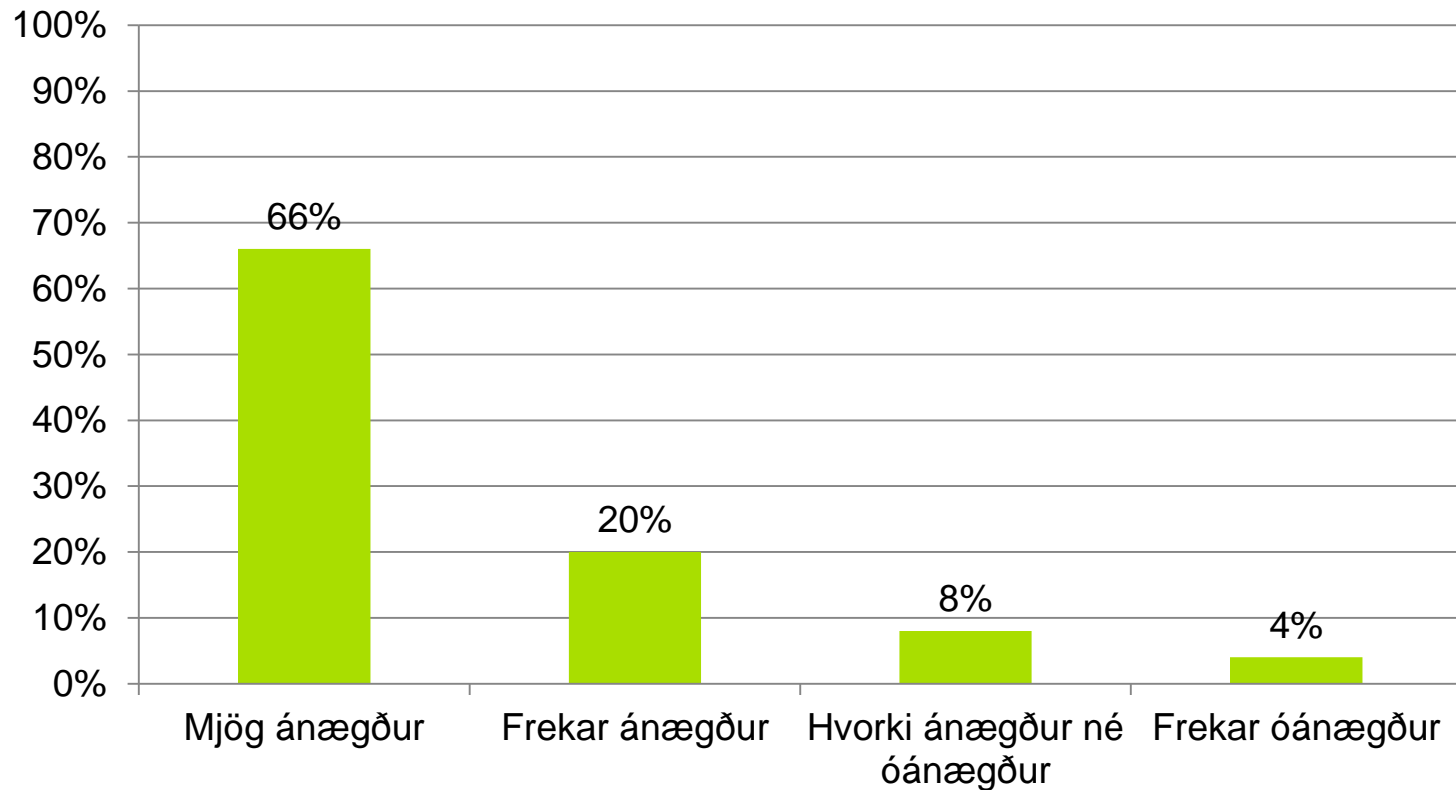
# Evaluations of our treatment outcomes



- Survey on behavior, quality of life and social relationships of our clients and their spouses (University of Iceland)
- Population: clients and spouses attending treatment from 2006-2013

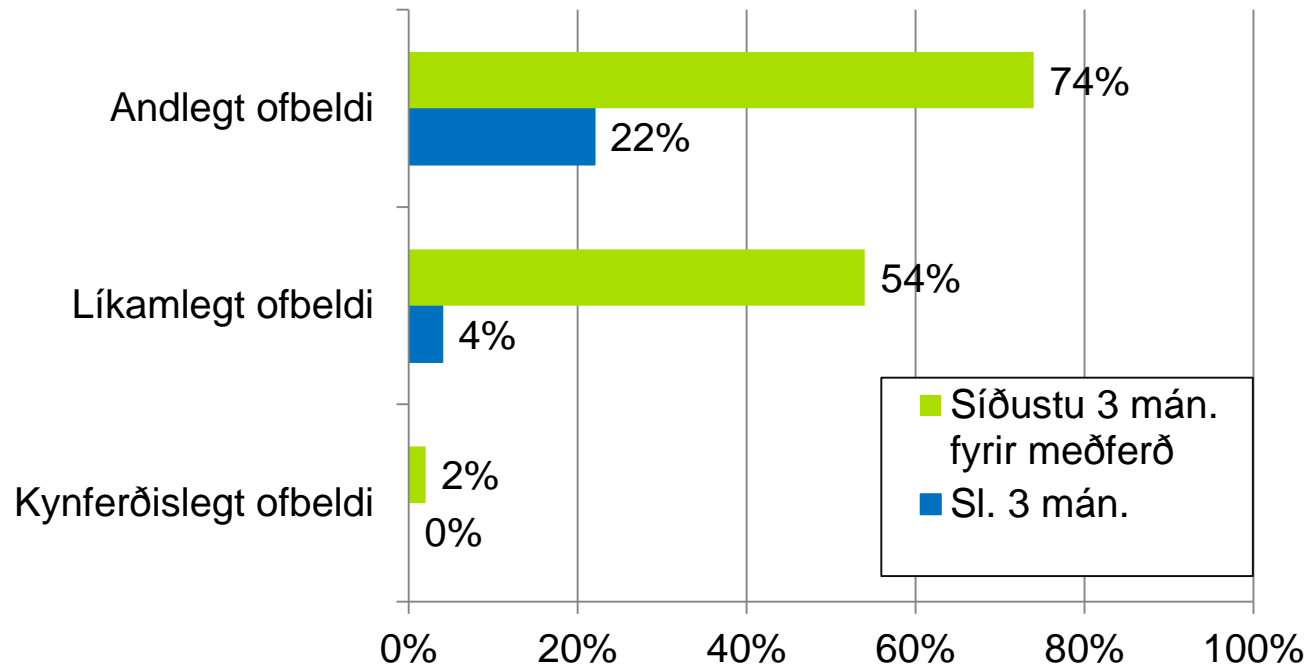


In general how satisfied or dissatisfied are you with the treatment at *KTÁ*?





## Clients: Changes in violent behavior before and after treatment







## Spouses: Changes in violent behavior before and after treatment

