

PATHWAYS INTO OUR SECTOR

Growing the domestic and family violence, sexual assault, women's health and wellbeing workforce.



John Allen, RESET Support Services

Associate Diploma of Community Recreation,
Bachelor of Social Science, Masters in Counselling

From community recreation to supporting men to build trusting relationships.

An Associate Diploma in Community Recreation led to the start of John's career working in the aged care sector, where he developed and ran social and recreational programs.

John then moved into the youth sector, managing a youth shelter and programs for unemployed young people.

John also became involved in training new workers, and was employed in registered training organisations. He also worked with Lives Lived Well, an organisation that supports people impacted by alcohol, drugs or mental health issues.

"I strive to understand individuals, and help them to develop self-awareness and learn alternate strategies for responding to triggers."

When studying for a Bachelor of Social Science (Counselling), John completed a placement as a children's counsellor in a domestic and family violence shelter. It was there that his interest in working with men to improve family relationships was sparked.

After graduation, John completed a Masters Degree in Counselling and, as part of his internship, took a job at the Cooroy Family Support Centre. Their research about early intervention and domestic abuse formed the basis of a men's program. The first voluntary program started in 2019, working closely with the local police's Vulnerable Persons Unit.

"I've always wanted to work with marginalised people, and I felt that working with men could save a lot of families considerable grief. But it can be very heavy work emotionally, and it's important to be non-judgemental.

Instead, I strive to understand individuals, and help them to develop self-awareness and learn alternate strategies for responding to triggers."

John stresses that men working in the domestic and family violence sector must develop the skills and knowledge to enable them to build trusting relationships.

"It's important to create a safe place for men to explore their feelings, thoughts and behaviours. And to always be on guard against collusion. Instead ensure conversations are steered towards 'I' statements, which develop insights and awareness."

John is passionate about his work with men and continues to develop early intervention programs. A goal is to eventually write a book about the concept of masculinity in Australia.

For more information visit:
workupld.org.au/resource-hub



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