

Women's Aid East and Midlothian Freedom Programme for Women

We offer the Freedom programme in a variety of formats and throughout the week. We usually have in person courses on a Thursday morning at Eskview Villas. We can also deliver the programme 1:1 as a home study course and where we have sufficient demand we have an online evening options too.

Our group work is a **FREE** rolling 12 week course using methods of the Freedom Programme. The course is run in-house by our trained Freedom Programme Facilitators.

Sign up now...

We are now taking bookings onto our course. For in person courses, we may be able to help with travel if need help getting to the venue. Please contact the office and we will confirm if we can arrange this for you.

We provide play activities for babies, toddlers and pre-school children whilst you attend the course.

★ **It is essential that you book this in advance** ★ as spaces are very limited.

Programme

Please note that you can join the course anytime although we recommend that you attend the first session as a good introduction to the course.
Programme

Arrival & registration
Freedom Programme
Session close

- Session 1** Aspects of the Dominator (part one)
- Session 2** Aspects of the Dominator (part two)
- Session 3** The Bully
- Session 4** The Bad Father
- Session 5** The Effects on Children and Young People
- Session 6** The Headworker
- Session 7** The Jailer
- Session 8** The Sexual Controller
- Session 9** The King of Castle
- Session 10** The Liar
- Session 11** The Persuader
- Session 12** Early Warning Signs
The Future is Bright, the Future is Female

The Freedom Programme

www.freedomprogramme.co.uk



For more information on the group work programme contact:

Jillian Elliott or

Yvonne Irvine

Tel: 0131 663 9827

or visit the official Freedom Programme website:

www.freedom.co.uk

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About the Freedom Programme

The FREEDOM programme is a FREE 12-week course for women who wish to learn more about the reality of domestic violence and abuse. It aims to:

- Help us understand the beliefs held by abusive men and in so doing, recognise which of these beliefs we have shared.
- To illustrate the effects of domestic violence on our children.
- To assist us to recognise potential future abusers (see Mr Wrong and Mr Right).
- To help us re-gain self-esteem and the confidence to improve our quality of life.
- To introduce us to community resources such as Women's Aid, the Police Domestic Violence Unit, The Rape and Sexual Abuse Centre, local Colleges etc.

The Freedom Programme was written and devised by Pat Craven. It is based on theoretical methods of understanding domestic abuse as well as Pat's own experiences working with male perpetrators. The methods used within the programme are powerful, informative and emotive; the programme offers a safe and supportive environment in which to explore the realities and impact of living with an abusive partner.

For more information or background on the programme please visit the official website on www.freedomprogramme.co.uk



The Dominator The Friend

shouts	is cheerful
sulks	consistent
smashes things	supportive
glares	tells you you look good
calls you names	tells you you're competent
makes you feel ugly and useless	uses your name
cuts you off from your friends	trusts you
stops you working	trusts your judgment
never admits he is wrong	welcomes your friends and family
blames you, drugs, drink, stress etc.	encourages you to be independent
turns the children against you	supports your learning, career etc.
uses the children to control you	admits to being wrong
never does his share of the housework	is a responsible parent
never looks after the children	is an equal parent
expects sex on demand	does his share of the housework
controls the money	accepts that you have a right to say "no" to sex
threatens or wheedles you to get his own way	shares financial responsibility
seduces your friends/sister/anyone	takes responsibility for his own well-being and happiness
expects you to be responsible for his well-being	



Mr Wrong & Mr Right