



**Interventions
Alliance**
Part of the Seetec Group

Compulsive and Obsessive Behaviour Intervention (COBI) Leaflet for survivors



**Delivering evidence-led
solutions to build better
futures and wellbeing**

What is COBI?

COBI is a treatment for people whose thoughts and behaviours could be described as obsessive. It is a challenging and intensive talking therapy which uses a treatment model called Dialectical Behavioural Therapy (DBT).

We offer the programme to people whose behaviour has caused harm and distress to others. Our therapy helps the perpetrator to acknowledge, accept, recognise and manage the difficult emotions that trigger harmful behaviour.

How do I benefit from the programme?

COBI sessions focus on protecting you - the survivor. Our programme aims to give the perpetrator the tools to manage their emotions and behaviour to reduce the risk to you and to cease their behaviour.

From the first session, we will set goals with the perpetrator that intend to improve your welfare and safety. Throughout, we monitor the perpetrator's behaviour. Should we have concerns about their behaviour, or we become aware that they have broken any rules, including any restraining orders or other restrictions, we will inform the police, Veritas Justice and other authorities. The perpetrator is told we will take this action, and they are aware it could result in a conviction.

What does the perpetrator learn on the programme?

There are 12 intensive, one-to-one sessions with a highly skilled treatment officer.

Each session lasts up to two and a half hours.

The perpetrator learns to:

- ▶ Be aware of the here and now;
- ▶ Interact healthily with others;
- ▶ Manage their emotional distress; and
- ▶ Respond healthily to an emotional experience instead of causing distress to others.

The perpetrator also completes tasks in between sessions to embed their learning.



Protecting yourself

There is a risk mainly during the early stages of treatment that the individual will try to contact you again. This is because treatment gets them talking about their feelings and emotions, but they are still developing the new skills to manage and change these.

If this happens, you should contact the police and your Veritas Justice Stalking Advocate straight away. **Remember to always record any information.**

Call 999 if you are concerned about your safety.

We may also ask the police and Veritas Justice to share this information with us, so our treatment officer can best address and manage the behaviour through the work we do with the perpetrator. The aim will be to enhance your safety.

Need further information?

Talk to your local stalking advocacy service, who will be happy to help you.

www.interventionsalliance.com



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