

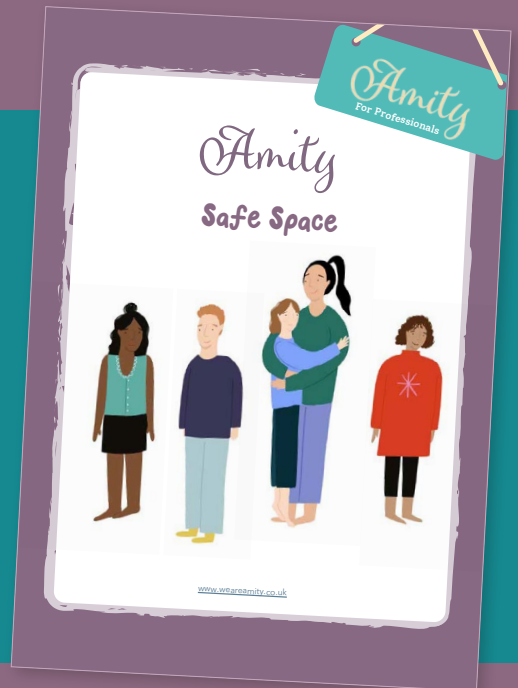
AMITY SAFE SPACE

supporting families through CAPVA

Amity
welcome to the
relationship revolution

Upskilling practitioners to address a hidden family difficulty

Amity Safe Space is a six-session, one-to-one intervention supporting families affected by child and adolescent-to-parent violence (CAPVA) and challenging behaviour in children aged 7-15. It equips practitioners with evidence-based tools to address power imbalances, conflict, and distress. Whether enhancing skills or supporting families, this comprehensive resource offers lasting solutions. Training by Amity experts enables practitioners to deliver effective strategies tailored to each family's needs.



Why Choose Amity Safe Space?



Early identification and support: The earlier CAPVA is recognised, the more effectively it can be addressed. This resource empowers practitioners to:

- Identify signs of CAPVA early, spotting the signs of power imbalances in families.
- Intervene with practical tools, safety planning and therapeutic strategies.
- Support families to rebuild their connections.



Comprehensive practitioner training: Practitioners gain confidence and skills through a full-day, face-to-face training programme, ensuring they:

- Understand the dynamics of CAPVA and its impact on families.
- Recognise the difference between normal adolescent behaviours and abusive patterns.
- Address parent-child power imbalances constructively.



Solution-focused resources that work: Amity Safe Space provides practitioners with structured sessions to:

- Explore family relationship dynamics.
- Introduce restorative strategies and practical safety plans.
- Support parents and children in rebuilding trust and respect.

CAPVA is a complex and often underreported family difficulty, affecting up to 10% of families in the UK. It encompasses harmful behaviours used by children or adolescents to control or harm parents or caregivers. Amity Safe Space offers a proactive, solution-focused approach to help families rebuild healthier dynamics before behaviours and patterns become entrenched.

THEORY OF CHANGE:

Transforming family dynamics with Safe Space

GOAL:
To support families experiencing CAPVA by empowering practitioners to reduce conflict, address power imbalances, and rebuild healthier relationships.

INPUT:

- Amity Safe Space structured six-session programme.
- Practitioner training, tools, and resources.
- Anonymised case studies for contextual learning.

ACTIVITIES:

- Train practitioners to identify and respond to CAPVA.
- Provide families with restorative, solution-focused interventions.
- Promote safety planning and practical conflict management.

OUTPUTS

- Practitioners gain the skills to assess and address CAPVA confidently.
- Families access tailored interventions to reduce conflict and improve relationships.

OUTCOMES

- Parents and children develop healthier ways to interact and manage conflicts.
- Reduced incidents of CAPVA and its associated impacts.
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LONG TERM IMPACT

- Families achieve improved emotional well-being and resilience.
- Communities benefit from healthier family dynamics and reduced conflict.