Research-action program for violence reduction and women's empowerment using CAPE: Culturally Adapted Program of Empowerment Self-Defense

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Creating sustainable change: questions from the field
Empowerment Self Defense (ESD):
* Violence as continuum
* Skills: awareness, voice, emotion and body
* Confronting cultural and psychological barriers
* Embodied answers to an embodied problems
* Supported by research

Photo credit: El-Halev, Israel
Gender Based Violence (GBV): a global epidemic and a local phenomenon

Photo credit: World Health Organization
A scripted violent interaction is influenced by the ways the parties perceive violence, what happens in a violent situation, the feelings of each party, and the perceived action choices available for each party (The Fighting Spirit, Martha McCaughey, *Gender & Society*, Vol 12, Issue 3, pp. 277 – 300, first published June 1, 1998)

GBV as culturally scripted interaction

(Cultural Polysystem theory, Cultural Repertoire theory)
From theory to practice: applications for intercultural interventions
Familiarity with local “violence scripts”

1. The step by step happenings in a violent situation
2. The influence of gender roles and expectations
3. The influence of perceptions of power and vulnerability

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Researching local “flow charts”:
- Data analysis, observations, interviews, focus groups, cultural materials, media
- PRA – using games, visual aids, pictures, movies
- Ethno-theater
Generating shared knowledge
In participatory community Appraisal

Identifying patterns in local violence scripts:
1. Usable
2. Reoccurring
3. Locally agreed upon

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Cultural adaptations of ESD: needs, barriers and catalyzers, results

Photo credit: Tamar Priel
Creating Sustainable change: thoughts from the field (CAPE)
1. Participatory Cultural research
2. Cultural adaptations
3. Local partnerships and trainings
4. Creating coalitions
Thank you for listening!

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