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# Anti – Violence – Training

(nach Marx & Marx)

Anke u. Tim Marx

Socialworker • Anti – Violence - Trainer

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# Anti Violence Training

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## Conception and philosophy

The anti-violence training is an offence related training measure for persons conspicuous by violence.

The conception of the anti-violence training is based on the assumption that violent offenders have specific deficiencies and mind sets (philosophies of life, concepts of the world). The objective is to modify or at least reduce these by specific training units so that a sufficient degree of social adaptation is attained.

If in the context of this training we talk about aggression, we understand this term as always signifying physical violence that is directed outward, towards other persons, with the intention to damage.

The fundamental approach of the social training is based on the principles of social-cognitive learning (Bandura, A: 1979) with the intention of modifying and controlling aggressive behaviour, the rational-emotive therapy approach (Ellis, A: 1962) and the cognitive behaviour therapy to modify cognition. Furthermore strategies of the "provocative therapy" (Farrelly, F: 1986) as well as aspects of body language (Molcho, S.; 1985) are employed.

Recent social training programs specifically designed for violent offenders are by J. Weidner and M. Heilemann (AAT = Anti – Aggressivitäts - Training)). Weidner's therapeutical focus deals with confrontation, particularly the ability to withstand confrontation.

In contrast to other programs the anti-violence training (AVT) presented here has a very broad approach and is aimed in particular at the modification of the internal

structure of cognition, emotions and the steering and control of behaviour.

**The AVT consists of 6 special training units (modules) :**

- cost-benefit analysis - interview concerning crimes of violence, classification of advantages and disadvantages of violence in direct confrontation, negative physical consequences of violence, consulting of a forensic doctor
- body language - practical, exercise oriented unit, to train offenders' self perception and perception of others
- de-escalation module - self-control in aggressive conflict situations and strategies to avoid relapse, learning by communication of knowledge and role play
- offence related case history
- Uncovering session (Demaskierungssitzung) - confrontation exercise with persuasive uncovering character; revision of offence, confrontation with the own violent offence
- Phase of empathy (Empathiephase) learning or reactivation of sympathy with the victims, consulting of an employee from the victim counselling bureau)

The occasional exercises called spot-exercises, are designed to be employed in specific situations and to consolidate certain training contents. Spot exercises are also employed when a problem arises during a session or one participant shows a certain deficiency. In this case a behavioural exercise is immediately carried out.

***Spot-exercises are among others:***

- Shame-Attacks (Blamierübungen) - exercises confronting with embarrassing issues to enhance feeling of self esteem
- provocation tests - provocations are to be avoided with methods learned in the training
- emotion training - emotions like laughing, crying, mourning are to be awakened
- sympathy training - How important it is to be able to feel sympathy with others ?

## Contact

The training has successfully been carried out on a yearly basis since 1998 by Anke Marx, 32 years old, social worker in the prison of Magdeburg and Tim Marx, 35 years old, social worker in the probation office of Magdeburg.

The rate of sequent offence is 20 %. Both trainers have been teaching further courses and organised specialist conferences to the topics "communication with violent offenders" and "implementation of an Anti-violence training" for several years.

The logo consists of the letters 'AVT' in a bold, grey, sans-serif font, centered within a light blue horizontal rectangular bar.

# AVT

Anti – Violence - Training

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