

Sahara Men's Group Program

Since July 1995

PCHS

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Agenda Style

01

Cultural Competence

02

Cultural context of abuse

03

Hybrid Model of Intervention

04

The Model

05

Lessons Learned

Setting the stage

Understanding the culture



Collectivism

The culture is “WE” rather than “I” oriented



Importance for the culture

Family, Marriage, and Children



Inability to deal with divorce

Divorce – culture doesn’t know how to deal with it

Compromise – encouraged

In Canada, the clinical and assessment tools are developed on individualistic culture – hence the ‘competency issues’

Culturally Competent Services

PCHS Experience

Decision Making is collective

Families make the decision.

Two families are coming together in marriage

The marriage is not just a union of two individuals rather a union of two families

What is client's worldview

We 'label' the problem and the work to solve it, address it, and treat it.

What do you do if there is a dichotomy between the professional's understanding of the problem and the clients understanding of the problem?

Professional: Depression

Client: I'm possessed

Now.... How do we work?

Who defines change

Conflict resolution versus Conflict mediation

- What do we do when women stay in relationships to make the marriage work?
- They are looking for solutions but we have none.
- Is 911 the solution in all cases or some cases?
- New immigrants only come to find out about marriage counselling after the 'man' is arrested.



Cultural Context of Abuse

Understanding the South Asian Context

Violence Against Women – throughout life



Pre-birth

- Sex selective abortion
- Violence during pregnancy



Adolescence

- Dating violence
- Date rape



Infancy

Female infanticide



Adulthood

- Partner violence
- Dowry abuse
- Marital rape
- Forced pregnancy



Girlhood

- Child marriage
- Female genital mutilation
- Abuse and Incest



Elderly

Abuse



What is evident thru research?

Sex selective abortion



Research
<https://www.thestar.com/news/gta/2018/06/21/preference-for-boys-persists-among-2nd-generation-south-asian-parents-study-finds.html>

1:4 women are abused



Generally accepted statistics in Canada

South Asian women killed



Three South Asian women were killed in 2018 in Peel

Forced Marriages



Girls are taken back home against their wishes and married

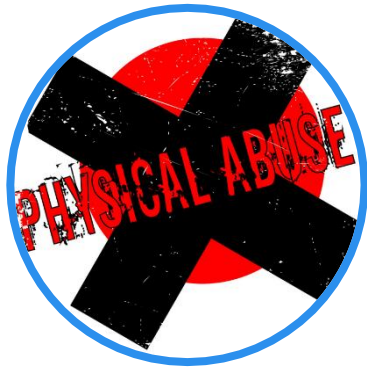
Female Int. students



Forced into sex work

14 types of abuse

PCHS experience in the South Asian community



Physical

Forms of abuse

- Physical
- Sexual
- Stalking
- Self abuse
- Verbal



Mental

Programmer

- Emotional
- Psychological
- Silence



Social

Programmer

- Social
- Financial
- Ritual
- Spiritual
- Shelter



Systems

Programmer

- System

What type of men do we get into our program?

Majority of men have twin challenges



Violence



Addiction

What have women told us?

These are top four reasons



Divorce is
NOT an
option

I will stay for
the sake of
children

My parents
will not
support me

My culture
(religion)
does not
allow me to
divorce

Designed Sahara Men's program to meet the needs of the South Asian community



- 1. Started men's program in July 1995 (23 years of experience)**
- 2. Culturally and linguistically appropriate**

12 week program - 3 hours per week



Hybrid Model of Partner Assault Program

01

Power and Control (Duluth Model)

02

CBT model (faulty cognitions, intense emotions, communication skills and emotion control techniques)

03

Anger Management Techniques

04

Healthy Relations

05

Working on your marriage

Duluth Model - 3 components

Insert the title of your subtitle Here



Spousal Violence

Assess for risk of homicide
Understanding the impact of violence on victims and children exposed

Thorough assessment of history of all forms of abuse/collateral sources

Documentation of coping strategies and previous interventions

Children's coping strategies

Factors that promote ongoing conflict

History/source of conflict

Identification of less or non-toxic parent

Children's needs

Parents' skills

Parents' ability to cooperate and promote relationship

Developmentally appropriate parenting plan and contact schedule

High Conflict

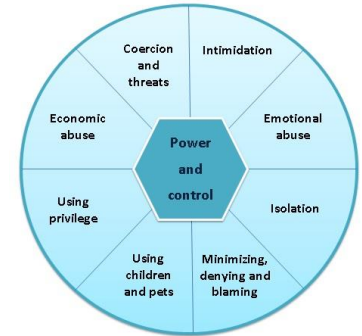
Normal Conflict

Assessment

Determine - What is the risk to the partner and children?

Power and Control

How is the partner able to control the partner through the exercise of power?

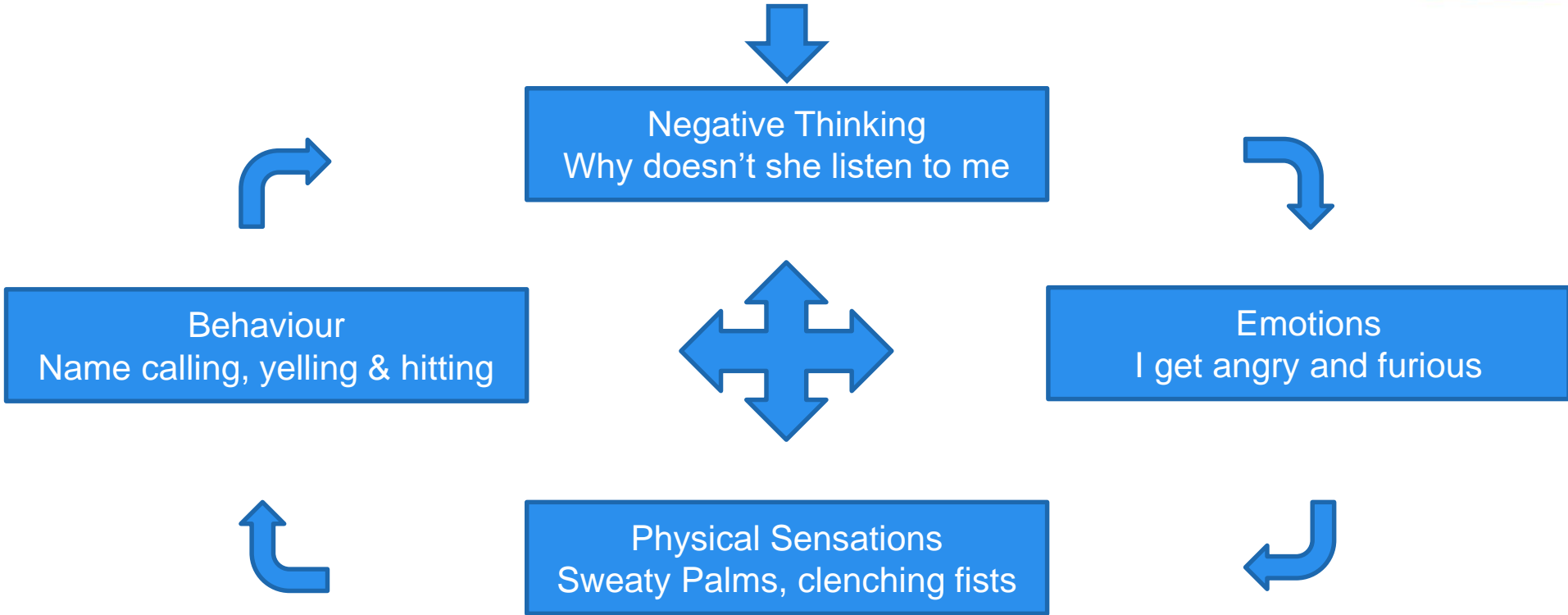


Work with Children

Women and children attend the HEALTH network program

Cognitive Behaviour Model

Situation – She doesn't do what I say



Anger Management

Six Tips for Managing Anger – Five Weaknesses of human beings (Sikh religion)



Remember:
Your thoughts
cause your anger,
not the other person

Think:
Where am I on the
scale of Tension /
Stress scale

Ask:
Is my anger going to
hurt me or help me?

Practice:
Deep breathing and
relaxation techniques

Stop:
Listen to the other
person. Don't take
things personally.

If necessary:
Walk away and calm
down through being
the smarter person.

Lust (Kaam)

Anger (Krodh)

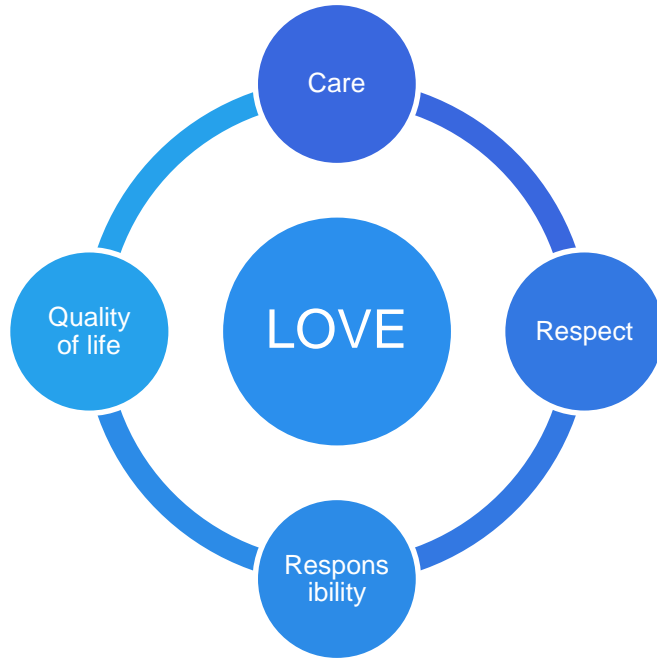
Greed (Lobh)

Attachment (Moh)

Arrogance/Pride (Hankar)

Healthy Relations

What is love? – Core Values



Trust & Support

Honesty

Fairness

Economic partnership

Communication

Compromise

Value each other

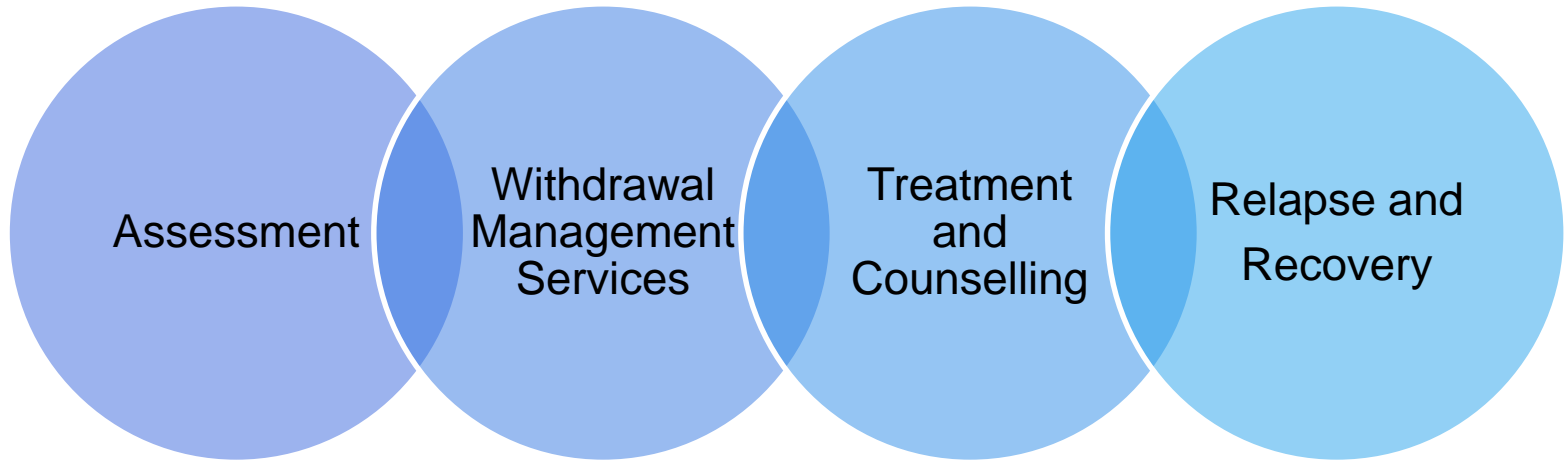
Working on your marriage

Four areas which often require work in troubled marriages



Addiction

Clients can be enrolled into the addiction program



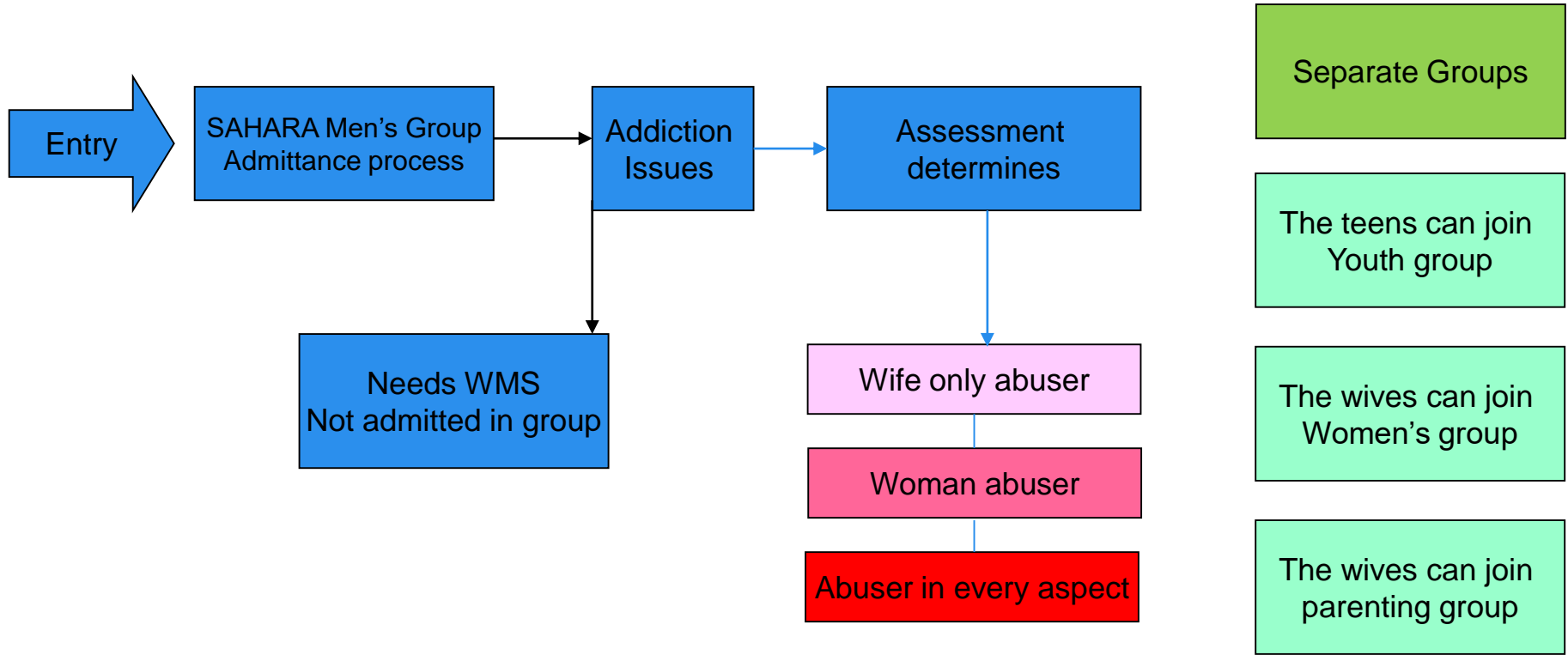


Sahara
Men's Group
Punjabi Community Health Services

The Model

Sahara Men's Group

The Model



SAHARA Model for Concurrent Problems

Family of Origin damage

Witness violence against mother
Lack of secure attachment

Person with problems

Low self-esteem, High anxiety
Insecure, dependent, emotionally immature
Low tolerance for frustration
Externalize blame

Seeks relief in relationships

- Temporary high esteem
- Feels powerful, successful
- Distracted from problems

But

- Personal problems (as above)
- Low relationship skills
- Poor communications and conflict resolution skills
- Low empathy, High expectation
- Violence
- Results in low satisfaction, insecurity, anxiety, withdrawal, anger

Results

- Attempts to control problems with escalating verbal abuse and violence
- Increases negative effects

Seeks relief in alcohol/drugs

- Temporary high esteem
- Feels powerful, successful
- Distracted from problems

But

- Intoxication
- Physiological dependence
- Impairs ability to deal with personal and relationship problems
- Lowers inhibitions
- Raises stress, depression and anger
- Increase negative affect and desire for chemical oblivion

Results

- Attempts to escape problems with escalating use of alcohol
- Increases relationship problems, insecurity and aggression

Clinical Issues



- 90% of Punjabi men who abuse are also addicted to alcohol
- SAHARA Men's group addresses both the addiction issues and the violence (anger) issues
- Although the man is the primary client but so also is his wife. She also receives help from PCHS.
- The couple are not the only clients but so are the children. Therefore , the family becomes the client of PCHS.
- The family is not just the client but so are the extended family members who reside with the family.
- In fact, the entire family is helped through a variety of services.
- PCHS's programs are geared to addressing these needs.

Assessment and admission

A hand holding a black pen is signing a document. The document has a blue border and the word "SIGNATURE" is visible above the signature.

- **The assessment includes:**
 - Mental Health Issues
 - Violence inventory
 - Alcohol inventory
 - Gambling inventory
 - Risk assessment scale
 - Confidentiality
 - Seek permission to contact wife and encourage her to join the women's group
 - Explain parenting sessions
 - Children's group

Open Group format



- Men can start at any time
- It is an open group
- We have a two tier Intake process
 - First intake is to determine eligibility into the program
 - Second intake occurs after the third session. By now the participant's defences have been lowered and we are able to come closer to the truth.

Clinical Issues



- Mandatory risk assessment is completed on men and by their partners (wives)
- When women go back to their husbands, we still provide help to the family. The wife often continues to attend our women's group, parenting group and the children's group.
- Through women, we can find out if the program is working for men or not.
- A completion certificate is given to the participant once 12 sessions are completed.

Wife only abusers

- High levels of violence in childhood home - modelling
- Associate with deviant peers
- Lack relationship skills
 - Romantic relationships
 - Other relationships
- Hostile attitudes toward wives
 - May view partner as owned object
 - Leads to higher risk after relationship ends

Women Only abusers

- Narcissistic - Entitlement
- Use coercive control = isolate the victim
- Impulsivity, risk-taking, irresponsibility
- High levels of problems resulting from substance use
 - Drug and alcohol use can be exacerbating factors for violent individuals, but they don't *cause* violence
 - Rather, they can lower the inhibitions of already violent people
- High rate of recidivism
- DV is a part of their general use of aggression and engagement in antisocial behaviors

Abusers all the time

- Early trauma: parental abuse and rejection
- Difficulty forming stable, trusting attachments with intimate partner – insecure attachment
- Very jealous and highly emotionally dependent upon partner, yet fearful of losing partner
- Impulsivity
- Lack relationship skills – stormy, intense relationships
- Moody, unpredictable, emotional dysregulation
- Positive attitudes toward violence – acceptable
- Often violent outside the relationship
- Lack empathy and remorse
- Manipulative, callous
- High levels of psychopathic personality traits

Referrals to Sahara Men's Group



Referrals are received from:

Word of mouth

Punjabi Media

Probation and Parole

Lawyers

Doctors

Friends

Other agencies



Lessons Learned

The Treatment Context...

Lessons Learned



Only intimate partners (wives) will be able to tell us if men have been “healed”.

The wives must have an option to participate in the women’s group in order to understand the nature and extent of change which can be expected from men participating in men’s groups

The women’s group must be in sync with the men’s group

The Treatment Context...

Lessons Learned



The longer the women is in an abusive situation the “traumatic” effects would be greater

The single most disturbing factor is that the abuse may compromise the “capability” of abused women to “make decisions”

If we look at the SA culture, where women tend to leave decision making in hands of males in the family, this may even be difficult once she is on her own

Therefore, women’s group is a place where she can become empowered to make decisions

The Treatment Context...

Lessons Learned



While there might be conflict between husband and wife, often both parties are in love of their children. They want the best for them.

The children's welfare could be used as a leverage in getting men and women to seek professional help.

The men and women could start attending "parenting sessions" in order to help understand the devastating effects violence has on children

The children also need to attend their own programs (children's programming)



Thank You

Contact PCHS @ info@pchs4u.com

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