

## **Workshop 5 – 11.00am—12.30pm**

**Dr Ann Carrington, Lecturer – Social Work, James Cook University, QLD, Australia.**

### **Developing a better mental health response**

#### **The Vortex of Violence – application of a new model for practice for working with women who have been subjected to domestic violence**

This workshop presents the Vortex of Violence (Carrington, 2014) and provides participants with the opportunity to apply the model to case studies in order to develop a working experience of the approach. The Vortex of Violence is a therapeutic model developed to work with women who have been subjected to domestic violence. The model has four stages that assist in guiding the healing process. At each stage the individual practitioner can draw from a range of theoretical perspectives, allowing for the integration of their personal practice framework within the model. The suggested use of expressive therapies and art therapy within the model provides a gentle yet powerful process of healing for clients. The cycle of violence perpetrated within a domestic violence relationship tends to erode the abused person's sense of self and leave them as an 'empty shell' of their former selves. The experience of domestic violence, along with the experience of reporting to police and engaging in the judicial system, often strips women of their sense of dignity and worth. This model aims to gently facilitate the restoration of dignity and worth of the abused in order to reclaim their lives free of violence. The workshop will provide participants with a new model and skills for practice when working with those who have been subjected to domestic violence. As domestic violence is such a pervasive social problem, it is suggested that this workshop would benefit all workers who have one-on-one contact with clients. However, the specific target audience for this workshop are those who work with people who have been subjected to domestic violence.