



Goulburn Family Support Service Inc

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Women NSW – Blueprint team,
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Re: Domestic and Family Violence Response (DFV)

The immediate and long term impacts of domestic violence are well researched, arguably an intervention that can adequately address harmful behaviours, the accumulative emotional harm and incorporate change for improved behaviours within relationships is what is missing.

Our agency's "**Explicit Affective Practice**" has over 15 year's front line demonstrated experience responding to harmful behaviours.

Our practice is based on '**Affect Script Psychology**' pioneered by Silvan S Tomkins; acclaimed philosopher and professor of psychology; which provides a template to explore affects and emotional scripting according to each unique life story or biography, meshed with our biology. Affects understood as physical bodily manifestations through which we experience our human emotions; each human experience is unique but each affect is part of human physiology.

Additionally our framework provides a Behavioural Compass which explores commonly exhibited behaviours and responses when challenges to our perceived positive life experiences present, these responses can at times result in harm to self and/or others. Our practice suggests alternatives to harmful behavioural responses towards repairing fractured relationships. Our practice is delivered in an accessible manner for people of all age groups.

Since 2000 we have compiled submissions to many enquiries describing our developing practice without attracting interest. However, in 2012 our practice was the subject of independent evaluation funded through the Ian Potter Foundation which reported encouraging outcomes for over 80% of our client group. (Online http://gfss.ned.org.au/gfss_evaluation.htm)

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*Confidential advice*emotional support*parenting strategies*personal support*playgroup*problem solving*basic financial management

Funded by NSW Department of Community Services, Community Services

Our practice is new, has the capacity of separating out the behaviour from the person and the issue from the people, harmful behaviour is then the subject of inquiry and investigation, and changes can be made with an understanding of the preceding emotions.

We can engage both parties to explore what happened, who has been impacted and how and what is needed to repair the harm. We do not bring parties together necessarily, we inform them that we can help people separate with dignity or stay together when possible, with both scenarios sharing new learning. We are not in the happiness industry, we are in the fair process industry, providing a venue whereby all have their story heard, are provided with Tools to understand how emotions precede behaviours, by providing an explicit understanding of emotions both punishing and rewarding as drivers of behaviour both positive and negative.

Present-day affective neuroscience can demonstrate that *'emotions are skills that can be learnt'...*and that... *'You can learn to hone the skills you have for feeling your own reactions to certain situations.'*

Online https://www.youtube.com/watch?v=Uad28r_9TPI)

Since 2007 our practice development has been supervised by Clinical Assistant Professor of Psychiatry Susan Leigh Deppe MD; member of the Tomkins Institute (online www.tomkins.org), via Skype, ensuring alignment with theory.

We extend a warm invitation to our agency to view our practice at the front line, as it is an experiential model requiring both cognitive and affective experience.

Warm regards,

Anne Cowling,
Service Co-ordinator,
3rd February, 2016.

Cc The Hon. Pru Goward, MP

'First they ignore you, then they laugh at you, then they fight you, then you win'
Gandhi