

Family Violence Therapeutic Interventions for Children and Young People

Uniting's Family Violence Therapeutic Interventions for Children and Young People in Southern Metropolitan Melbourne aims to support children and young people as victim survivors to recover and heal from the devastating impacts of family violence. The support is available up until end of June 2028.

Objectives:

The objective of the support is to provide additional therapeutic services to children and young people as victim survivors of family violence in their own right. The therapeutic work may include individual counselling or group work, for example child focused brief therapeutic interventions, creative therapies, dyadic therapies, family therapies and specifically tailored interventions to meet the individual child's needs.

Aims for the therapeutic work:

- Creating individually tailored short term therapeutic interventions.
- Creating a healing space and a space to connect safely.
- Provide an opportunity for mother and child to positively bond.
- Help mother and child to understand where they are at in their journey.
- Support the mother to interact with the child in an attuned regulated way, support their child to feel safe and secure.
- Develop shared understanding, connection and relationship between child and caregiver by encouraging and modelling acceptance, curiosity and empathy in interactions.
- Introduce strategies for psychological first aid, safety, regulation and connection.
- Hold a space for the child to be able to express themselves.
- Support family to create a plan for their continued healing journey, help support staff to make appropriate referrals and plan for future relevant trauma informed therapeutic services.

Impact and Benefits:

- Increased understanding of trauma informed therapeutic work for child and mother.
- Mother to develop skills to stay connected and attuned to the child's needs during periods of increased stress.
- Child to develop sense of safety, bond with mother and start to understand their journey.

Eligibility Criteria:

- Children and young people living in the Southern Metropolitan Area (City of Greater Dandenong, City of Casey, Cardinia Shire).
- Family is being supported by a specialist family violence service or family services and assessment of family violence and safety plan have been completed.
- Established safety (stable housing, PUV not living within the home, stable care arrangements etc.).
- Experienced family violence or impacted by Family violence (including intergenerational trauma).
- Child or young person aged 0-18 years.

How to Access the Support:

- For community referrals please consult with Team Leader, Family Violence Therapeutic Response, Jess Kilker-Elms fvc.south@vt.uniting.org or 0481 465 262.