# Overcoming Barriers: A toolkit to improve responses to CALD women and children who have experienced family violence

## **Self-reflection Tool**

This tool is for practitioners who support CALD women and children who may have experienced family violence. The tool aims to promote good practice approaches to working with CALD women and children. It should be used in combination with ‘Overcoming Barriers: A toolkit to improve responses to CALD women and children who have experienced family violence’. The tool can be used for self-reflection, to support supervision or for team planning activities.

It may be useful to have a particular client in mind as you work through the questions.

### Anti-racist, human rights-based practice

* What are my belief systems and values in relation to
	+ Other cultures
	+ Cultural beliefs
	+ Cultural practices
* What are my assumptions about the use of violence in the culture from which my client comes?
* How do my values and beliefs influence my practice?

### Addressing systemic barriers

* What may be some of the systemic or structural barriers that my client has had to face in getting help for family violence? (E.g. immigration issues, isolation and financial or language barriers).
* How can I support CALD women to navigate the family violence service system?
* In what ways can I support CALD women who are geographically or socially isolated?
* How can I ensure information is made available in appropriate languages/dialects and is culturally relevant?

### Thinking about community barriers and enablers

* What are the community barriers and enablers affecting my client’s help-seeking following family violence?
* How can I ensure that CALD women have access to information about what family violence is and their right to safety?
* How can I find out about and encourage CALD women to connect with community supports?

### Working with trauma

* What trauma has my client experienced during pre-migration and migration, if any?
* How can I ensure that my practice with CALD women is trauma informed?

Risk assessment and safety planning with CALD women

* How can I ensure that I have the necessary skills and tools to assess my client’s risk?
* What tactics of abuse has the perpetrator used to target the particular barriers faced by my client?
* How can I better consider the additional tactics of abuse used by perpetrators against CALD women as a part of risk assessment and safety planning?

Working with interpreters

* What barriers might my client have faced in accessing interpreters or during the interpreted exchange?
* How can I offer the use of interpreters to CALD women in a way that enables them to express their wishes about who their interpreter is and how interpreting is performed?
* How can I ensure interpreters are performing their role ethically and effectively?

### Working with CALD children

[Note that the client referred to in these questions is the child.]

* What is the role of the child/parent in the culture or family from which my client comes? How has this impacted my client’s help seeking and recovery from family violence?
* What trauma has my client experienced during pre-migration and migration, if any?
* How can I ensure that my practice with CALD children is trauma informed?
* How can I ensure that I work with CALD children as clients, in their own right?
* Have I been inclusive of parents, grandparents and extended family in case planning, where appropriate?