

Procedure

AVT is held once a week.
The training class takes about three hours.
The course lasts from three to seven months.

The total duration depends on the modules to be completed and the group size participating in the training course.

A suitable training room, the required technology and the necessary materials are provided for the courses.

Costs

The training course is free of charge.

The participants must cover their own travel and meal costs.

At the end of the course, each participant will receive a certificate of participation and a personal evaluation of their performance in the anti-violence training.

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Anti-Violence Training

with the Judicial System's Social Services Division



SACHSEN-ANHALT

Ministerium für
Justiz und Gleichstellung

English

Anti-Gewalt-Training (Englisch)

About us

Since 1998, the state of Sachsen-Anhalt's **Sozialer Dienst der Justiz** has offered anti-violence training at the Magdeburg office as part of its activities for probationary services and supervision of conduct.

Anti-violence trainers have been available state-wide since 2012.

The training is held by specially certified employees of the Sozialer Dienst der Justiz.

Objectives and tasks

The anti-violence training (AVT) is an intensive course to re-socialise criminal offenders and prevent future violence. It is intended for children, teens and adults who have shown violent tendencies or have been convicted of violent crimes.

In modular, progressive training units based on social group work, the perpetrators are taught skills specifically targeted to help remedy or mitigate existing deficiencies.

Exploring the causes and effects of violent crimes and showing behavioural alternatives help perpetrators of violence to live future lives free of (violent) crimes.

A fundamental change in attitude and behaviour is needed to achieve this goal sustainably.

Contents

The AVT has a modular structure. The participants focus on the following contents in the various modules:

- Cost/benefit analysis
- Reflection on the crime
- Body language training
- Communication training
- De-escalation training
- Confrontation with the crime
- Empathy training

There are also relaxation exercises, video analyses, social anxiety exercises (shame attacks) and role play (attractiveness and flirtation training, provocation tests, response techniques).

The trainers also use guest participants in the exercises. Anyone interested in taking the course should contact the training team at the office.

For more information, see the addresses section.

Participation

Participation in the AVT can be based on a court order, a recommendation by one's probation officer or the probationer's own request.

Personal suitability must be assessed before confirmation of acceptance to the programme.