

VIPROM Changemaker Event

28 October 2025

Handout

👉 What do you associate with being a “Changemaker”?

Healthcare professionals hold significant responsibility in recognising and addressing instances of Domestic Violence (DV). However, some people are willing to go beyond this – they actively want to engage for sustainable and structural change. This is how the VIPROM Changemaker event was born.

🗣️ **“Out of the box thinking”, “to be persistent”, “to raise awareness”, “to make the world a better place”** were just a few of the things mentioned when the participants were asked to write what they associate with being a “Changemaker”.

These answers reflect the experience of one changemaker herself: Prof. Dr. Bettina Pfeiderer shared her experience on advocating for a DV curriculum for medical students at the university she works at and gives insights on her engagement in international networks, such as the EU Delegation to the Woman 20 (W20).

👉 What can YOU do? Four best practice approaches

💡 Best practice I: Lead by professional Example

Dr. Leven is Chief Physician at the Women's Clinic at Helios Hospital in Schwelm, Germany, a practicing gynecologist, and a teacher. He is also a member of the VIPROM Advisory Panel.

Through local cooperation with the victim support service GESINE Intervention, he is not only trained



in disclosing DV and supporting victims, but he also transfers his knowledge to his medical students. Through this, he wasn't only able to support victims first hand, but also to lead to sustainable change in his institution.

“I am pleased to be involved in advocating the topic of DV and enabling low-threshold qualification of employees in the medical care system on how to deal with DV.” – Dr. Andreas Leven

💡 Best practice II – Teach frontline responders

Educate yourself first, then others – this is another approach for sustainable change. The VIPROM project offers everything you need for this purpose:

👉 Everything you need to know about the training courses, including a Train-the-Trainer Handbook in multiple languages.

👉 European Platform on Domestic Violence – Modules for the health sector.

💡 **Best practice III – Engage in local cooperation**

You can engage by...

- **mapping** stakeholders at local and national levels
- **introducing** yourself to others in the field
- **talking** to others and those in charge
- **publishing** papers, giving interviews
- **being visible** – make it easy for others to find and approach you!

👉 **Sometimes one good working contact is already enough!** Do you want to learn more about local cooperation? Learn more in the [recording of Webinar 7](#) of the European Webinar Series.

💡 **Best practice IV: Engage in international networks**

Participation in such networks enables healthcare professionals to access global evidence, share best practices, and influence policies that strengthen responses to DV – bridging clinical experience with systemic change.



This is a changemaker

- Sees what others overlook.
- Acts within his/her reach.
- Leads by example.

Staying motivated and healthy

- Protect your limits.
- Create space for reflection and recovery.
- Celebrate progress, not perfection.

Allies matter

- Change happens through connection.
- Connections keep the dialogue alive.
- Keep building trust

Moving forward

- Take one idea from today and try it.
- Reflect: *Did it make a difference?*
- Share it: That's how change grows.

Every small step is of importance: every safe question, every referral and every conversation count! 🌱