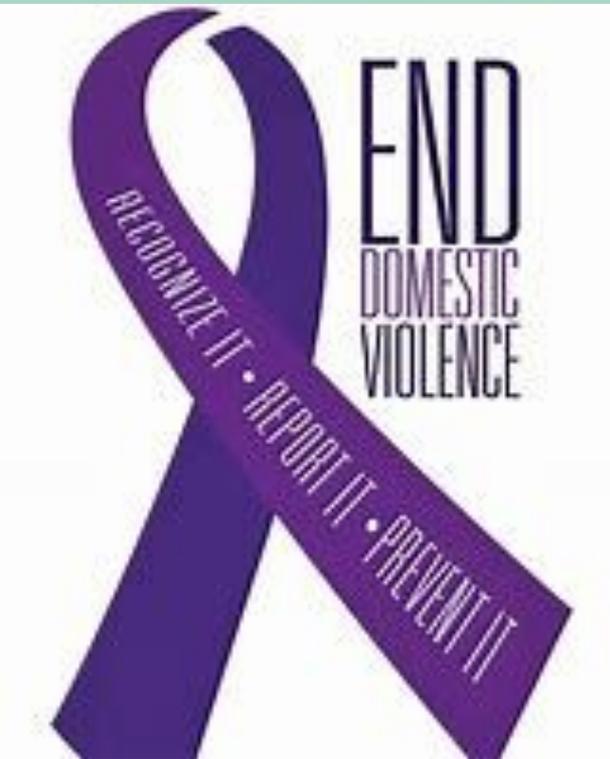


Evaluation of the
In This Together program:
Therapy Focused on
Strengthening the
Parent-Child Bond



DOMINICAN
UNIVERSITY
of CALIFORNIA

CENTER FOR DOMESTIC
PEACE®
Working Together to End Domestic Violence



INTRODUCTION

Domestic violence involves the threat of abusive behavior as a way for one partner to keep control and power over their domestic partner.



In the U.S a woman is beaten or abused every **9** seconds, while about **4** million children witness domestic violence yearly.



Family and domestic violence impacts **10** million people each year.

→ In Marin County the number **1** violent crime responded to by the police is domestic violence.

Literature Review

- ❖ Research on parent-child interaction therapy has found that this type of intervention has been **effective** in targeting **parenting skills** in order to help prevent the **“cycle of abuse.”**



- ❖ The **objective** of victim programs and interventions are to ensure and help **promote the well-being of survivors** and their families.



- ❖ Previous studies have shown that **group interventions** allow survivors to have a **higher self esteem**, **decrease feelings of isolation**, and help **establish coping strategies.**



In This Together

An online therapy experience offered by Center for Domestic Peace for children & their survivor parents to heal together.

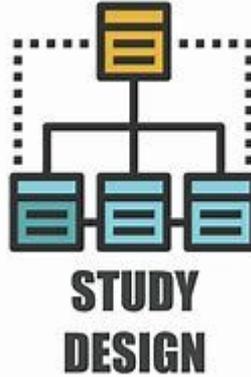
A main objective of the ITT program is **restoring the survivor parent and child bond.**



Methodology

Study Design

- ❖ ITT was implemented for two cohorts over **10** weeks of group therapy sessions
- ❖ Open-ended conversations, closed-ended conversations, and focus groups were utilized to evaluate the ITT program
- ❖ Families were reimbursed \$500 for their time of attending all **10** therapy sessions and evaluation intakes and follow up data collections

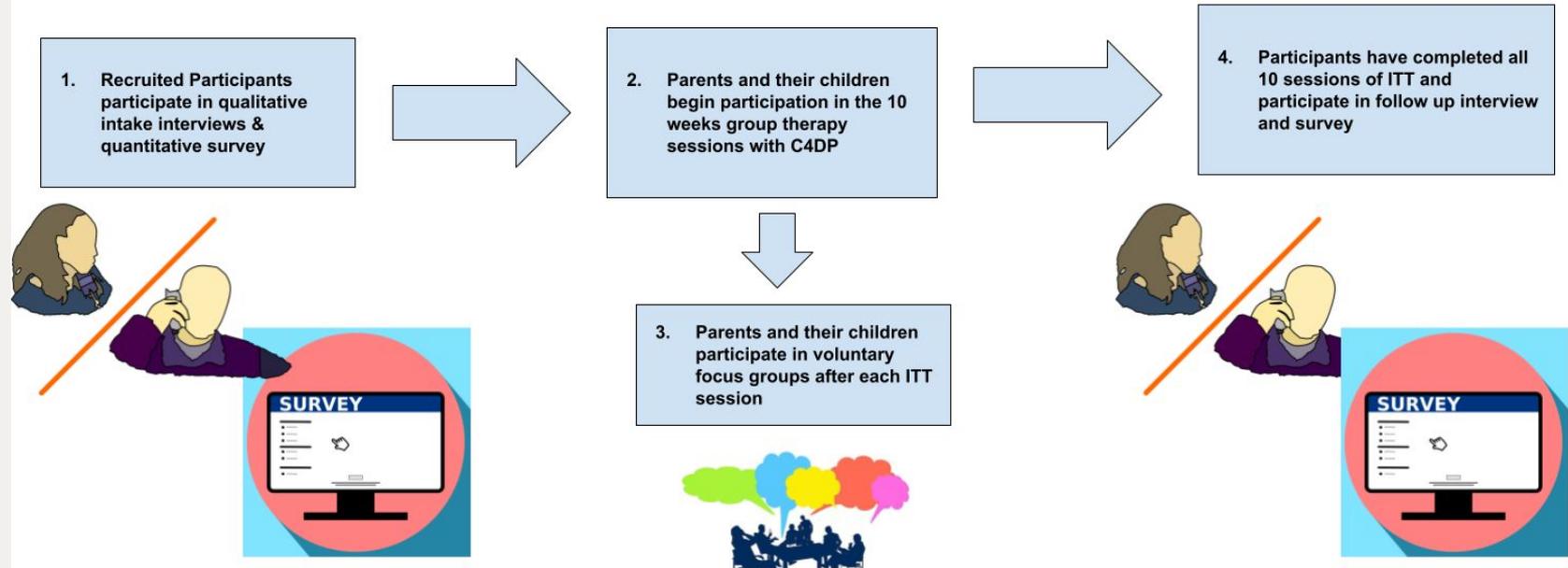


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Procedures

In This Together Evaluation Procedures



Participant Feedback

Emotions/emotional response

“Putting certain things that we talk about in the sessions into practice and I do feel that they (her children) already have a little more confidence in me.”



Communication

“We are really able to talk and communicate with each other. It's like when both of them come to me when they have problems with friends or at school. So that's a good thing for us.”



Family time/bonding

“We have fun and laugh, and spending those moments when we are all calm and communicating is my favorite type of memory.”



Stress response

“I sometimes let her go to her room for a little bit to relax or I go out walking to clear my head so I'm not yelling at her.”



Obstacles/barriers

“Yes, it is very difficult for me to be patient.”



Love/support/united

“Thursdays helps a lot because, you know, it's a place where you feel safe and you can talk about all these things. And there's people there that understand, and they're not judging.”



Early Findings



- ❖ Focusing on family strengths all parents had a strength of when it came to communication between them and their children
- ❖ Findings were similar to other models of parent-child or group based therapy in that there was an overall improvement on problem solving skills and parents' emotional feelings of being motivated to be an active parent
- ❖ Domestic violence survivors having access to a program like ITT is important when it comes to promoting emotional and physical well-being of survivors and their families



Future Directions

- ❖ Continue to support families with **effective programs** that address domestic violence and **strengthen the parent-child relationship**.
- ❖ This is an ongoing study so additional research is needed to look at the **long term impacts and outcomes** of domestic violence survivors' **family functioning** based on their participation in parent-child interaction focused therapy.
- ❖ **More research** is needed in the domestic violence field to examine additional intervention models and their efficacy.



Thank You!

**If interested in joining this program
please contact Center for Domestic
Peace**

**Bilingual Hotline: 415-924-6616
Case Manager: 415-526-2553**

For more information watch this [VIDEO](#)
[References](#)