

GOALS CENTRE

The Goals Centre is a low cost counselling centre with all counsellors and psychologists being senior practitioners in their areas of speciality. All counsellors are committed to eliminating domestic violence and making our community safer for women and children.

The following free programmes are provided at the Goals Centre:

Women's Programmes:

Individual and group Protected Persons' Programmes for women who have Protection Orders. The aim of these programmes is to help women recognise tactics of abuse and to deal with the effects of domestic violence, whether it is physical, psychological or sexual violence and to make sure they have adequate safety plans in place.

Facilitated by Cathy McPherson.

Children's Programmes:

Individual, sibling and group programmes for children aged 5-16 whose caregivers have a Protection Order. The aim of these programmes is to ensure children understand that the violence is not their fault, to teach them safe ways of handling and expressing emotions and increase self esteem as well as making sure they have adequate safety plans.

Facilitated by Helen Mounsey, Cathy McPherson

Men's Programmes:

Individual Protected Person's Programmes for men who have Protection Orders. The aim of this programme is to assist men to recognise tactics of abuse and deal with the effects of the abuse with particular emphasis on the difficulties regarding gender stereotyping as to being recognised as a victim of domestic violence. Emphasis on planning for ongoing safety.

Individual Male Respondent Programmes:

These programmes are for men who for various reasons are not able to attend a group programme. The aim of this programme is for men to take responsibility for their violent and abusive behaviours and to learn new skills to ensure they use alternative and respectful ways of behaving. Increased self awareness and safety planning and replacement of power and control tactics with ideas of equality and respect are emphasised.

Facilitator: Neil McPherson

Parent Information Programmes:

This is a programme for parents who are separating, have separated or are thinking about separating where there are children involved. The aim of the programme is to keep the children out of the middle of parental conflict and to put children's needs to the fore and thus minimising the damage to the child.

Parents attend separate sessions. Sessions are either over 4 hours or 2x 2 hours.

Facilitators: Neil McPherson, Helen Mounsey, Cathy McPherson

Sexual Abuse Survivors' Groups:

Women's Groups: these groups are held regularly as required. Aim of group is to deal with the effects of sexual abuse and to allow women to leave behind guilt shame and self blame and to deconstruct tactics of perpetrators of the abuse.

Facilitators: Cathy McPherson and Ali Cooper.

Group for Women with Low Cognitive Functioning: this group is for women who are not able to utilise written material and the usual format of the programme. Projective techniques, simplified presentation and sandtray work is promoted throughout. Funded by ACC

Facilitators: Cathy McPherson, Roma Finlay

Group for Young Women who have been sexually abused- generally age range of 12-16, held as often as required.

Facilitators: Roma Finlay, Cathy McPherson

Group programme for men who have been sexually abused- held as often as required.

Facilitator: Neil McPherson

All of the above Sexual Abuse Survivor's Groups are free to those who have accepted ACC claims.

A group for Male Partners of Sexual Abuse Survivors is offered from time to time. As there is no funding for this programme there is a fee for this service.

Facilitator: Neil McPherson