



RESEARCH REPORT

Programmes in prisons in European Union Member States for women who have experienced gender violence and for men who have committed violence against women



Written by:

Mariona Bosch, Daniela Heim, Mar Camarasa and Noelia Igareda, SURT - Women Association for the labour insertion (Catalonia - Spain)
Reka Safrany, MONA Foundation for the Women of Hungary (Hungary)
Kay Wegner and Klaus-Peter David, Beratungsstelle im Packhaus (Germany)

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Introduction

The aim of the present report is to offer an overview of the treatment programmes for women who have suffered and men who have perpetrated gender violence in the penitentiary institutions of European Union countries. The report is based on the secondary research of existing treatment programmes through literature review and the communication with the National Penitentiary Administrations of EU countries. However, in order to provide a more comprehensive overview of the situation in EU prisons with regard to the gender-oriented treatment of imprisoned women and men, the following section aims to provide a summary of related European laws and policies.

European legal and policy framework on violence against women and its relevance to imprisonment

Member States of the European Union have taken on the obligation to eliminate and prevent violence against women, a form of violence prevalent in all Member States, by committing themselves to international legal and policy agreements concerning this matter. The issue of gender violence is in the focus of several United Nations' documents to which EU Member States are signatories as well as laws and recommendations created and valid at a European level, more specifically within the European Union.

The prevention and combating of gender-based violence is a prominent goal in the United Nations' common documents the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW, 1979)¹ and the Declaration on the Elimination of Violence against Women (1993)². Crucially, in these documents violence against women is identified as a violation of women's human rights and their fundamental freedoms, as an expression of the widely prevalent unequal power relations between women and men and as a social mechanism by which women are forced into subordination.

In the Declaration, violence against women is defined as "any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life". The CEDAW Convention constitutes a powerful international gender policy machinery as it obliges States Parties to give account of the advancement in the elimination of discrimination against women. Its Committee, by right of the Optional Protocol, is entitled to leading inquiries into complaints about inappropriate state response to gender-based discrimination, including cases of violence against women, and makes recommendations to the state involved.

¹ Convention on the Elimination of All Forms of Discrimination Against Women, General Assembly resolution 34/180 of 18 December 1979.

<http://www.un.org/womenwatch/daw/cedaw/text/econvention.htm>

² Declaration on the Elimination of Violence against Women, General Assembly resolution 48/104 of 20 December 1993.

[http://www.unhchr.ch/huridocda/huridoca.nsf/\(Symbol\)/A.RES.48.104.En?Opendocument](http://www.unhchr.ch/huridocda/huridoca.nsf/(Symbol)/A.RES.48.104.En?Opendocument)

The Beijing Declaration and Platform of Action (1995)³, to which all European Union Member States have pledged themselves, provides important policy guidelines for the elimination of gender-based discrimination and reaffirms the commitment of its signatories to this goal. The periodical evaluation of progress made by states in these areas enhances the effectiveness of the document. The prevention and elimination of violence against women and girls is one of its major aims. The document offers a comprehensive and multi-agency approach to the goal of eliminating gendered violence that obliges international, state-level and other national actors to implement a range of specific policies, with regard to psychological support services as well. Importantly, governments are obliged to pass legislation that protects victims and guarantees the prosecution of perpetrators. Furthermore, they should “take measures to ensure the protection of women subjected to violence, access to just and effective remedies, including compensation and indemnification and healing of victims and rehabilitation of perpetrators”.

In the area of the protection of women who have suffered gender violence, the document proposes, among other things, the provision of “medical, psychological and other counselling services and (...) legal aid”, as well as of “training for victims and potential victims so that they can protect themselves and others against such violence”. At the same time, the document calls for counselling and rehabilitation programmes for men who have committed gender-based violence, and research into such methods that serve their rehabilitation and the further prevention of such acts.

At a European level, the concern about gender-based violence has similarly led to policies that aim at its elimination and prevention both at the European Union’s institutions (cf. Decision No 803/2004/EC of the European Parliament and of the Council of 2004 adopting the Daphne II programme; Opinion of the European Economic and Social Committee on Domestic violence against women, SOC/218, 2006) and within the Council of Europe (cf. Recommendation (2002) 5 of the Committee of Ministers to Member States on the Protection of Women against Violence; Recommendation No. R (90) 2 on Social Measures concerning Violence within the Family⁴).

However, it is necessary to take into account that the European Union does not have competences concerning violence against women, so the constituent treaties do not have any legal base that legitimise EU actions dealing with this problem.

In some Member States, the main legal response to this issue is the criminal legislation that tries to typify the different forms of gender violence as specific crimes (domestic violence crime, sexual harassment, female genital mutilation, etc.). The existence of an intimate relationship between the victim and the perpetrator is also considered as an aggravating circumstance of crime. These

³ Beijing Declaration and Platform for Action, Fourth World Conference on Women, 15 September 1995. http://www.unesco.org/education/information/nfsunesco/pdf/BEIJIN_E.PDF

⁴ The recommendation proposes giving support to perpetrators besides enforcing their punishment, these measures „might include self-help groups of offenders and psychotherapy in or out of prison”. <http://www.legislationline.org/legislation.php?tid=99&lid=4844>

crimes may also be considered to belong under other existing crimes (assault and battery, homicide, sexual harassment, sexual abuse, etc.).

In other Member States other political tools are used to complement the legal response, such as action plans against gender violence (which involve several ministries and departments) or diverse regulations in the civil, familial and labour spheres⁵. Traditionally, the law intervenes when gender violence results in negative consequences related to the physical integrity of woman or it even leads to her death. Then the legal decision makers often interpret gender violence as a problem of collective security (penal law) or as a problem of public health.

Nevertheless, gender violence has been a constant cause for concern for the European Union and several initiatives have been carried out in the Communitarian sphere despite the lack of a legitimate and explicit foundation to act in this field.

The Communitarian initiatives have been argued for as subsidiary actions of the European Union, respecting the exclusive competence of the Member States, and taking into account the Union's duties derived from the equality principle among men and women (articles 2 and 3 of the Amsterdam Treaty) and the development of preventive actions derived from the subsidiary responsibility of the European Union in public health issues.

The numerous initiatives developed by the Communitarian institutions and under the auspices of consecutive European presidencies understand the phenomenon of gender violence as the result of a situation of gender inequality in our society.

The Daphne programme of Community action⁶ is a major intervention programme in the European Union that aims to eliminate gender-based violence besides violence against children and young people. The Daphne programme supports the implementation of trans-national projects with the aim of combating and preventing gender violence which are innovative and have a multidisciplinary approach. In the area of supportive interventions in particular, the Daphne II programme proposes the "development and implementation of treatment programmes and support for victims and people at risk on the one hand, and perpetrators on the other hand, whilst ensuring the safety of victims"⁷.

Although the presence among penitentiary inmates of women who have experienced gender violence and men who have committed violence against women has been known from records about the penitentiary population, the issue has not become a visibly important one at European penitentiary policy forums so

⁵ For instance Spain, where the Law 1/2004 (28 December) allows for several political and legislative measures for the all-round protection against gender violence.

<http://www.redfeminista.org/nueva/uploads/Organic%20ACT%201-2004.pdf>

⁶ Decision No 803/2004/EC of the European Parliament and of the Council of 21 April 2004 adopting a programme of Community action (2004 to 2008) to prevent and combat violence against children, young people and women and to protect victims and groups at risk (the Daphne II programme).

<http://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=CELEX:32004D0803:EN:HTML>

⁷ The present project, which is supported by the Daphne II programme, aims to implement the pilot treatment programme for both target groups in penitentiary institutions with the goal to gain experiences for the benefit of this programme.

far. A recent research project, the MIP⁸ project has pointed out, among other findings, the deficiencies in mainstreaming a gender perspective into penitentiary policies. Some of the major penitentiary rules have recently been modified to include provisions for women inmates' specific needs (e.g. in the European Prison Rules, 2006)⁹ and at international criminal justice forums a commitment has been made to adjusting interventions to the needs of women in the criminal justice system, including the female prison population¹⁰. However, in relation to the supportive measures needed by women in prison who have suffered gendered violence as well as to rehabilitation for men who have committed such violence, there are only very few references in European policy documents.

At a European level, general regulations for the treatment of prisoners are laid down in the in the European Convention for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment, the European Prison Rules and the Standard Minimum Rules for the Treatment of Prisoners by the Council of Europe. In accordance with the European Prison Rules, this latter document aims to provide a set of minimum rules for prison administrations with regard to the treatment of prisoners in order to guide administrations in the creation and implementation of policies. According to the standard minimum rules, the treatment of prisoners should endeavour to "establish in them the will to lead law-abiding and self-supporting lives after their release and to fit them to do so. The treatment shall be such as will encourage their self-respect and develop their sense of responsibility."¹¹ According to the document, a wide set of treatment methods are recommended, and there is a requirement to realise the treatment of prisoners in co-operation with the inmates themselves.

However, although each EU Member State must be part of the Council of Europe and of the European Human Rights Convention, the recommendations derived from these institutions are for guidance only, and the failure to comply with them can only mean, at the most, certain political sanctions.

⁸ MIP project: Women, Integration and Prison. Research funded under the Fifth Framework Programme Improving the Socio-Economic Research; European Union (2002-2005).

<http://mip.surt.org/>

⁹ Council of Europe Committee of Ministers Recommendation Rec(2006)2 of the Committee of Ministers to member states on the European Prison Rules.

<https://wcd.coe.int/ViewDoc.jsp?id=955747&BackColorInternet=9999CC&BackColorIntranet=FFBB55&BackColorLogged=FFAC75>

¹⁰ Tenth UN Congress on the Prevention of Crime and the Treatment of Offenders, 2000. Women in the criminal justice system. Background paper for the workshop on women in the criminal justice system.

<http://www.asc41.com/10th%20UN%20Congress%20on%20the%20Prevention%20of%20Crime/015%20A%20CONF.187.12%20Women%20in%20the%20Criminal%20Justice%20System.pdf>

Vienna Declaration on Crime and Justice: Meeting the Challenges of the Twenty-first Century.

<http://www.asc41.com/10th%20UN%20Congress%20on%20the%20Prevention%20of%20Crime/007%20A%20CONF.187.4.Rev.3%20Vienna%20Declaration%20on%20Crime%20and%20Justice.pdf>

¹¹ Standard Minimum Rules for the Treatment of Prisoners.

http://www.unhcr.ch/html/menu3/b/h_comp34.htm

Outcomes of the research on in-prison treatment programmes in European Union Member States

The research also aimed to take account in all of the European Union Member States of existing in-prison treatment programmes for women who have suffered gender violence and for men who have committed violence against women. Those programmes were in the focus of the investigation which aimed at providing psychological or other related assistance or treatment to either target group and which focused mainly on the issue of violence against women. However, information on other psychological or psychologically-related treatment programmes that addressed gender violence besides other issues was also gathered.

The information on treatment programmes was provided mainly by the National Penitentiary Administration of each country, local non-governmental organisations working in related fields and local experts at research institutions or universities. In the case of most countries it was possible to gain information on the existence or the lack of treatment programmes. However, in the case of a few countries no information was provided, therefore it was assumed that in those countries there has been no treatment available for either target group in prison.

In the following, a summary of the research findings in European Union Member States can be read in the alphabetical order of the countries. As in relation to the three countries participating in the present project a more in-depth description and analysis of in-prison and out-of-prison treatment programmes for both target groups has been made, the following summary will not refer to these countries specifically. In the case of a number of other countries, differences in the existing programmes of the regions with autonomous legislation are also reflected.

AUSTRIA
<p>In Austria several penitentiary institutions offer programmes for incarcerated men. In two prisons, special treatment for men in prisons who have committed gender violence against their partners were mentioned.</p> <p>In the prison of Schwarzau, where predominantly incarcerated women live, a group-programme for women who were convicted for violent crimes is planned. In this programme the participants’ own experiences of victimization will be taken into account. Since the development is at an early stage no further detailed information is available yet.</p>
BELGIUM
<p><i>Flemish region</i></p> <p>The department of the ministry that is responsible for the social and reintegration services for prisoners (in the fields of welfare, education, work, housing, health, sports, culture and leisure) in Flanders decided to ask their administration to investigate the possibility to implement a programme related to gender violence</p>

in Flanders. They did that after a visit of the Flemish minister of welfare, healthcare and families went to Chicago, more or less a year ago. They visited the "Resolve to Stop the Violence Project", an in-prison programme for men convicted for violent offences and their female victims (For more information on the US project see:

<http://www.innovations.harvard.edu/awards.html?id=3632>).

Having done that:

- there are, up to now, no specific in-prison programmes for women who have suffered gender violence or men who have committed violence against women;
- there are in-prison programmes aimed at lowering aggression / coping with frustration (like "coping with aggression"), delivered by NGO's;
- there has been a study on the possibility of implementing a specific programme for men convicted of gender violence in the prison of Antwerp, conducted by the local service for the aid to prisoners and the prison psycho-social service. It was paid for by the national institute for equality between women and men. The final report on this study has not yet been published.

The University of Ghent is developing an in-prison treatment programme focused on aggressive behaviour. They also want to provide a similar programme for ex-prisoners on probation.

Walloon region

There are no programmes inside prison dealing with the issue of gender-based violence focusing either on women who have suffered or on men who have committed gender violence.

In the sphere of probation and penal mediation, though, there are judiciary measures targeting incarcerated men such as training, sensitisation activities and therapeutic actions.

CYPRUS

The Cyprus Prison Department does not carry out any special treatment programmes for women who have suffered gender violence or for men who have committed violence against women. However, special attention and guidance is given to these persons by the Supervising Staff, the Social Welfare Officer and especially by psychiatrists and psychologists of the department to overcome the problems they face.

The two psychologists employed at the Mental Health Team in the Prison Department conduct psychological assessment as well as clinical interventions targeting this population. These clinical interventions are focused on a cognitive-behaviour model and are conducted on an individual basis.

CZECH REPUBLIC
No response yet.
DENMARK
<p>In Denmark a “Violence Prevention Programme” has been running in one prison. This programme was developed by the Canadian Correctional Service and addresses incarcerated men who are considered at high risk of re-offending with violence. Apart from this, several other programmes with a broader target group exist. Those deal with cognitive skills or anger management.</p> <p>A special programme with a focus on gender violence does not exist.</p> <p>Concerning female inmates, it was mentioned that a “harm reduction programme” is to be started in the future. However, detailed information about it is not available at this moment.</p>
ESTONIA
There are many prison inmates in Estonia who committed crimes that have gender violence in the background. However, there are no programmes for such inmates yet.
FINLAND
No response yet.
FRANCE
<p>The French State carries out actions aiming to fight violence against women in the penitentiary field, but only targeting men who have committed gender violence. These actions are developed both in the Rehabilitation and probation prison services (footnote ***) and in the penitentiary centres. These actions are not implemented in all French regions, since each prison depends on the government of the given Region.</p> <p>In general, the initiatives in this field are developed by a partnership constituted of the Regional Delegations of Women's Rights and Equality, other State services (Police, Justice Department) and associations involved in the fight against gender-based violence.</p> <p>The programmes being developed in the French penitentiary field take the form of group sessions targeting:</p> <ul style="list-style-type: none"> - Men who have been arrested, - Men who have been sentenced to prison, - Men on remand (in prison), - Men on probation because of committing an offence of violence against a woman

Men who have committed gender violence participate in this programme on a voluntary basis, following an indication or suggestion by the social workers or staff members from prison.

The aim of these actions is that men become conscious of
- their violent behaviour
- and the damage they have caused
with the final goal of preventing their recidivism.

**** The Rehabilitation and probation prison services (SPIPs) are decentralized bodies of the Prison Service at departmental level (departments are administrative units). They intervene both in open and closed environments. The SPIPs play a role in preventing inmates from being cut off from society, in helping them to prepare for their social rehabilitation and in promoting the maintenance of social and family ties.*

GERMANY

See ALTRA report on in-prison and out-of-prison treatment programmes in Germany, Hungary and Spain.

GREECE

In Greece, currently there are no in-prison programmes targeting either men who have committed gender violence or women who have suffered this kind of violence.

HUNGARY

See ALTRA report on in-prison and out-of-prison treatment programmes in Germany, Hungary and Spain.

IRELAND

No response yet.

ITALY

The Italian Penitentiary Institution has not provided any kind of programme for women in prison who have suffered gender violence.

In relation to men, there is a programme called "For Wolf" addressed to men who have committed sexual violence. There is not any more information available about this programme.

LATVIA

In Latvian penal institutions no programmes have been implemented yet that specifically address the consequences of gender violence among either imprisoned women or imprisoned men.

LITHUANIA

No response yet.

LUXEMBOURG

In Luxembourgian penal institutions no programmes have been implemented yet that specifically address the consequences of gender-based violence among either women or men in prisons.

MALTA

In Malta there is no specific programme inside prisons focusing on men who have committed gender violence or women who have suffered this kind of violence.

The Corradino Correctional Services, by means of a team consisting of a psychiatrist, two forensic psychologists, social workers and probation officers, provides personalised support for people inside prison with any need they may have, but this is individual support and not any specific programme on this issue.

POLAND

In Poland ca. 5% (3922 persons stated on 31.12.2005) of the whole population are convicted and remand prisoners convicted for harassing family members, that means family violence.

Questions connected to violence against the intimate partner as a form of gender violence came into the catalogue of organized and systematic rehabilitation activities in 1990. It was connected with the introduction of the Minnesota model in the treatment of imprisoned persons with an alcohol addiction problem. Education and psycho-corrective activities are an integral part of the programme of therapy conducted in separate therapeutic sections for alcohol-addicted prisoners. They are also carried out as separate programmes directed at those persons who have committed an offence and those who have become victims of crimes.

In the last period ca. 100 programmes (standard programmes and original programmes) were carried out. In many prisons there were parallel incorporated programmes based on different theoretic concepts, with the implementation of different methods. They were connected by a common aim, which is acting against violence.

I. The issue of gender violence is an element of the therapeutic programme "Atlantis" for alcohol-addicted women in Prison No. 1 in Grudziądz. A part of the

activities devoted to the violence includes:

- a. Violence as a phenomenon
- b. Dealing with violence
- c. Family with an alcohol problem
- d. Social roles.

After the end of the treatment, every participant takes part in the meetings of support groups. She also has contact with a therapist till the end of the sentence.

Prison No. 1 in Grudziądz is one of the biggest penitentiary institutions for women. There are over 400 convicted women and over 270 men. In this penitentiary institution there is a unit for women with children and a school. Many imprisoned women have suffered violence in an intimate relationship, or as children they grew up in a family in which they or other members of their family suffered violence from another family member. That is why the penitentiary personnel are also organizing other programmes for women with the aim to counteract this phenomenon. These are programmes accomplished in permanent cycles.

1. "I am ready to change" - the aims of the programme are the personal development of women who have suffered gender violence, the improvement of the way in which they deal with common life situations and getting to know oneself and one's psychological mechanism of acting.
2. "Light in a tunnel" - the aim of this programme is the achievement of personal development of imprisoned women who have suffered gender violence in the past. Through the activities the women learn to deal with stress and anger, they develop acceptance, openness, assertiveness, tolerance, and also learn to discover desires and pleasures.
3. "It is not too late" - the aim of the programme is to equip imprisoned women with basic knowledge concerning gender violence, to raise awareness about basic human rights, and to establishing in them a broader understanding of violence. One of the particular aims of the programme is to activate these women towards changing the present situation, searching for a job, learning a new profession, and generally to help them live a life free of violence.

The personnel also prepare programmes for a very restricted group of women, e.g.

- Programme for inmates convicted of infanticide - Conscious maternity without violence
- Programme for women convicted of an offence against the family, who in their childhood suffered gender violence.
- Emotional blackmail is also violence - programme for young mothers who gave birth to a baby as a result of rape.

A part of the activities is led in the Centre For Addictions Prevention and Crisis Intervention in Grudziądz.

In the same prison, incarcerated men who have committed violence take part in a specific programme, organized by Municipal Centre for Family Help, Point of the Crises Intervention in Grudziądz.

Basic assumptions of the programme are available on: www.mopr.grudziadz.pl

II. In the Prison for Women in Lubliniec there are 18 rehabilitation programmes running at present. The aim of the programmes is the therapy of men who have committed gender violence and, at the same time, the assistance of women who have suffered gender violence. Further aims are their social rehabilitation through gaining professional qualification and experiences, and acting out social roles. In this prison such programmes can be found as a therapeutic programme for women inmates with drug addiction, a programme for convicted women with psychic disturbance and mental handicap. The participants are women in the therapeutic system. Both programmes include addressing questions connected with violence and aggression.

Other incarcerated women take part in programmes carried out by specialized personnel or in co-operation with institutions from outside, e.g. a therapeutic programme for women who have suffered gender violence was a part of the programme "Work and decent life for victims of violence against women". It was created in co-operation with the Centre for the Rights of Women in Warsaw. It was implemented with the support of the European Social Funds within EQUAL. Within that programme, incarcerated women took part in activities dealing with:

1. education about gender violence.
2. gaining new interpersonal skills.
3. acquaintance with legal regulations concerning gender violence
4. acquaintance with help systems for women who have suffered gender violence.

(Equal website:
https://equal.cec.eu.int/equal/jsp/dpComplete.jsp?cip=PL&national=121#rationale_en)

III. Cycle programme implemented in the Remand Prison in Białystok - "Life in partnership and in a family", directed at women under 30 who are married or single and who have or do not have children. The main themes of this programme are:

- Physiology of fertility, conscious birth planning, contraception,
- Sexually transmitted diseases,
- Creating a relationship in partnership,
- Sexual harassment,
- Assertive behaviour, consolidating assertive behaviour forms.

IV. In Prison for convicted men in Włocławek - educational and psycho-corrective programme for men who committed gender violence.

V. Educational programme against gender violence based on the programme "Education Groups For Men Who Batter - The Duluth Model" implemented by therapists from the therapeutic unit for alcohol-addicted prisoners in Prison in Barczewo.

VI. Programme of Work with Gender Violence Perpetrators in the Remand Prison Kraków-Podgórze. This programme is an effect of the training carried out by

Marek Prejzner, co-worker in Polish American Association Chicago USA, „Partner Abuse Intervention Programme”. The programme lasts 30 weeks. Activities: once per week 3 hours. A part of activities is inside the prison, another part is in the Regional Centre of Addictions Therapy in Kraków.

(VII. In Polish penitentiary institutions a programme called ART - Training (Aggression Replacement Training) is implemented. It is a programme of multilateral intervention directed at changing participants’ aggressive behaviour. The activities are led according to the ART method of Professor Arnold Goldstein. Within ART, imprisoned men take part in 3-part training course on:

- social skills development
- anger control training
- training on moral and constructive behaviour.)

Furthermore, Polish penitentiary institutions co-operate with state and regional social welfare services, scientific institutions, professional corporations (e.g.: Polish Psychological Association, e-mail: poczta@ipz.edu.pl) and non-governmental organisations dealing with gender violence.

PORTUGAL

In this country there are no programmes in prison addressed to women who have suffered gender violence.

In the case of men who committed gender violence, although the Justice department has designed programmes for this target group inside prison, these have not been developed yet.

Nevertheless, there are specific activities for the incarcerated population aimed at awareness-raising about gender violence. They invite guest specialists that cooperate in conferences or in the activities organized in special days as the Women’s Day.

There are also some projects promoted by external organizations and funded by the Commission for the Rights and Equality of Women (Comissao para Igualdade e Direito das Mulheres). These projects are developed and implemented in some penitentiary centres for men and for women. Their objective is to inform and promote the equality of opportunities between men and women. The topics addressed in these projects are diverse: motherhood and fatherhood; responsibilities and parenthood duties; behaviour support; discrimination; socio-labour insertion; and more specific issues related to gender violence, such as domestic violence, support to women who have suffered gender violence, and the cycle of violence.

- Methodologically, different techniques are used: workshops, role play, theatre, training in personal, social and parental skills, etc. Such projects are: Project “Sr dona de...” - Liga portuguesa de Profilaxia social and Project “Prisoas Humanas” - Associação Humana Global

SLOVAKIA

There are not any programmes specially oriented towards the problems of gender violence either in prisons and remand prisons at present. The specialized staff of the Departments of the Prison Administration work individually with women who have suffered this kind of violence on the base of a defined treatment programme.

Other programmes:

The organization LIGHT HOUSE (MAJAK) works with people with long prison sentences, that is of 5 and more years (but not with victims). In their programmes there are mostly inmates with very long-term sentences, 10 and more years and also inmates incarcerated with a life sentence. These inmates are convicted of very violent and abusive crimes, a lot of them in connection with gender violence.

There is a planned cooperation with the Civil Association "Alliance for Women in Slovakia- Way Back" (in Slovak "Aliancia žien Slovenska" - Cesta späť), which should realize the community programmes aimed at gender violence. According to the preliminary agreement, it should consist of about 40 hours of seminars organized in an interactive way for 20-member groups of incarcerated women.

SLOVENIA

Gender violence is a problem that concerns a large number of prison inmates. However, at the moment there is no treatment programme that is focused especially on this topic. At the moment, treatment is focused on preventing violence in prisons. The approach is usually individual and beside counselling and guiding also involves disciplinary measures if appropriate.

There is an educational programme about violent behaviour for staff that is running. It is held by a psychiatrist from the public health service and by experts from NGOs. A working group will prepare a treatment programme and standards for violent offenders. These programmes will be carried out by outside prison experts and experts from NGO's.

SPAIN

See ALTRA report on in-prison and out-of-prison treatment programmes in Germany, Hungary and Spain.

SWEDEN

In Sweden, a specific in-prison programme which focuses on gender violence has started recently. It addresses men who have committed gender violence and takes place in the prison of Johannesberg.

The programme with the name IDAP (Integrated Domestic Violence Abuse Programme) was developed by the British Home Office and is accredited there. The Swedish prison and probation administration has an agreement to use the

programme in Sweden both in prisons and in the probation service.

The programme allows continued recruiting as new modules start, which means the programme runs continuously. In the first year 54 inmates started the programme, 40 have completed it, and there were 14 dropouts. Since the expansion of the programme to several more prisons is planned, the proportion of the inmates who are assisted will rise.

Before starting the programme, the participants are assessed with SARA (Spousal Assault Risk Assessment). This test battery is also used after finishing the programme and once more 6 month after termination to evaluate the efficiency. Counter-indications are low cognitive functioning, severe problems with substances, mental health or interpersonal functioning, restricted language/literacy skills and poor motivation.

The programme consists of nine modules which aim

- to recognize signs of rage
- to counteract the impulse towards violence by thinking in a different way
- to manage jealousy
- to accept women's fear
- to be able to assert oneself and accept criticism
- to accept women's rage
- to be aware of reactions without words and to listen actively
- to communicate thoughts and feelings
- to let go of relationships
- to manage conflicts.

A gender aspect is incorporated by

- developing participants' insight into factors related to abuse and violence
- increasing participants' awareness of the range of abusive attitudes and behaviours towards partners,
- increasing participants' understanding of the negative effects of these attitudes and behaviours in relationships,
- developing in participants a sense of responsibility for abusive and violent behaviours,
- replacing abusive and controlling attitudes and behaviours with non-abusive, non-controlling attitudes and behaviours.

Furthermore the trainers shall be one man and one women since the explanation model of the programme rests to some extent on a gender perspective (when British Home Office were developing the programme they were mainly according to the Duluth model).

For incarcerated women no special programmes were mentioned.

THE NETHERLANDS

No response yet.

UNITED KINGDOM

In the UK there are 3 different prison services:

- the Scottish Prison Service;
- one Northern Ireland Prison Service;
- the HM Prison Service for England and Wales;

Scotland

In Scottish prisons there are no specific programmes addressed either to women who have suffered gender violence or to men who have committed gender violence. However, those women who have suffered gender violence can receive individual support in the framework of psychological sessions if they ask for it.

Northern Ireland

Currently there are no specific programmes to address the issue of gender violence with imprisoned men who have committed such violence in Northern Ireland. However, some actions have been developed in prisons targeting women who have suffered gender violence.

England and Wales

In the penitentiary centres of England and Wales several programmes targeting women who have suffered gender violence and men who have committed gender violence have been developed. These are the following:

1. Offending behaviour programmes for men

The offending behaviour programmes are rehabilitation programmes designed to identify the reasons why prisoners offend, and to reduce and monitor these factors. As well as reducing risk, programmes support risk assessment and the risk management of offenders. The Prison Service, through the Offending Behaviour Programmes Unit (OBPU), currently provides 13 different Offending Behaviour Programmes (excluding Drug Treatment Programmes), which have been fully or provisionally accredited by the Correctional Services Accreditation Panel (CSAP). Three of them are also available for women (ETS / CARE / FOR).

The main programmes are the following:

- Enhanced Thinking Skills (ETS)
- Cognitive Skills Booster Programme
- Controlling Anger and Learning to Manage It (CALM)

Programmes specifically targeting violent and sexual offenders:

- Cognitive Self Change Programme (CSCP)
- Sex Offender Treatment Programmes (SOTP)
- Healthy Relationships Programme (HRP)

In development (in preparation for submission for accreditation):

- FOR
- Choices, Actions, Relationships and Emotions (CARE) only for women
- Short motivational package or: How to get where you thought you were going?

Programmes specifically for juvenile offenders:

- JETS Living Skills

Programme addressed specifically to men who have committed gender violence:

Healthy Relationships Programme (HRP)

This programme is for men convicted of violence, in a current or past intimate relationship, and for those men that have other convictions where there is evidence or self-report of actual or threatened domestic violence as a form of gender violence (domestic violence includes emotional, sexual and physical abuse). The treatment programme provided varies from moderate intensity for medium risk offenders to high intensity programme for high risk offenders. The programme is currently operating in one high-security prison, one category B prison and three category C prisons and is likely to be expanded.

The programme targets a range of dynamic risk factors related to gender violence, for example, attitudes supporting gender violence, poor emotional control and skills deficits in dealing with conflict and communicating assertively. There are also modules on motivation, cultural issues and parenting. The programme runs alongside work with a Women's Safety Worker who has contact with the offender's current partner and previous victims, where this is requested by the women.

2. Programmes for women who have suffered gender violence

A wide range of support is offered in the prisons of England and Wales to women in prison who report they have been abused or have experienced gender violence. There is no distinction made for the type of abuse, rather the support that is offered is based on the assessed needs of the individual woman.

There are currently 15 women's establishments in England and Wales. The provision in each one depends on local circumstances and the needs of the women in that establishment. Provision ranges from offering individual support or counselling; giving advice and information, and /or referring them on to appropriate voluntary community agencies. This support will be offered by suitably qualified prison staff from healthcare, probation or psychology; but additionally many prisons have made arrangements for specialist rape and domestic violence support groups, such as Rape Crisis Centres, to come into the prisons to support the women.

Programmes that focus more directly on domestic violence as a form of gender violence include:

- The Freedom Programme. This is a group work project that takes place in 8 sessions with 2 sessions a week for 4 weeks, plus support between sessions. Modelled on the "Duluth" model, it is based on a cognitive behavioural approach, and focuses on how many of the survivors internalize the myths the perpetrators give them about their relationship. The course aims to unblock that, develop self-esteem and acceptable behaviour. It includes an element of support in the community from the local Women's Aid. At the end of the course the women receive a certificate and a report is produced and shared with relevant agencies that may support the woman on release;

- The “Carousel” Programme. This programme focuses on alternatives to self-harm, on psycho-education, and on developing self-esteem, coping skills, and life skills. It includes drug and alcohol awareness; and addresses underlying issues of rape, gender violence and sexual abuse. It also includes individual work, group work, art therapy and gym, and is facilitated by counselling psychologists and psychotherapists.

3. Specific programmes developed in certain penitentiary institutions targeting women who have suffered gender violence:

Prison	Programme
Holloway women’s prison	12 week gender violence programme which was run by a voluntary agency called the Nia Project. The prison is trying to initiate something along these lines again.
Foston Hall prison	Some strategic work around gender violence last year has been done. Christine Mann developed a gender violence strategy and routine enquiry about gender violence for the prison.
Women in prison.org	Does front line work with women in prison across the UK.
A couple of prisons	Gender Violence support through counsellors who come to the prison once a week and see women on referral (such organisations as Women’s Aid and Rape Crisis).
The Women and Young People’s Group	Recently carried out a review of support provision for women in prisons who have experienced gender violence in the form of abuse, rape or domestic violence.
The Women and Young People’s Group	Carol-Ann Hooper (University of York-2002) did a literature review “Abuse, Intervention and Women in Prison”
The Women and Young People’s Group	“Good practice Guidelines for Staff working with women who have been abused, raped or experienced domestic violence” - July 2005

4. Guidelines for supporting women in prison who have been abused, raped, or have experienced domestic violence:

The following guidelines were produced in 2005 with the aim of helping prison staff of the penitentiaries of England and Wales in supporting women in prison who have suffered gender violence:

Supporting Women in Prison who have been abused, raped, or have experienced domestic violence - Operational advice and good practices guidelines. Issued by the Women’s Team - HM Prison Service (June 2005)

The Women’s Team of the HM Prison elaborated a manual on how to approach and handle the cases of women in prison who have suffered gender violence. They

start from the acknowledgement of the existence of many women in prison who have suffered gender violence (either in childhood, in adulthood, or both). They point out that there are a number of reasons why great care must be taken when addressing abuse issues in prison. They highlight that staff should be made aware that: Abuse may be only one of several problems reported; prison is not an ideal environment for a therapeutic approach to managing abuse; there may be power issues - even the best prison can be an oppressive place; however, the consequences of not offering good support to women who need it must be remembered.

The topics of the guidelines:

- Action that should be taken immediately following disclosure of abuse, rape or domestic violence.
- The range of support that should be provided.

Individual establishments should assess the needs of their population and what realistic support should be given to women and by whom. Women who disclose abuse should be advised on the options available to them. A range of supportive interventions are available, the guidelines list the following ones:

- Information and advice
- Self-help books and websites
- Supportive interventions

The guidelines give additional advice on the implementation of interventions, particularly with regard to the effective delivery of interventions, counselling, group work, working with voluntary agencies and the role of healthcare.

Analysis of the results

The results of the research on in-prison treatment programmes related to the issue of gender violence are, as mentioned above, not quite comprehensive. In the case of those countries where the requested information has not been provided, it is assumed that no treatment programmes for either target group are available in prisons. On the basis of the information that has been provided by other countries, a comparative analysis can be drawn up about the existence of treatment programmes, their theoretical approach, their methodology (where detailed) and the gender aspects of the programme.

The number of countries in the EU where in-prison treatment programmes for women who have suffered gender violence and for men who have committed violence against women have been developed is very low. In the large majority of the countries, no psychological or similar programmes exist for these target groups. Taking into account the high proportion among imprisoned women of those who have suffered gender violence and the high proportion among imprisoned men of those who have committed gender violence that has been registered in a number of European countries, the lack of such programmes in most countries indicates that in treatment programming the attendance to the needs of these distinct groups of women and men for specific measures has been rather low throughout the European Union.

Programmes related to gender violence for women in prisons

In relation to a few of those countries where no specific programmes are provided for women who have suffered gender violence, it has been mentioned that individual psychological treatment is available for them on demand (e.g. Cyprus, Slovakia, UK/Scotland). A further sign of the attention to this target group's needs is the existence of other kinds of interventions, such as informative events and projects addressing the issue of gender violence targeted at both women and men in prison with the aim of promoting gender equality (see Portugal).

There are countries where programmes are available in prisons aiming especially at the treatment and assistance of women who have suffered gender violence. Programmes for women with such a background have been implemented in England and Wales within the United Kingdom, and in Poland. It can also be observed that in countries where such specific treatment programmes for women exist, incarcerated women's experiences of gender violence are taken into account in other programmes and other areas of penitentiary policies as well.

Such specific programmes for women who have suffered gender violence were found to rest on different theoretical foundations, however, with the common concern to counteract consequences of gender violence. In Poland as well as in England and Wales, it is noticeable that in different therapeutic interventions considerable emphasis falls on the victimisation experience of women who have been convicted of different crimes as an important issue to deal with during an intervention. The different programmes have in common that they are directed at the personal development of women in a feminist manner in order to assist them in avoiding gender violence in the future. Such interventions are varied, focussing

either specifically on women who have suffered gender violence, on those who have a drug or alcohol abuse problem, or on those who take part in re-socialisation programmes.

In England and Wales, standards have been established for programmes addressed to women who have suffered gender violence, which apply to all women's penitentiary institutions. The standards appear to be in line with the principles of integrated service provision that is adapted to the individual needs of clients, which is good practice recommended by international policy guidelines. The guidelines call for the integration of such services for women that have been established successfully outside prisons, by involving independent service providers in the system. Importantly, the guidelines also specify the limitations that therapeutic interventions in prison have.

Standardised treatment programmes targeting the problem of gender violence exist in both Poland and the United Kingdom. As for the methodologies that the programmes under consideration use, the methods of the therapeutic interventions have been specified more in the case of England and Wales. These programmes in prisons partly use the established Duluth Program with a cognitive-behavioural approach, an approach that some programmes in Poland also have. Further recommended therapeutic interventions in the UK are, for instance, art therapy and individual counselling. In both countries, therapeutic interventions are often underpinned by education and awareness-raising about gender violence e.g. in relation to understanding the phenomenon of gender violence, or on legal aid available for women who have suffered gender violence.

Programmes related to gender violence for men in prisons

As mentioned above, specific psychological or related treatment programmes focusing on gender violence for men in prisons have been implemented only in a few countries throughout the European Union. Nonetheless, in some countries attention to the needs of men who have committed gender violence for specific treatment has been indicated. Thus, in a few cases the possibility of implementing programmes focusing on the above target group has been researched but no such programmes have been realised yet (e.g. in the Flemish region of Belgium and in Portugal). In some other cases it has been indicated that the Probation Service has realised, though outside prisons, such specific programmes addressing men who have committed gender violence (e.g. in Walloon, Belgium).¹² In the case of Portugal, other programmes with the aim of sensitization and education on the issues of gender violence and gender equality are carried out for men as well as for women in prisons on a less regular basis.

In a number of other countries it has been indicated that for the target group in question non-specific treatment programmes are available. Such programmes focus on issues such as coping with aggression and frustration, anger management or

¹² As the legislation in each country may vary in terms of the criminal justice response to gender violence and the competency of the different authorities in responding to it, agencies other than the Prison Administrations may carry out similar programmes for men. However, the present research has aimed to explore the issue in relation to penitentiary institutes.

social skills development and aim to prevent men's resorting to violence and their later recidivism (e.g. Belgium, Denmark, Poland and Slovakia). Although men who have perpetrated gender violence may participate in these programmes and the issue of gender violence may be addressed in them, as non-specific programmes they cannot be considered as programmes aiming to combat and prevent gender violence.

It has also been indicated in several other countries that individual psychological treatment or other individual professional assistance from social workers or probation officers is available for men who have committed gender violence (e.g. Cyprus, Malta and Slovenia). At the same time, no information has been provided regarding the specificity of these interventions and their approach to the issue of gender violence.

Programmes in prisons that provide for men who have committed gender violence specific psychological or educational intervention have been implemented in Austria, Poland, Spain¹³, Sweden and the United Kingdom (England and Wales). Where some detailed information on these programmes has been provided, the following common characteristics of the programmes have emerged: They focus specifically on the issue of violence against women with the aim of preventing men from committing it in the future; the participants are men who have actually perpetrated gender violence; and the programmes are conducted in groups (in some cases individual counselling is also available).

As for the theoretical approach of the programmes, what several programmes have in common is the concern for the safety of the women who have suffered the violence from the men, the aim to act in their interest, and the cooperation with women's organisations to achieve these aims. The most common methodological approach used in these programmes is a cognitive-behavioural-based approach. The reported programmes, as the presence of the above aspects in them and their direct references indicate, are predominantly based on the Duluth or Minnesota programme "Domestic Abuse Intervention Project"¹⁴ that aims to combat gender violence (e.g. in Poland, Sweden¹⁵ and England and Wales). It is also apparent that where attention is paid to the needs of men for specific programmes on the issue of gender violence, it is more likely that programmes for women related to the issue are also implemented.

As these programmes are mainly cognitive-behavioural in their approach and aim to overcome gender violence, they most importantly raise awareness about abusive attitudes and behaviour towards women in the participating men, with the aim of developing responsibility for their own such behaviour and replacing it with non-abusive and non-controlling attitudes and behaviour. Further emphasis falls on communication issues, conflict management and responsible parenting (e.g. Sweden, England and Wales), motivation and cultural issues (e.g. England and Wales) and possibly the issue of alcohol abuse (e.g. Poland). In connection with the

¹³ See ALTRA report on in-prison and out-of-prison treatment programmes in Germany, Hungary and Spain.

¹⁴ <http://www.duluth-model.org/>

¹⁵ See Probation in Europe, June 2005.

http://www.unicri.it/wwk/documentation/probation/docs/Bulletin_33_E.pdf

Swedish programme specifically, the use of a test battery (SARA) for the assessment of participants has been referred to, the number of sessions in the programme has been set as 27, and another specific gender aspect has been mentioned, i.e. that a woman and a man trainer lead the groups together. Besides the references to the victim-centred and cognitive-behavioural intervention programmes in which they originated, no other specific standards for the above programmes have been provided for the present research.

Brief summary of the findings

<i>Country</i>	<i>In-prison programmes for women</i>	<i>In-prison programmes for men</i>
Austria	- related programme planned	- anti-VAW programme - related programmes
Belgium, Flanders	- none	- none, needs assessment done
Belgium, Walloon	- none	- none - in probation and penal mediation, anti-VAW programmes
Cyprus	- individual treatment	- individual treatment
Czech Republic	N. A.	N. A.
Denmark	- related programme planned	- related programme
Estonia	- none	- none
Finland	N. A.	N. A.
France	N. A.	N. A.
Germany	- none - related programmes - individual treatment	- related programmes
Greece	- none	- none
Hungary	- none	- none
Ireland	N. A.	N. A.
Italy	- none	- none - sexual aggressors' programme
Latvia	- none	- none
Lithuania	N. A.	N. A.
Luxembourg	- none	- none
Malta	- none	- none
Poland	- anti-VAW programme - related programmes	- anti-VAW programme - related programmes
Portugal	- other anti-VAW projects	- other anti-VAW projects
Slovakia	- individual treatment - planned anti-VAW programme	- related programme
Slovenia	- none	- related programme planned
Spain	- none - planned anti-VAW programme	- anti-VAW programme
Sweden	- none	- anti-VAW programme
The Netherlands	N. A.	N. A.
UK Scotland	- individual treatment	- none
UK Northern Ireland	(- anti-VAW programme ?) N. A.	- none
UK England and Wales	- anti-VAW programme - related programmes	- anti-VAW programme - related programmes