

# FAMILY/DOMESTIC VIOLENCE



Domestic violence is defined as the abusive pattern of behaviour demonstrated by one person towards another in an effort to gain and maintain coercive control in relationships. Taking many different forms, including physical, verbal, emotional, sexual, financial, spiritual, and psychological abuse, domestic violence is a serious issue that negatively impacts couples, spouses, children, family, and friends. Often hidden, shame, silence, and guilt are its signatures. Domestic violence occurs across society, regardless of age, gender, race, sexuality, wealth, religion, socioeconomic status, and geography.

Do you find yourself in a situation where you feel your relationship has eroded significantly with elements of domestic violence in your life or in the life of a loved one or friend? Perhaps you have experienced an instance(s) of domestic violence, or have participated in the abuse, but feel afraid or unsure of what to do about it. Whatever your situation may be, seeking help or guidance may be a first important step in reversing the negative impact domestic violence has on your life and on the lives of those around you. With 25 years experiencing working with victim/offender/family/domestic dynamics, and mediating with couples caught in family and marital abuse cycles, Kim strives to assist her clients in making positive and healthy decisions to address their specific issues and promote sustainable change. Kim assists clients in understanding their options moving forward, exploring whether to redefine and rebuild the relationship or consider respectfully dissolving it, and what to expect from organizations such as Victim Services, Child and Family Services, police services, and the judicial system.

Kim invites individuals for counselling separately and also offers couples the opportunity to participate in a safe mediation setting, as appropriate. In some cases it may also be important to invite children and family to participate in counselling as well. Your experience involving domestic violence, whatever it may be, is valid and nothing to be ashamed of. *real consulting* would like to help assist you in addressing, healing, rebuilding, and reclaiming your life. **Please see back of page for a list of services offered.**

## *real consulting*

Family and Business Counselling, Coaching, and Mediation Services

Kim Muscroft-McDonnell B.A. Com. Ed., R.F.M., C.C.P., Family and Divorce Specialty

T: 403-601-3088 C: 403-601-5183 F: 403-601-3090

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## Services:

- Facilitating urgent matters between the parties (marital/cohabitating couple):
  - “Unpacking” the domestic incident
  - Reviewing relationship history
- Navigating court orders, peace bonds, restraining orders, and parenting orders
- Facilitating practical solutions:
  - Living accommodation, finances, childcare, etc.
- Emotional anger management:
  - Specific to high conflict incidents
  - Providing tools for effective communication/conflict reduction
- Individual counselling:
  - Specific to resolving personal issues/increase success in personal growth
- Couples rebuilding mediation:
  - Addressing specific underlying issues to negate future risk and redefine positive relationship
- Couples separation/divorce (high conflict domestic violence) mediation:
  - Specific to individuals requiring safety/security in mediation process
- Strategies/counselling/mediation for nuclear and blended families:
  - Specific to redefining high conflict relationships with ex-partners, present partners, biological, and step-children
- Creating safe parenting plans:
  - Specific to parents in high conflict in a separated state
- Therapy/strategies for children and youth:
  - Supporting children/youth exposed to high conflict
  - Supporting children to cope through art therapy, puppetry, and social stories

Do you have an Employment Assistance Program (EAP)? Please call the *real consulting* office at 403-601-3088 for further information

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