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**Treating Domestic  
Violence Offenders,  
“The Healing 2 Healthy”  
Therapeutic Model**

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## Learning Objectives



- Understand why traditional DV Offenders interventions have not worked.
- Explore how concepts of masculinity contribute to the violence in our communities.
- Provide insights regarding the relationship of trauma and domestic.
- Introduce an innovative DV Offender Group Intervention (H2H) that stresses change over compliance.

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## “Where’s The Beef?”



- If there is no TREATMENT, then how will they get BETTER?
- We can’t expect CHANGE if they don’t have new TOOLS in their toolbox.
- When they get BETTER, the FAMILY is healthier and safer.
- CHANGE stops violence not COMPLIANCE

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## Intimate Partner Violence (IPV)

**Patterns** of behavior when one intimate relationship partner tries to dominate or **control** the other.



Physical



Emotional



Sexual



Financial



Technological

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## Physical Abuse

- Hitting, pushing
- Shoving, slapping, punching
- Holding or restraining
- Inflicting bruises
- Welts and lacerations
- Dragging, pulling by hair
- Restraining
- Marking, branding
- Choking, strangling



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## Emotional Abuse

- **Threatening, intimidation**
- **Humiliation**
- **Extreme jealousy, possessiveness**
- **Constant criticizing**
- **Insulting and belittling**
- **Ignoring or dismissing**
- **Denying, minimizing & blaming**
- **Invading privacy**



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## Sexual Abuse

- Coercing victim to have sex
- Making victim watch pornographic movies
- Sexually transmitted diseases
- Demanding sexual photos
- Using date rape drugs
- Sabotaging birth control
- Nonconsensual pornography



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## Technology-Enabled Abuse

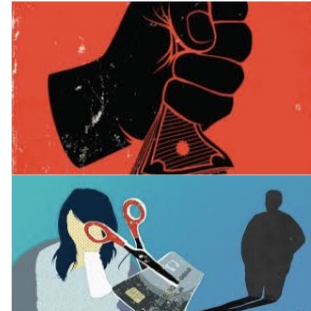
- Surveillance
- Excessive texts
- Spyware
- Spoofing, catfishing
- Social media postings
- Blackmail
- Impersonating victim
- Hacking accounts
- Sextortion
- Nonconsensual pornography



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## Financial Abuse

- Withholding money
- Restricting access to bank accounts, credit
- Sabotaging work
- Ruining victim's credit
- Taking paycheck
- Gambling



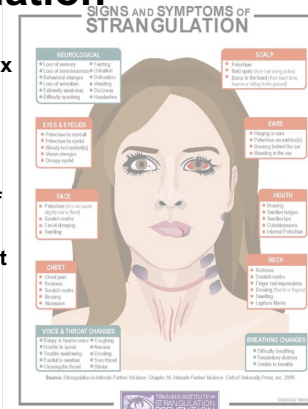
**Financial abuse is often cited by victims as the main reason that they stayed with or returned to an abusive partner.**

**99% U.S. IPV includes financial abuse**

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## IPV and Strangulation

- > 2/3 of IPV victims strangled 1x (avg = 5.3x per victim)
- High-risk women of IPV:
  - ✓ 68% experience near-fatal strangulation
  - ✓ 89% have previous history of violence
- IPV victims seek care often, but only 50% have visible signs



**Strangulation increases risk of homicide by 750%**

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## Crossing The Line

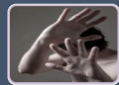
- Assertiveness to Aggression
- Thin Line Between Love & Hate
- Anger: Good or Bad?



**ANGER**

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## Prevalence



- 1 in 3 women and 1 in 7 men will be victimized
- Women significantly more likely to be victims



- 3+ women per day murdered by current/former partners
- ¾ offenders are men



86% women report violence stopped/reduced once protective order



Nearly 60% protective orders violated w/in year issued

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## Historically

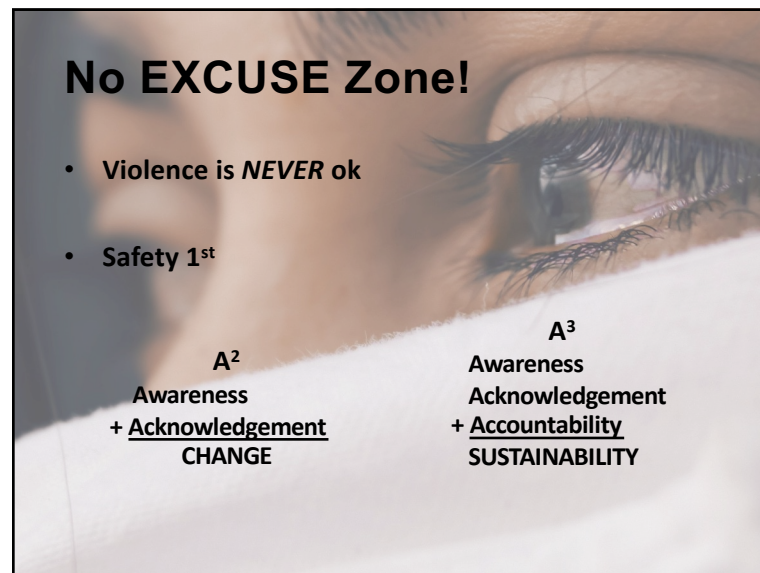
- Pre 1900: Physical violence used by husbands for wives' OBEDIENCE
- DV handled as private "family" matter
- Husbands lawfully beat/murdered wife for offense like disrespecting his *honor*
- "Rules of Marriage" proclaimed husband final authority of wife

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## Separation

- Survivors leave to be SAFE, not necessarily to end relationship
- The longer women remains in abuse, more likely violence escalates
- Predictable Process: Abusive event/Immediate appeal/Search for safe place
- Typical: 7-8 "attempts" to end before finally leaving

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## No EXCUSE Zone!

- Violence is *NEVER* ok
- Safety 1<sup>st</sup>

A<sup>2</sup>

Awareness  
+ Acknowledgement  
CHANGE

A<sup>3</sup>

Awareness  
Acknowledgement  
+ Accountability  
SUSTAINABILITY

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## What's In A Name?

- Perpetrator
- Batterer
- Abuser
- Offender
- Aggressor
- Person who uses violence



Evil Monster

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## What Do You See? 1-Minute Activity:

- Poor Choices
  - Unskilled Conflict Resolver
  - Unhealthy Lifestyle
  - Unresolved Past Trauma
  - Bidirectional Violence
- 

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## Overcoming Myths & Stereotypes: *“Why does he do that?”*

- Learned behaviors
- Poor Coping Skills
- Unskilled conflict- resolution
- Society’s normalization re: male aggressiveness
- Unsure how to express emotions
- Unresolved trauma
- Power/Control



**77% of women killed by an ex-partner are killed within the first year following separation.**

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## Masculinity, Male Privilege, & Culture

- ▶ Learn via societal expectations
- ▶ “Big boys don’t cry”
- ▶ Manhood = Masculinity “Trap”
- ▶ “Emotionless”

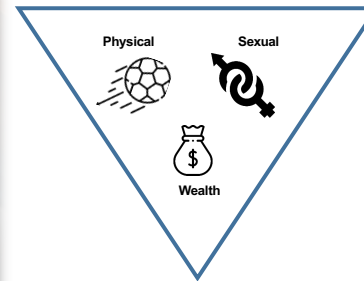


Shaped by culture & privilege

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## Masculinity & Socialization

**He wears a mask, and his face grows to fit it..**  
 — George Orwell



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## MASCULINITY & EMOTIONAL UNMASKING

- Substance use conceals loneliness
- “Poker face”
- Boys: educational pilot light goes out
- “Bro Code” = Lack of friendships/superficial

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- Pornography primary source of sex education
- Gender Biases re: sexual expectations
- Connection: Violence & *Violation*
- Messaging cultivates *rape culture*

## Masculinity & Sexuality

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## Trauma & Violence

- ACES: Early Childhood Trauma
- Masculinity Trap/Box: Emotional Shutdown
- Exposure to Violence: Poor Role Models
- Neuroscience & Violence



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## DV Offenders TX in Context

Prevailing Batterer Intervention  
(BIP):

- ✓ **Duluth Model:** Feminism  
Approach; psychoeducation
- ✓ **Offenders demonized:**  
Punishment vs treatment
- ✓ **Untreatable:** legal vs healing
- ✓ **Compliance vs Change:**  
evidence that BIP changes  
behaviors



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## H2 and Clinical Partnership

- **CBT: Thinking, Feeling and Behaving**
- **Cognitive Distortions & Cognitive Restructuring**
- **DBT: Natural tension, Acceptance, & Change**
- **Mindfulness: Impulse Control, Self-Regulation**
- **Letting Go: Negative Feelings/Coping**
- **Motivational Interviewing: Empathy & Validation**

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## Motivation: DV Offenders Treatment

- Intrinsic vs Extrinsic Motivation
- Create A Safe And Nurturing Environment
- Establish Therapeutic Relationship
- Identify Tx Goals: Core Values
- Peer Support: Scaffolding
- Affirmative Coping
- Stages of Change: Pre-contemplation, Contemplation, Preparation, Action, & Maintenance



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## Key Features of H2 Model

- Therapeutic trauma informed approach
- Introspection = Accountability
- 24-30 individual/group sessions
- Revolving admission
- Modular themes



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## Our Formula

### 5s Methodology

- Self-Awareness
- Self-Exploration
- Self-Determination
- Self-Development
- Self-Sustainability

### 4E Experience

- Engagement – Connection & Relevance
- Enrichment – Build Knowledge
- Enhancement – Build Interpersonal Skills
- Empowerment – Application & Accountability

### 4M Impact

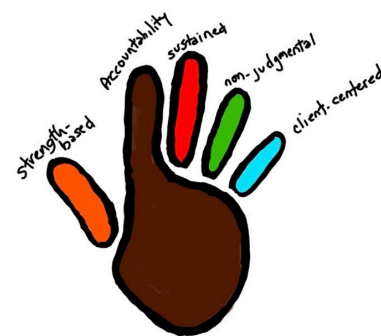
- The Man – Habits & Choices
- The Mask of Masculinity
- The Mirror of Introspection
- The Maze of Personal Work

**5x4x4**

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## Why H2H?

- Focus = health and safety ≠ punishment
- Method allows offender self-discovery which helps him face his fears, traumas, & shame
- Fluid process for clients' just-in-time needs ≠ rigid & strictly-held agenda
- Self-pacing supports clients' specific, individual growth rate
- Approach provides concrete skills for wholesome, non-abusive, conflict-management.



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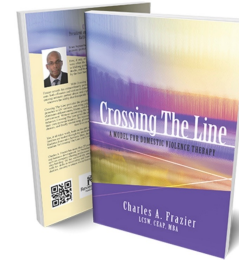
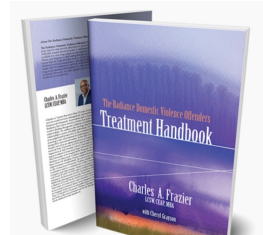
## Questions

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Thank You

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