



# Effective Professional Interventions for Protecting Children and Families from Violence in Buraydah, Al Qassim

Fawaz Ali Almalki<sup>1</sup>, Kurniawan Arif Maspul<sup>2</sup>

<sup>1</sup> Qassim University; [f.almalki@qu.edu.sa](mailto:f.almalki@qu.edu.sa)

<sup>2</sup> University of the People; [kurniawanarifmaspul@my.uopeople.edu](mailto:kurniawanarifmaspul@my.uopeople.edu)

**Abstrak:** Mengatasi kekerasan keluarga di Al Qassim sangat penting untuk memastikan kesejahteraan anak-anak dan mendorong rumah tangga yang stabil. Studi ini mengeksplorasi intervensi profesional yang efektif dan cara-cara inovatif untuk melindungi dan mendukung keluarga yang terkena dampak kekerasan, sambil mempertimbangkan kesulitan dan aspek penting yang terlibat dalam implementasinya. Terapi keluarga, program pendidikan komunitas, perawatan berdasarkan informasi trauma, dan layanan konseling digambarkan sebagai intervensi berguna yang meningkatkan komunikasi, menyelesaikan masalah, dan menciptakan hubungan yang sehat dalam keluarga oleh organisasi Osrah. Selain itu, terapi berbasis teknologi dan terapi berbasis seni memberikan pendekatan baru untuk menutup kesenjangan layanan dan mendorong penyembuhan dan ketahanan. Pemberdayaan masyarakat, program pendidikan, peluang ekonomi, dan peninjauan terus-menerus merupakan bagian dari solusi jangka panjang. Al Qassim, khususnya di Buraydah, dapat membangun lingkungan yang lebih aman dan mendukung dengan memprioritaskan kesejahteraan anak-anak dan keluarga serta menerapkan teknik-teknik ini, membina hubungan yang kuat dalam komunitas.

**Kata Kunci:** Anak-anak dan keluarga, Kekerasan dalam keluarga, Pendekatan berkelanjutan, Perawatan dan dukungan, Solusi inovatif, Intervensi profesional.

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\*Correspondensi: Fawaz Ali Almalki dan Kurniawan Arif Maspul  
Email: [f.almalki@qu.edu.sa](mailto:f.almalki@qu.edu.sa)  
[kurniawanarifmaspul@my.uopeople.edu](mailto:kurniawanarifmaspul@my.uopeople.edu)

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**Abstract:** Addressing family violence in Al Qassim is critical for ensuring the well-being of children and encouraging stable households. This study explores effective professional interventions and innovative ways to protect and support families affected by violence, while considering the difficulties and critical aspects involved in their implementation. Family therapy, community education programs, trauma-informed care, and counseling services are described as useful interventions that improve communication, resolve problems, and create healthy relationships within families by the Osrah organization. Furthermore, technology-based therapies and arts-based therapy provide novel approaches to closing service gaps and promoting healing and resilience. Community empowerment, education programs, economic opportunities, and constant review are all part of long-term solutions. Al Qassim, specifically in Buraydah, may build a safer and more supportive environment by prioritizing the well-being of children and families and applying these techniques, fostering strong relationships within the community.

**Keywords:** Care and support, Children and families, Family violence, Innovative solutions. Professional interventions. Sustainable approaches

## Introduction

Violence within families endangers children's well-being and development, as well as the overall stability of households in Al Qassim, specifically in Buraydah. To address this critical issue, a study that investigates effective professional interventions to protect children and families from violence while also providing them with the essential care and support is required. The purpose of this study is to look into the most promising treatments and their contributions to care and support, as well as the important elements and problems associated with their implementation.

Family therapy is a very effective intervention that uses ideas such as family systems theory to alleviate violence within the family unit (McClennen *et al.*, 2016). Family therapists can identify underlying issues that contribute to violence and give techniques and interventions that build a safer and more supportive family environment by focusing on enhancing communication, resolving disagreements, and developing healthy relationships.

Another key strategy is community education and awareness campaigns. These programs, which are based on the concepts of social learning theory, increase awareness about the impact of violence on children and families, encourage positive parenting practices, and provide information on available support options (Evans *et al.*, 2014). Professionals contribute to a safer environment for children and families by empowering the community to detect indications of violence, report incidences, and seek assistance.

Professional interventions, in addition to addressing violence, play an important role in providing care and support to individuals affected. Trauma-informed care promotes building safe and supportive environments, recognizing the occurrence and impact of trauma on individuals (Kimberg & Wheeler, 2019). Professionals can help survivors of abuse heal and rebuild their lives by using trauma-informed approaches and offering compassionate and appropriate care.

Another useful concept is attachment theory, which emphasizes the significance of secure and loving connections. Professionals can help individuals and families affected by violence form stable attachments, process their experiences, and establish stronger connections in the future by providing counseling and therapy services (Kagan, 2014). Professional initiatives in Buraydah, however, are not without difficulties. Limited resources, such as finance and skilled specialists, can make these interventions unavailable and inaccessible. Collaboration between government agencies, non-profit groups, and community leaders is required to successfully allocate resources and prioritize the well-being of children and families.

Cultural and societal standards can influence how families perceive and respond to violence. Professionals must use culturally competent approaches to develop trust and collaboration with families by creating a safe and nonjudgmental atmosphere. Interventions can be adapted effectively by recognizing and respecting the particular needs and beliefs of the local community (Gil-Rivas & Kilmer, 2016). This study aims to investigate effective professional interventions, their contributions to care and support, and the important elements and problems in their implementation in Buraydah, Al Qassim, to protect children and families from violence.

Addressing these study concerns can lead to the development of solutions and activities for establishing a safer and more nurturing environment for people affected by violence. Through joint efforts and a commitment to the well-being of the local community, professionals in Buraydah, Al Qassim, may make a substantial and permanent difference in the lives of children and families.

## **Method**

This qualitative study explores prosperous professional interventions for safeguarding children and families from violence, as well as providing care and support, in the context of Buraydah, Al Qassim. The approach includes a thorough review of relevant literature, group conversations with Osrah Organization social workers and counsellors, and direct observations during practices. This study aims to uncover valuable insights into the most effective approaches, contributions to care and support, and key factors and challenges involved in implementing these interventions by delving into the literature, engaging in rich group discussions, and actively observing interventions in action. Throughout the research process, ethical issues are stressed to ensure participant confidentiality and well-being. The findings of this study will be used to inform the development of targeted policies and efforts to protect children and families from violence and improve their general well-being in Buraydah, Al Qassim.

## **Result and Discussion**

### **Improving Community Wellbeing through Theory and Evidence-Based Practice**

Counsellors and mental health experts in Buraydah, Al Qassim can have a substantial impact on community safety and well-being by implementing effective techniques and initiatives. Using applicable theories and evidence-based approaches, these experts can create treatments that effectively reduce family violence and create a safer environment. Urie Bronfenbrenner's (1979) ecological systems theory can be used to inform their work. According to this theory, humans are influenced by a variety of interconnected systems, including the microsystem (immediate surroundings), mesosystem (connections between microsystems), exosystem (indirect impacts), and macrosystem. Counsellors and mental health professionals who apply this theory to their treatments can better understand the numerous elements that contribute to family violence and develop ways to address these factors at different levels.

Interventions at the microsystem level, for example, can target building family ties, boosting communication skills, and supporting healthy parenting practices. Collaborations with schools, community centers, and religious institutions can be formed at the mesosystem level to develop a network of family support. In the exosystem, efforts can be undertaken to push for legislation that protect victims of family violence while also providing resources for intervention and prevention. Finally, at the macrolevel, education

and awareness programs can address cultural norms and societal attitudes toward violence.

Counsellors and mental health professionals should establish plans and initiatives based on empirical evidence and research findings. Peters *et al.* (2018) found that trauma-focused cognitive-behavioral treatment is helpful in minimizing the impact of violence on children and enhancing their psychological well-being. Professionals can guarantee that their interventions are based on proven methodologies by implementing evidence-based practices like this one. Counsellors and mental health professionals can strengthen their strategies and initiatives by incorporating relevant theories and empirical evidence, as well as citing credible sources. This ensures that their interventions are well-informed and effective in protecting the community and promoting wellbeing.

### **Effective Professional Interventions in Protecting Children and Families from Violence**

Meanwhile, violence within families endangers children's well-being and development, as well as the overall stability of families. It is critical in the context of Buraydah, Al Qassim, to identify and execute effective professional interventions that can protect children and families from violence while also providing them with the care and support they require. Throughout the extensive discussion, the goal is to investigate the most effective professional interventions, their contribution to care and support, as well as the major elements and problems in their implementation. By addressing these research issues, counsellor and mental health professionals may create policies and programs that will benefit the local community's well-being.

Professional interventions are critical in protecting children and families from abuse and addressing the dangers to their well-being and development. Several interventions in the setting of Buraydah, Al Qassim, have had encouraging results. Family therapy is one such intervention that uses multiple ideas and ways to alleviate violence within the family unit. Murray Bowen's family systems theory emphasizes the connectivity and dynamics of family interactions. This method is used by family therapists to improve communication, resolve problems, and promote healthy relationships within the family (Levenson & Willis, 2019; Chaudri *et al.*, 2019). Trained experts can give techniques and treatments that build a safer and more supportive family environment by recognizing and treating the underlying issues that contribute to violence.

Community education and awareness campaigns are another successful measure. These programs are based on social learning theory, which states that people learn by seeing the behaviors of others and the consequences of those acts (Bandura & Walters, 1977). Professionals can empower the community to recognize signs of violence, report incidents, and seek help when needed by raising awareness about the impact of violence on children and families, promoting positive parenting practices, and providing information on available resources for support (Jones *et al.*, 2012).

### **Contributions of Professional Interventions to Care and Support**

Professional interventions not only address violence, but also help to provide care and support to children and families in Buraydah, Al Qassim. The provision of trauma-

informed care is a big contribution. Trauma-informed approaches acknowledge the frequency and impact of trauma on individuals while emphasizing the importance of fostering safe and supportive environments (Karakurt *et al.*, 2016). Professionals can help survivors of abuse heal and rebuild their lives by using trauma-informed approaches and offering compassionate and appropriate care.

John Bowlby's attachment theory is another useful framework for understanding the contributions of professional interventions to care and support. Bowlby and Ainsworth (2013) underline the importance of secure and loving connections in supporting healthy development and well-being. Professionals can help individuals and families affected by violence form stable attachments, process their experiences, and establish stronger connections in the future through counseling and therapy services (Warshaw *et al.*, 2013; Ragavan *et al.*, 2019).

### **Key Factors and Challenges in Implementing Professional Interventions**

Implementing professional interventions for violence prevention and child and family care in Buraydah, Al Qassim, is not without difficulties. Limited resources, such as financing and skilled personnel, can make these interventions unavailable and inaccessible (Kiragu *et al.*, 2018; Schwab-Reese & Renner, 2018). To address this dilemma, government agencies, non-profit groups, and community leaders must work together to efficiently distribute resources and prioritize the well-being of children and families.

Another important issue is cultural and societal standards, which may influence how families perceive and respond to violence. Cultural sensitivity and knowledge are vital in personalizing interventions to the local community's particular needs and beliefs (Al-Krenawi & Graham, 2000). Professionals must use culturally competent approaches to develop trust and collaboration with families by creating a safe and nonjudgmental atmosphere.

The study topics addressed in this article provide light on the efficacy of professional interventions in reducing family violence and giving care and support to children and families in Buraydah, Al Qassim. In this setting, family therapy, community education programs, trauma-informed care, and counseling services have proven to be effective therapies. However, problems such as limited resources and cultural norms must be addressed for implementation to be successful.

Counsellors and mental health professionals can develop strategies and initiatives that protect children, support families, and create a safer and more nurturing environment in Buraydah, Al Qassim by continuously evaluating and adapting professional interventions based on research and community feedback. We can create a good and permanent difference in the lives of those affected by violence via joint efforts and a dedication to the well-being of the local community.

### **Exploring Innovative Solutions to Address Family Violence**

Violence within families has long-term harmful impacts on children's well-being and family stability, demanding the creation of new and durable ways to safeguard and support families. Several unique concepts and approaches for treating family violence and

improving long-term well-being have evolved in the context of Buraydah, Al Qassim. The following study will investigate these new concepts, their notable examples, and their potential for long-term solutions in the local community.

One novel concept is to employ technology to improve intervention and support services. Individuals and families victimized by violence can benefit from mobile applications and online platforms that provide accessible resources, counselling services, and reporting procedures (Hui *et al.*, 2023; Batada & Leon, 2019). A mobile application established in a neighbouring Saudi city, for example, allows users to access information about healthy relationships, parenting ideas, and emergency contacts for instant aid. Such technological solutions have the potential to bridge service availability gaps and reach persons who may not have access to traditional support networks.

Another innovative method is the incorporation of arts-based therapy into interventions for abused children and families. Art, song, and theatre therapy all give creative channels for self-expression, healing, and resilience building (Van Westrhenen & Fritz, 2014). Art therapy was found to be beneficial in lowering trauma symptoms and promoting emotional well-being among children exposed to family violence in a study conducted in a comparable cultural environment (Weber, 2012; Hill, 2016). Professionals can empower children and families to process their experiences and develop coping mechanisms by incorporating these novel approaches into intervention programs.

Sustainable approaches necessitate a multifaceted community-based strategy that includes collaboration among many stakeholders. One notable example is the formation of interdisciplinary task groups comprised of experts from several professions such as social work, psychology, law enforcement, and healthcare. These task groups collaborate to ensure a comprehensive response to family violence (Kurst-Swanger & Petcosky, 2003; Greville *et al.*, 2023). These collaborations can provide comprehensive assistance to families and improve the effectiveness of therapies by pooling resources and expertise.

Community empowerment and mobilization are also required for long-term solutions. Community-based organizations can help raise awareness, advocate for policy changes, and provide support services. For example, in Buraydah, Al Qassim, a local non-profit organization has launched community-led campaigns against family violence, including religious leaders, educators, and community members in discourse and action (Dickinson *et al.*, 2021; Ghanbarpor *et al.*, 2018). These projects foster a nonviolent culture, challenge harmful practices, and enable individuals to speak out against family violence.

Innovative therapies and long-term remedies must also address the underlying societal and cultural causes that contribute to family violence. Healthy interpersonal skills, conflict resolution approaches, and gender equality can all be promoted through education and preventative programs in schools and community centres (Subrahmanian, 2003; Petersen, 2020). Future generations can grow up in surroundings that reject violence and support positive family dynamics if these ideals are instilled in them from an early age.

Addressing economic imbalances and creating economic opportunities for vulnerable families can also help to create long-term solutions. Financial stress and insecurity can

intensify family conflicts and increase the likelihood of violence (Hyman *et al.*, 2016). As a result, initiatives focusing on poverty reduction, vocational training, and job creation can assist families in breaking the cycle of violence and constructing stable and secure futures. Continual evaluation and analysis are critical to ensuring the success and sustainability of these innovative concepts and approaches. Monitoring intervention outcomes, getting participant input, and changing techniques based on evidence-based practices can improve their impact and influence future initiatives (Farrell *et al.*, 2016; Kaufman *et al.*, 2006). Collaboration with academic institutions and research institutes can also help to enhance knowledge in the field of family violence prevention and support.

Innovative approaches and sustainable solutions are required to reduce family violence in Buraydah, Al Qassim. Mobile applications and internet platforms, for example, can improve access to support services. Integrating arts-based therapy promotes healing and resilience by providing creative outlets. Individuals are empowered and comprehensive support is promoted through collaborative activities such as multidisciplinary task committees and community participation. Long-term prevention is helped by education programs, economic empowerment, and addressing cultural problems.

Continuous evaluation and research ensure that programs are successful and that they are improving. Buraydah, Al Qassim may create a safer and more supportive environment for families by implementing these innovative and sustainable solutions, preserving children's well-being and establishing good relationships within the community.

## Conclusion

Addressing family violence in Al Qassim demands a multifaceted strategy that takes into account the limitations of limited resources and cultural norms. Intervention efficacy can be improved by encouraging stakeholder engagement, remaining culturally sensitive, and adopting innovative techniques such as technology and arts-based treatment. Sustainable solutions, such as community empowerment, education programs, economic opportunities, and continuous review, are critical to achieving long-term transformation. To create a safer and more supportive environment for children and families in Buraydah, it is critical to emphasize their well-being and apply these strategies. Working together and dedicating efforts to protect the community can have a good and transformative influence, laying the way for a future in which family violence is eliminated and individuals can thrive in a supportive environment.

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