

OUR FIVE DOMAINS

Understanding the nature, drivers, and context of domestic, family and sexual violence and trauma



DOMAIN 1

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An understanding of the dynamics and drivers of gender, power, control, and race – coupled with an intersectional lens – is necessary to underpin and frame effective responses. This lens acknowledges that when different aspects of identity such as gender, class, ethnicity, cultural background, religion, disability, and sexual orientation intersect, people face a heightened risk of violence and discrimination.

Being aware of the three tiers of prevention and intervention helps workers to appreciate the continuum of responses required to not only respond but prevent violence from occurring in the first place. Within an operating context, relevant legislation, standards and guidelines, and organisational policies and processes are designed to support safe and quality services. Workers need to be able to balance these requirements as part of their practice.



DOMAIN 2

Upholding dignity and value through healing-centred engagement

Upholding people’s rights and dignity means establishing trusting relationships built on the inherent worth, value, and experience of all people we work with and provide services to. Ensuring people can access accurate information about their rights and the broader service system in the context of their individual circumstances is a critical component of choice and control for people seeking help.

Inclusive and integrated approaches depend upon people understanding different cultures and contexts. Taking a proactive approach to build knowledge and connections is required to ensure practice, strategies, and alliances are in place to support all victims-survivors of violence.

The experience of family violence in Aboriginal and Torres Strait Islander communities must be understood in a historical context, including the ongoing impacts of colonisation and intergenerational trauma.



DOMAIN 3

Managing risk, prioritising safety, and recovery

People’s safety is always the first priority and is dependent upon effectively identifying, assessing, and managing immediate and long-term risks. Understanding the dynamic and cumulative nature of trauma and stress is important to recognise and build upon an individual’s strengths, experiences, and agency.

Collaborative approaches to assessing risk must be responsive to culture, the ongoing impacts of intergenerational trauma, and the compounding impact of discrimination and disadvantage. Approaches must balance the importance of promoting accountability, pursuing healing and recovery, and moving beyond a crisis lens.



DOMAIN 4

Working as part of an integrated system

People’s safety and wellbeing is the collective responsibility of workers, organisations, and agencies. Practitioners and organisations need to work together to advocate for change and improvement at a local delivery and systems level.

Being informed by evidence and contributing to the creation of an evidence base through practice helps to build an understanding of what works and what doesn’t. Advocating and influencing for more of what works and promoting this evidence helps to create widespread and systemic change.



DOMAIN 5

Demonstrating a reflective, and self-aware approach

To be an effective agent for women, children, men, gender diverse peoples, and families requires commitment, drive, and a responsibility towards the work you do and to the needs of yourself and your colleagues.

Having a strong connection to purpose and a belief in the ability to make a difference in people’s lives serves as a touchstone and anchor to sustain focus, efforts, and energy. Managing the impacts of vicarious trauma to enable growth and build resilience requires an awareness of self and a proactive approach to self-care, including accessing professional and/or clinical supervision.