

## **Components of Batterer Intervention Programs**

### **What are the treatment components and curriculum of State-certified domestic violence treatment programs?**

- Programs should emphasize *accountability* for the entire pattern of a client's abusive behavior, *empathy* for the impact of the abuse on the victim(s), *awareness and modification* of the thinking that supports and perpetuates abusive behavior, and *meaningful behavior change*.
- Programs should require written homework that focuses on all of the above-noted issues.
- Per WAC 388-60, programs are supposed to follow a curriculum that covers a wide range of topics, not just acts of physical violence.
- Gondolf's research concludes that a cognitive-behavioral orientation is effective, *within the context of a larger coordinated community response that holds the abuser accountable*.

### **What intake procedures are used by domestic violence treatment programs?**

- Per WAC 388-60-0165, DVIPs are required to collect information re:
  - violence history,
  - substance abuse screening,
  - past DV treatment history
  - history of threats/ideation/attempts of homicide/suicide,
  - history of stalking,
  - data to develop lethality risk assessment,
  - weapons status,
  - degree of obsessiveness/dependency on victim,
  - episodes of rage,
  - depression/MH symptoms and history,
  - history of client sexually abusing the victim or others,
  - history of the client's domestic violence or sexual abuse victimization,
  - client's access to the victim,
  - criminal history and police reports,
  - reports of abuse to children/elderly/animals,
  - review of other diagnostic material,
  - assessment of cultural/disability issues
- DVIPs are required to assess whether or not other forms of treatment (e.g., chemical dependency, mental health) are required, and to triage the sequence of treatment.
- Regardless of what procedures are used, clinicians should be informed in the use of motivational interviewing as a means of eliciting any potential intrinsic motivation ("change talk") for a client's participation in the program

### **What practices are used to engage batterers in treatment?**

- As noted earlier, programs should be well-versed in motivational interviewing and the transtheoretical Stages of Change model

### **What behaviors/signs are indicative of a successful/unsuccessful treatment program?**

- Programs should provide clear documentation
- Programs should engage in routine victim contact
- Programs should dismiss clients for reasons other than absences
- Programs should not set the *minimum standards* of WAC 388-60 as their *maximum expectations* for clients.
- Closing summaries should only reflect satisfactory/unsatisfactory completion, number of sessions attended, types of abusive behavior identified by clients, etc.
- Programs should *never* give custody recommendations, they should only speak to abuser accountability

### **What is DV Dads?**

- Specialized parenting class for men who have demonstrated IPDV behavior towards the mothers of their children
- Utilizes both *Helping Children Who Experience Domestic Violence* and *Caring Dads* curriculums