

Fathers for Change

Adapting a US intervention for the UK

Fathers for Change is a 1-to-1 therapeutic intervention designed to support fathers with a history of partner abuse perpetration, to change their understanding of emotions, thinking and behaviour – and thus improve family outcomes.

Developed and evaluated in the US by a team at Yale University, Fathers for Change positions fatherhood as a key motivator for change in abusive men. It provides a safe space to explore, in depth, men’s individual histories and challenges – and to build key skills that enable healthy couple and father-child relationships.

Individual delivery ensures sensitivity to fathers’ diverse lived experiences, including issues related to their race/ ethnicity, cultural backgrounds, family of origin and belief systems.

Adapting F4C for the UK

We are working with the programme’s developer, [Professor Carla Smith Stover](#), the [Behavioural Insights Team](#) and [St Michael’s Fellowship](#) to adapt Fathers for Change for the UK, with the aim of then testing it with a cohort of fathers and their families. This work is funded by Foundations, the What Works Centre for Children & Families, as part of its [REACH \(Researching Effective Approaches for Children\) Plan](#).

Fathers for Change was highlighted in a recent international review of ‘what works’ to improve the outcomes of children exposed to domestic abuse, as one of only two rigorously evidenced programmes¹. The intervention has been found to reduce the likelihood of repeat abuse and children’s exposure to conflict² (Stover et al, 2020) and to reduce by half the chances of a repeat child maltreatment report within 12 months of the intervention³.

Contact Dr Jeremy Davies j.davies@fatherhoodinstitute.org to find out more.

¹ Schrader-McMillan, A. and Barlow, J. (2023) [Improving outcomes for children with child protection concerns who have been exposed to domestic abuse](#). Foundations, June 2023.

² Stover, C.S., Beebe, R., Clough, M. et al. (2022). Evaluation of a Statewide Implementation of Fathers for Change: a Fathering Intervention for Families Impacted by Partner Violence. *Journal of Family Violence*. 2022: 37, 449–459. <https://doi.org/10.1007/s10896-020-00199-5>.

³ Beebe, R., Fish, M.C., Grasso, D., Bernstein, B., DiVietro, S., Stover, C.S. (2023). Reducing Family Violence Through Child Welfare Intervention: A Propensity Score-Matched Study of Fathers for Change. *Journal of Interpersonal Violence*. 2023 Nov;38(21-22):11666-11691. doi: 10.1177/08862605231186121. Epub 2023 Jul 20. PMID: 37470201. <https://pubmed.ncbi.nlm.nih.gov/37470201/>