



Using the Cooktown Ten (C-10)

A step by step suggestion for first time use

Have a client or patient visit with you....

1. Recognise that the issue or situation confronting your client/patient is one of potential violence and power misuse.

2. Introduce the pathogenesis as an idea to use.

3. Start with something like;

You know life has 4 pretty simple functions we all do all the time in every place and culture, labelled life's rich diversity (4 positive life processes):

- i. *getting nutrition, oxygen and water in (Eating or **PARTAKING**)*
- ii. *managing waste and byproducts of living – (**POOPING**)*
- iii. *mixing and meeting with other people – (**PROCREATING**)*
- iv. *and, finishing things or endings, including getting the things that matter organised at the end of life – (**PASSING ON**)*

List these on the right-hand side of the page near the top.

4. Then say;

And along the way every group and person encounters problems.

Draw an arrow to the top left.

5. Suggest;

You know there are these 6 factors that have to come together for an act of violence or harm to happen

6. Then choose the least confronting factor to start with, the one that won't cause immediate blocking or rejection. For example,

*You know one of the major factors is **Prejudice**:*

- i. *prejudice – that belief that what you are thinking counts more than another and what they know*
- ii. *prejudice, these deeply held internal beliefs are learned and reinforced – education/media, porn, racism, sexism, self-opinion/belief*

Draw a single petal near the top of the left side, and mark it with a P, and just add letters to signify the reinforcers as we explore them.

7. Then explore each petal and mark as the conversation evolves.

- i. ***Isolation** – no **CONNECTIONS** to friends or family or community that will help*
- ii. ***Frustration** – no **OPTIONS** for different actions*

iii. **Desperation** – no **HOPE** that anything will change or become different

Underline or circle connections, hope, and options.

8. The last 2 petals drawn are for **Place** and **Triggers**.
9. Leave one petal detached but close and darkly colour the centre as signifying all factors coming together. Talk about the emotion of contempt arising at this juncture.
10. Then mark the descent into violence or harmful act away to the bottom left-hand corner and mark a bold 'V' at the edge signifying that after this act there's no coming back.
11. Suggest;
To move from the violence factor collection and violent descent side, something has to happen.
12. Draw a big arrow across to the 4 positive life processes, and write these options:
 - I. *an act of kindness,*
 - II. *learning,*
 - III. *consent,*
 - IV. *deliberate act of self-control*
13. If the issue is a lack of self-control or emotion management, talk about self-control using the gentle-hands strategy or similar mindful technique.

gentle hands,

gentle eyes,

gentle breath,

gentle response

14. Add to step 12's arrow, a branch and say;
If this arrow has a branch showing no real lasting change and everyone returns to the top of the violence factor intersections.
Take the chance here to talk about behaviour reinforcers and ease of fresh descent, typical of workplace power misuse, alcohol misuse, poker machine use, threats of violence, all the negative Duluth actions. Another arrow reinforces this parallel with reinforcing abuse repeated.
15. When the whole model is on the page and understood, review the options to take to decrease each factor, and explore alternative options focussing on the 4 positive life processes as more preferable, valuable or rewarding.
16. This page then forms a take home sheet, and make a plan to review the situation at a later time, follow up appointment.



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