

SETTING UP A SUPPORT GROUP FOR WOMAN VICTIMS OF VIOLENCE : WHY AND HOW ?

INTERACTIVE PATHWAY FOR (RE)INTEGRATION AT WORK OF WOMEN FACING DOMESTIC VIOLENCE



Step 5 Follow-up and communication



WHAT IS THE SUPPORT GROUP ?

Because isolation is the control form most frequently used by the abuser, women confronted with domestic violence do not have a protective entourage or a satisfactory social network. Many of them are not supported even by their own family. Joining a support group could be a solution to consolidate their well-being, and build new relationships with women that are going through the same situations. The purpose of using this technique is to provide each other with information, advice, encouragement, and support.

The support group consists of a monthly or weekly meeting of at least five people to discuss certain common issues for two hours. In this way, a social support network is created in order to increase solidarity, encouragement and each member can provide support to others and receive answers to their own problems.

The feeling that they are the only ones going through certain difficult situations deepens the suffering. The fact that some members of the group face the same type of problems or that others have already overcome them represents a source of support and confidence.

HOW IS THE SUPPORT GROUP ORGANISED?

Once a month or a week, a group of at least 5 people meets to discuss certain issues that bother them. The topics can be chosen together or even proposed by the participants. The meeting is usually facilitated by a psychologist or social worker who already knows at least some of the participants. Under the guidance of the group facilitator, members can learn new things, help each other, socialise, show understanding and empathy for the problems of others, and develop communication skills. Ajouter des lignes dans le corps du texte

The support group can also be facilitated by a woman who has experienced domestic violence herself. This is peer support: support that promotes the sharing of experiences between peers in order to learn, move forward and become empowered. It is a concept that has been tried and tested in the social and health sector, and is now valued by many associations.

Peer support or mentoring is an opportunity for a woman facing violence to establish a relationship of trust with another woman who has lived through a similar experience and who will accompany her throughout her reconstruction process and then her socio-professional reintegration.

WHAT IS THE ROLE OF THE INITIATOR/FACILITATOR OF THE GROUP ?

- To facilitate the sharing of experiences.
- To create a secure environment in which members can share their experiences
- To establish rules such as confidentiality and constructive feedback.
- To help the participants get to know each other better.

WHAT ARE THE BENEFITS OF SUCH A SUPPORT GROUP ?

- Increasing confidence in personal skills
- Improving self-care skills
- Decreased sense of responsibility for the behaviour of others
- Decreased level of isolation, helplessness and fear
- Increasing the capacity to use support, medical, legal and social resources
- Participants have the opportunity to observe that others have succeeded, which gives them the courage that they too can succeed.
- Increasing self-confidence, self-image changes positively.
- Group members learn directly from the group activity about the dynamics of interpersonal relationships and develop communication skills. Rappeler les chiffres clés, les différentes formes de violences et de leur impact sur le travail.

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