

A very brief presentation:

# “FIVE STEPS”

A model for the work of transformation in families where children need to be protected because of honour related crimes and oppression

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**“FIVE STEPS”**

A model for the work of transformation in families where children need to be protected because of honour-related crimes and oppression

### **Background**

After the killing of Fadime Sahindal 2002 the Swedish society started the struggle against honour-related violence. Over the years many things have been done and improved: Special sheltered housing for the victims have been well organized, the methods to recognize and see the problems and to give victims the best support have been developed, many millions have been used to educate different groups of professionals and in several working areas there now are special plans of action. During the work to realize all support and protecting initiatives many questions arouse concerning: *“How to change/transform the attitudes and opinions in the family when a child has been protected because of honour related oppression and violence”* *“Efforts to get some methods for the social authorities ought to be carried out”*

The “County Administrative Board of Western Sweden”, who have created the largest swedish organization of sheltered housing with about 150 places, saw the need of find a modell to work for “family transformation”. Inside the Board therefore a work started 2007 and went on until 2009. During the hole time a special reference-group of experts took part in the work. Three conferences were held with professional socialworkers, members of different ethnic organizations and representatives of organizations for women.

Authors of all working drafts and the final draft were: **Lasse Johansson**, social counselor and leader of the work, and **Mikael Thörn**, socialconsulent. Both were at the time working at the Integration and Social departments of the Board.

### **Clinical work 2009- 11**

The model “Five Steps” was clinical tested during 2009-11. This work were done by a group of one man and one woman. The man were the author Lasse Johansson, an older swedish social worker with great experience and knowledge of work against honor related violence. The woman was Nina Darvish, a young swedish/kurdish family-therapist at an organization for sheltered housing. **Such special combination of skilled persons is recommended in the “Five Steps-model”**

During the two years this “treatment-group” worked with the “Five Steps-modell” for 19 sheltered youth and their families. Some of the results of this work are presented in this paper.

## **Some principals of the “Five Steps-model”**

### **One “Manual”**

The objective of creating the Five Steps – model has been to make **a contribution to the work** to transform behavior and attitudes in families where a child has to be sheltered because of honour-related oppression and violence. “ Five Steps” therefore is more like a **Manual for socialworkers** in the field of act against honour-related problems. The authors underline that “Five Steps” **only** is a contribution and not the final solution on the problem of transformation. Readers and users ought to take that in to account

### **Three leading PRINCIPAL PERSPECTIVES during all the Five Step-process**

1. The perspective of human rights including the rights of children and women
2. The perspective that the victim is a child in a family with all the consequences of that fact
3. The perspective of the independence of the victim and her/his right to take part of everything and to be an active central part in the transformation process

### **Two necessary fundamental DEMANDS TO START the work according to “Five Steps”**

1. The young victim/the sheltered youth want to, can manage and is prepared to take active part in the transformation work
2. For the process most important family members and relatives want to, can manage to take part in the transformation work

### **Main OBJECTIVES for the transformation work in line with “Five Steps”**

**Basic principal;** The objectives for the transformation work are the goals of the victim which almost **always** means that:

**Primary objective** is that all threats against the victim should stop

**Secondary objective** is to reach better relations with some or all members of the family and some form of secure contacts

And often **but not always**

**Visionary objective** is to form a new positive family situation with clear and just rules and mutual respect for basic human rights

### **Some working principals for the “treatment-group” in line of “Five Steps”**

- Work in pair. man and women, background: Swedish and immigrant
- First hand information first: Important to build the knowledge on first hand information from the victim and all members of the family (the work often starts about one year or more after the victim got sheltered).
- During the whole process always re-inform the victim who must be and feel her/himself as the central active part
- Be very well prepared for all tasks during the different steps, continually listen to victims wishes and thoughts
- Show all necessary respect and show that you have an holistic approach for the work
- Always learn all important things about the group (ethnic, cultural, religious) which the family is a part of
- Always put the security of the victim and yourselves in the first place
- Always be **more than very sure** that direct contacts with members of the family, talks, visits at home and reunion in the family will be successful for the victim and her/his objectives

### **Some words about the contents in the five different steps ( Look at the schematic picture of process page 10)**

#### **Step 1 – The victim/sheltered youth..... several starting talks**

- Firstly: Profound information and talks about “Five Steps” , the process and the central part of the victim

Examples about what to find out about the opinions of the victim:

- All basic facts about the family and important relatives: who are they, questions about immigration, power in the family, relations between different members of the family, lifeline of the family and the victim etc
- All aspects of what has happened – what, how, how often, who have done what, what motives, opinions about honour and shame, who are to blame mostly, etc
- All aspects of the victims situation – living at present, health, feeling of guilt, education/work, interests, relations to others, love-relations – what needs does she have, does she find herself strong and ready to be active in the process etc
- All aspects of the importance in the family concerning religion, culture, family- traditions, family –limits, her own idea about this etc
- All aspects about her and the family-members cultural orientation and degree of integration
- All aspects of the victims present opinion: hopes for the future, thoughts about opinions of the family, her objectives for the

work of transformation etc

- Tactical opinions of the victim concerning the talks during step nr 2: talks to whom, why these and talks in what order, questions the victim wants to be answered, different topics the victim will and will not to be talked about etc  
( after always control with the victim that you have made right notes)

## **Step 2 – All important members of the family and all important relatives**

- Firstly: Profound information and talks about “Five Steps” , the process and the part of different members of the family

Obs Talks will be held with **one at a time**.

Examples of opinions to clarify separately with each one of the members of the family and eventually also some relatives

- All basic facts about: who they are, background, questions about immigration, present occupation-economy- housing, relations between different members of the family, lifeline of the family and person, health, need of help etc
- All aspects of what has happened in every persons opinion – what, how, how often, who have done what and why , opinions about honour and shame, who are to blame, personal responsibility, etc
- Opinions about the victim – why did she do as she did before living home, why did she live home. how and how much has she been hurt, what are the rights of the victim etc
- All aspects of the importance for the person and the family concerning religion, culture, family-traditions honour, shame
- All aspects about each family-members cultural orientation and degree of integration – present situation and objectives in this respect
- Present opinion of each person concerning: way of solving the “problems”, hopes for the future, the persons own contribution to a successful process
- General opinions about central values as: human rights ( ex the right to chose whom to marry, rights of children and women, equality between man and women etc
- General opinions about: the use of violence, how to solve conflicts, bringing up children, rights for sons and daughters etc
- Opinions concerning the further process for transformation: Does the person will and has the power and opportunity to take part, what hopes and objectives for the transformation does the person have, is there some borderline for the work that the person sets etc?
- (after each interview make a control that the person recognize your notes

### Not to step 1 end 2

- After each interview with members of the family – inform the victim and get her/his reaction
- Before making the final analysis and estimation: Read all other materials in this errand .... And if needed put new questions to the victim and different members of the family to clarify contradictions etc

### Step 3 – Analysis and estimation

- *Make profound analyses of all information from the interviews in Step 1 and 2. Questions to answer, examples:*
  - Between the victim and the others: How far or near are the stories and opinions concerning all aspects of the problem and about what has happened and the cause of that
  - What understanding, regrets, own guilt to what has happened, part in the problem etc does members of the family have
  - Between the victim and the others: How far or near from each other are they concerning cultural orientation, religious beliefs, traditions, thoughts on integration, opinions on honour and shame etc
  - Which are the opinions about central values ( human rights etc) and important problems/questions in a family
  - What are the different persons will and strength to take part and contribute to the work for transformation
- *From the analysis make an estimation if it is possible to go on with the concrete work of transformation. Examples:*
  - Are the parts enough near each other in the opinions about what has happened and the cause of it
  - Are there enough understanding amongst the family about the acts of the victim or do they blame her
  - Do the members of the family see their own part, their own guilt and do they see any need for regrets and change of behavior
  - Are the parts enough near each other concerning cultural orientation, religious beliefs, traditions, thoughts on integration, opinions on honour and shame etc
  - Estimate the degree of transformation capacity among the most important members of the family
  - Make an estimation if all parts are ready and willing to take part in the transformation process and what has to be done to get especially the victim ready and strong enough.
  - Estimate security aspects for concrete transformation activities

- *And so make a final and summary estimation which can be for example:*
  1. **It is ok to start transformation work directly**
  2. **It is not possible to start now but perhaps later** – because of simpler reasons: practical problems, the victim or some important member of the family is not ready to start etc
  3. **It is not possible to start transformation work now** -example because of to great differences in opinions about the problems, the family partly blame the victim, nobody in the family see their own part and guilt.... More work with attitudes and opinions has to be done before any transformation with the victim as one part
  4. Transformation work is totally out of the question – no signs of transformation, it is dangerous for the victim

### **Not to step 3**

- Present your analysis, estimation and recommendations to the victim and get her/his points of view and approval
- Present the final estimation and recommendations to the parents and other members of the family.

### **Step 4 – Concrete work of transformation**

- Make a special plan of acts and initiatives and let the victim give her/his opinion about that
  - ***OBS Evaluate the situation and the progress after each act/initiative – talk to the victim***
  - ***OBS Be always ready to stop the work if any signs of negative development should appear***
- Examples of work when the victim moves home and stays there
- Special transform- discussions separately with different members of the family about special issues ex. own guilt/part, view on different rights and values, opinion about rules in the family etc
  - Special preparation of the victim: strengthen and train arguments, build up self confidence . broaden knowledge about human rights and other central values etc
  - Well prepared talks *about the problems* between the victim with *each member of the family* – one at a time
  - Well prepared talks *about the future* between the victim with *each member of the family* – one at a time ( perhaps also with some important relative)

- Well prepared talks about the future between the victim and ex. both the parents
- Well prepared talks about the future between the victim and ex. all sisters/brothers
- Well prepared talks about the future between the victim and ex. all sisters/brothers ( and perhaps also with some important relative
- Common for the whole family about family roles, how to solve problems and conflicts – perhaps decision about a new “family act for clear and just rules and mutual respect for basic rights “
- Controlled and not controlled simpler meetings between the victim and different members of the family
- The victim visits the family at home
- The victim make shorter and longer stay at home during some weekends, holidays
- The victim moves home and stays and restart live there

## **Step 5 “Follow up work” and “Evaluation” of the changes for the victim and the family**

### ***Follow up:***

When a sheltered victim moves home to the family and stays there it is **important and decisive for success** that “follow up work” with the family will be carried out

Such follow up work can be of various kinds and needs to continue over a long period of time

Examples of “Follow up works”

- Frequent support-talks separately with the victim and separately with parents
- Common talks with the victim and parents to solve new problems
- Positive persons with god status for the family give support
- Group activities for the father and the mother to talk about values, bringing up children etc
- Visits in the home

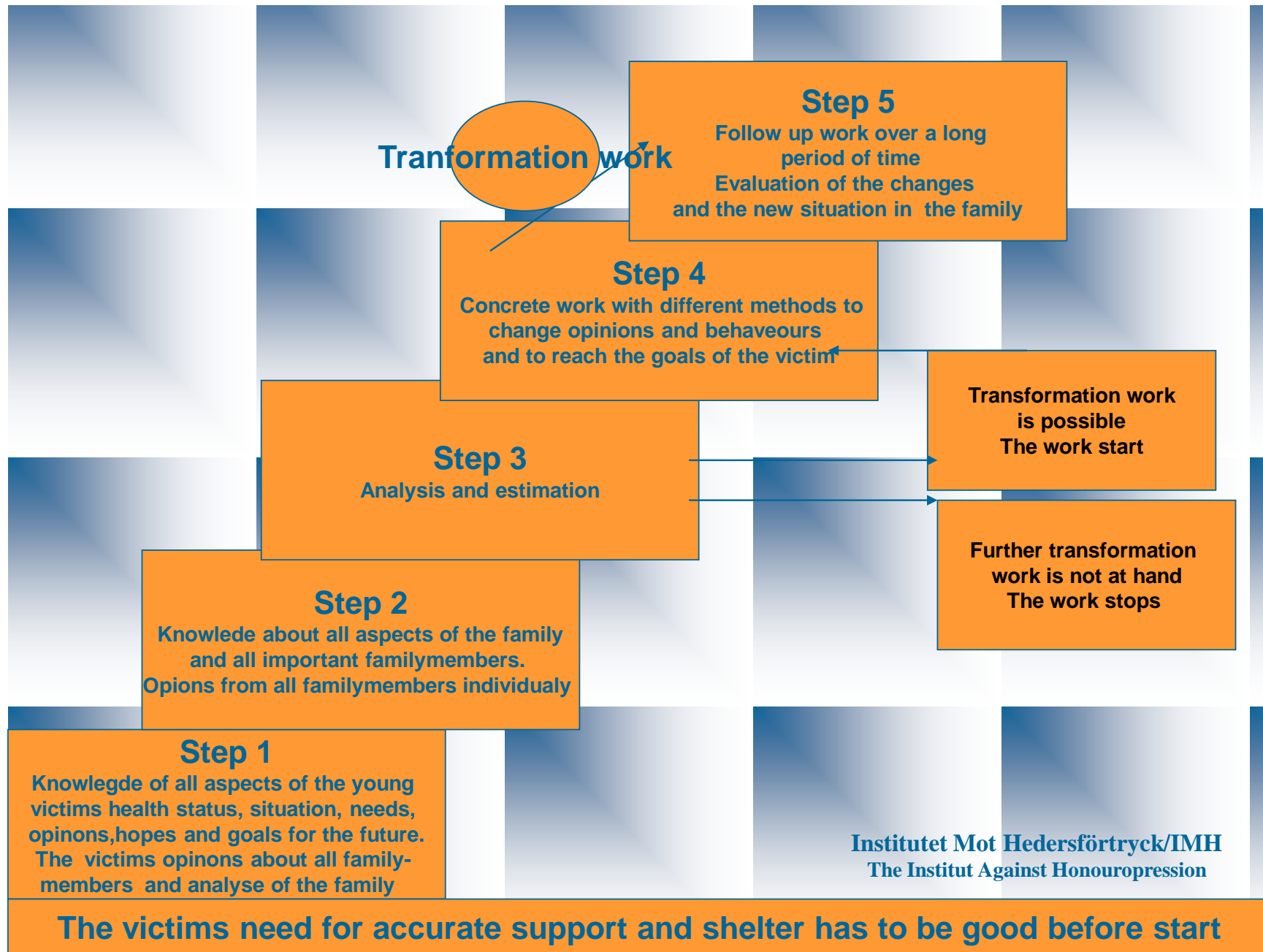
### ***Evaluation:***

- Let all parts evaluate ( victim, parents and other members of the family)
- Most important: Evaluate the degree of transformation
- Can also be done: Evaluation of the transformation process and work



**Some small example of results from clinical work with “Five Steps” during 2009 – 2001**

<b>Number of sheltered youth in the work</b>	<b>19</b>
Girls/young women	17
Boys/young men	2
Under 18 years of age	14
Over 18 years of age	5
<b>Problems they had met</b>	
Different threats	19
Social oppression and control	19
Mental violence	19
Physical violence	10
Threats for forced marriage	4
<b>The objectives of the victim were reached for:</b>	<b>13..... 68.4 % of the victims</b>
<b>The 13 whose objectives were reached gained the following:</b>	
Moved and stayed home	7
Stayed away for studies but normal contacts with the family	2
Stayed in other family, parents approved, only small contacts	2
Stayed in an own flat. Parents approved	2
<b>Other information:</b>	
Special “Family acts of rules and mutual respect” were made	6



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