

The FPI Facilitation Approach

The FPI Approach is built on Compassion, Integrity and Expertise.

This unique approach combines many trusted and evidence-based approaches to transformational change including (but not limited to) Motivational Interviewing, Cognitive Behavioral concepts, Trauma-Informed Practices, Rational-Emotive Behavioral concepts, Internal-Focused Dialogue, Polyvagal Theory, and Mindfulness.

Compassion: We bring compassion to this work at every step of the process. Some examples of this that are essential to the FPI Approach are that we...

- Build Relationship and Connection with both victims and participants;
- Acknowledge impacts of trauma on victims and participants;
- Meet people where they are in their change process;
- Let participants decide the pace of their change process; and
- Hold reasonable expectations for participants, co-facilitators, victims, and ourselves

Integrity: We acknowledge that we can not teach people how to build trusting, healthy relationships if we are not willing to be trustworthy ourselves. Because of this, we...

- Strive to do what we say we will do.
- Take accountability when we fall short.
- Are victim-centered.
- Trust the Process.
- Lead by example.

Expertise: As facilitators, we understand it is our role to be highly knowledgeable in a number of areas in addition to curriculum-based information which include...

- Teaching through role-modeling and storytelling;
- The responsible pursuit of vulnerability;
- Understanding and ability to navigate the Funnel Process, which is an Internal-Focused Dialogue that includes emotional awareness, beliefs such as Shadow and Golden Shadow, and the power of the Enlightened Witness;
- Understanding and ability to apply the River of Cruelty Model;
- Understanding and ability to apply the Motivations of Battering in our interactions with victims and participants; and
- The ability to adapt and adjust as new research and/or practices become known.

“We appreciated your thoughtful approach to working with both survivors and offenders. We know from the feedback we received so far that many who attended your session indicated it was one of the best learning experiences they have had in their career.” - Ending Violence Association British Columbia