

# **DAPP Motivational Session #1**

## **Getting to know you**

### **Aims**

- Establish what qualities/traits they find important
- Establish their understanding of children's needs and establish shared understanding
- Build motivation in the importance of their role as a father

### **Timing**

1 hour/45 minutes

### **Resources**

Pen and paper. Post it notes/cards can be useful but not necessary  
Exercise

### **Part 1 - Establish what is important to them**

Ask for a list of qualities or traits (examples maybe generosity, integrity, loyalty, kindness etc), that they think are important in;

- Father
- Partner
- Others (family member, friend, person)

Take time to explore why he feels that these are important, what they mean to him.

Are these qualities that others have shown him?

Did he find them important in his experience of being fathered/parented (if they didn't have a father in their life, explore what they may have liked, or if they had any father figures), as a partner?

Ask him to then order them in importance to him.

Then choose at least the top six (but you can do more if time allows).

Ask him what he would put on the other end of the spectrum as the polar opposite?

Ensure that he comes up with his own definitions. Draw these up as a spectrum i.e;

Generosity {-----} Greed

Take some time to explore the polar opposites, how he feels about them, what he means by them. Are these qualities that others have shown him and how that felt.

## **Part 2 - Establish what children need**

Ask him to think about what children need? These will include basic needs, safety & security and love. We often talk about needs of the child/ren but do we have a clear shared understanding.

Take time to explore why he feels that these are important, for children and what his understanding is of how these are meant by a parent. Ensure that you break them down with him to ensure that he understands, some may be difficult to fully understand.

Ask him to then order them in importance to him.

### **Things to consider**

For these sessions you want to come back to the needs identified to focus on how when there is domestic abuse being perpetrated by a father these needs are not being met by the father. When we talk about love we often focus on it as a feeling but through these sessions we want to focus on it as action, that we are not showing/doing love if we are hurting those that we love. When children are exposed to domestic abuse that they do not feel safe and secure.

**[Ensure that you keep a copy of the responses as you will want to come back to these throughout the sessions.](#)**