

MISSION STATEMENT FOR THE FREEDOM PROGRAMME

- Any woman should be able to phone the contact numbers on my website and be told where and when the next session is taking place and whether crèche facilities are available. I do not endorse intrusive questions, referrals or risk assessments.
- Women must be actively welcomed to the programme.
- We never give advice or tell any woman that she should leave. If it were so easy we would have all left.
- Judgemental statements such as 'I would never let anyone do that to me' or 'this has never happened to me' are not acceptable.
- Facilitators refer to all women as 'us' and never use the dreaded words 'These Women.'
- These programmes are only for the women who attend them. I do not endorse the presence of observers.
- Ideally, every woman who attends should be given a copy of the book 'Living with the Dominator' and the supplement 'The Freedom Programme Home Study Course' as soon as she arrives. This will enhance her learning. Clearly **she** will know if it is safe to take these publications home or to leave them in a folder with the facilitator.
- This programme lasts for 12 x 90 minute sessions. It is a rolling programme, so women who attend can miss a session and do it later when they are ready. Some women can take years to complete it.
- Session 4 is about the 'Effects of Domestic Abuse on Children'. It is repeated in session 8. Facilitators who only want to run this once can shorten the programme to 11 weeks.