Life Choices

16-52 Batterer Intervention Intensive

What is Domestic Violence (DV) ?
Domestic violence, also called domestic abuse or family violence, is violence or other abuse that occurs in a domestic setting, such as in a marriage or cohabitation. Domestic violence is often used as a synonym for intimate partner violence, which is committed by one of the people in a close relationship against the other person and can occur in either heterosexual or same-sex relationships or between former spouses or partners. Domestic violence also involves violence against children, parents, or the elderly in its broadest sense. It can assume multiple forms, including physical, verbal, emotional, economic, religious, reproductive, or sexual abuse. It can range from subtle, coercive forms to marital rape and other violent physical abuse, such as choking, beating, female organ mutilation, and acid throwing, resulting in disfigurement or death, including using technology to harass, control, monitor, stalk or hack.

- Warning signs.
- Cycle of abuse.
- The drama triangle.
- First steps toward change
- Active listening.
- No more going ballistic.
- Saying goodbye to payback.
- Aggresion or self defense?
- Getting proper help.
- Connecting to the positives.
- Setting boundaries.
- Types of anger.
- How to express healthy anger.
- Coping with anger.
- Coping with anger part 2.
- Emotional intelligence.
- Healthy communication.
- Understanding cognitive distortions.
- Fixing cognitive distortions.
- Cultural norms that support violence.
- Family history.
- Repeating unhealthy patterns.
- Checklist for recovering abusers.
- Effects on children.
- The batterer as parents.
- Emotional engagement inventory for perpetrators of violence.
- Domestic violence & substance abuse.
- Harmful behaviors.
- Duluth power and control log.
- Emotional abuse.
- Your behavior is a choice.
- Owning the harm you have done.
- Stop bargaining.
- Making meaningful apologies.
- Destructive beliefs about manhood.
- Be serious about change.
- Grief recovery.
- Personal accountability.
- Who is affected by DV?
- Empathy & relationships.

Cognitive Behavioral Therapy (CBT) and Domestic Violence

Fortunately, most victims of domestic violence today do have one or more ways out if they know that options exist and can use them. The growing awareness of how pervasive and destructive domestic violence is in American society is an outrage. It has spawned a wide variety of programs, shelters, educational endeavors, legal changes, law enforcement initiatives, and other efforts to prevent and halt the growth of this tragic epidemic for victims and perpetrators. The specified course of treatment for perpetrators of domestic violence typically consists of between 16 and 52 weeks of participation in a psychoeducational group, also known as batter intervention programs (Kernsmith & Kernsmith, 2009). Most batterer intervention programs (BIP) are of the educational variety, based on the Duluth Model of Power and Control or Cognitive-Behavioral Therapy (CBT) models. The rest are on various process/psychotherapeutic approaches (Price & Rosenbaum, 2009). A rigorous meta-analysis found that CBT and couples therapy was superior to the Duluth Model in reducing recidivism rates and domestic assaults (Miller et al., 2013).