



**Interventions
Alliance**

Part of the Seetec Group



Compulsive and Obsessive Behaviour Intervention (COBI)

Suitable for:

- ▶ Both intimate and stranger stalking; and
- ▶ Stalkers who are subject to statutory supervision, to stalking protection orders and those of concern to the police or statutory agencies.

Delivery:

- ▶ Twelve, two-and-a-half hour one-to-one sessions over three months; and
- ▶ Optional additional sessions upon purchase by the individual are available, should further help and support be needed.

Outcomes:

- ▶ Reduced risks to a stalker's previous victim or victims;
- ▶ Reduced risks to victim or victims; and
- ▶ Increased emotional management.

Evidence-led solutions to build better futures and wellbeing

Programme overview:

Due to the obsessive nature of stalking, recidivism is high and the trauma experienced by victims can be life changing. In 75% of domestic homicides, victims had reported being stalked or harassed prior to their murders. Victims have not always been in a personal relationship with their stalker though. They can be someone of celebrity status, a stranger targeted at random or those who have worked professionally with them. The intervention is designed to reduce this type of offending and therefore prevent harm caused to further victims.

Our in-house psychotherapist and research team worked together to develop this intervention to work with perpetrators – the first of its kind in the UK. The programme is based on a successful treatment model called 'Dialectical Behaviour Therapy' (DBT), and research from the United States, which found that those who completed the course stopped their offending.

Training for this programme is intense and comprehensive. It includes DBT training, which has been approved by the British Psychological Society, alongside a range of targeted learning, to provide a strong level of understanding of this behaviour. Mental health and learning disabilities training is also available. These necessary components of the training programme are essential to have an understanding of what would have led the individual to have compulsive obsessive behaviours.

Qualified probation officers, counsellors and employees with a background in psychology, and experienced cognitive behaviour therapy practitioners deliver the programme. They work intensively with individuals to assess risks and to examine the chain of events, triggers and behaviours that heighten stalkers risk of offending. In the sessions, participants look to develop new skills and coping mechanisms that break the cycle of their offending.

**For more information please contact:
BCSSU@interventionsalliance.com**

About us

Interventions Alliance works with a range of commissioners and partners to support rehabilitation, to make communities safer and improve an individual's wellbeing. We are committed to helping people break down the barriers they may face.

www.interventionsalliance.com



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