



Counselling Center for Domestic Violence in Oulu Finland

Tuire Tikkanen

Oulu Mother and Child Home and Shelter Association

30.11.2017

Oulu Mother and Child Home and Shelter Association



- Focus on families and safe childhood
- **Counselling Center** for domestic Violence
 - Funding: Stea (Funding Center for Social Welfare and Health Organisations) and Oulu city
 - Projects: Varjo, Juuri and Serita
- **Shelter** Services (1979)
 - A safe house for people in fear of domestic violence
 - Professional staff 24/7
 - State funding (2015)
 - 143 places in 23 shelters in Finland; recommendation 500
- **Supervised Visitation** & Safe
 - Exchange Center
 - Services supporting parenting and early interaction between a parent and a child

Counselling Center for Domestic Violence



"Our Service Promise"

Our aim is to end domestic violence and confirm safety. We provide services both for the victims and the perpetrators and also for the children exposed to violence. Our primary concern is on the safety of the children and the victim.

Counselling Center for domestic Violence



- Free of charge
- Flexibility
- In 2016 women 115, men 135 and 20 children
- Women 1/3 contact us themselves, 1/3 come after staying in shelter and 1/3 are sent by social worker etc.
- Mainly individual counselling, also possibility for couples and/or family counselling and peer groups
- About 5 session, when needed payment commitment from the city's mental health services

Aim is to end violence and focus on safety

Low-threshold; first five sessions



- Crisis intervention, if the violence has occurred recently
- Safety planning
- Psychoeducation; the phenomenon and the consequences of violence
- Practical support
- Evaluating the situation of children involved
- Trauma-informed care; assess trauma history and focus on stabilization
- Assess resources/strengths and social network
- Co-operation with the networks; child and social services, mental health and substance abuse services, daycare, school, police etc.
- Evaluating the need for longer support

Support with payment commitment



- Deepen and strengthen the process
- Crisis intervention and safety planning when needed
- Addressing emotional wounds and inner safety
- Evaluating trauma symptoms
- Focusing on body reactions; to help observe and recognize and also finding ways to calm and control body's reactions
- Supporting parenting
- Continue co-operation with networks
- Evaluating the need for longer support (Therapy)

Support Groups



- **Open Support Group**; weekly open peer group for women victims of domestic violence
- **WOM-group**; Educational support group for victims of domestic violence
- **Miina-group**; peer group for women victims of certain religious background
- **"Root-group"**; peer group for women victims over 60 years
- **Encouraging parenting**; group for parents to prevent child abuse
- **My body**; trauma-informed body orientated group (relaxing and calming body exercicess)
- **Info Evenings** for concerned friends and familymembers

Future

- Social media and digitalisation
 - > new forms of violence but also new tools for helping
- Domestic violence in same-sex relationships
- Impact of globalization & different cultural backgrounds

