Understanding the Duluth Model Of Care: Community Response, Respect Project, Stand Up Guys

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History Of Delphi Program

- 1991 Delphi expands Outpatient SA Treatment
- MEN’s Workshop, Vince Butler, LCSW-R
  - Men’s Education for Non-Violence
- VCS, Inc. Phyllis Frank (“NY Model”)
- Duluth Model/Curriculum – Ellen Pence
- The Abusive Personality – Donald Dutton

Understanding IPV and DV

- IPV often interchanged
  - Intimate Personal Violence, or
  - Intimate Partner Violence
- IPV can refer to “situational violence” a specific incident of violence usually as a response to stress or conflict or to “Intimate Terrorism” a pattern of abusive & coercive behavior
- Domestic Violence refers to a “Intimate Terrorism” or a pattern of abusive & coercive behavior. (Evan Stark – Coercive Control, 2007)
- What is the motivation & intent of the primary aggressor?

IPV & DV

- No common or Universal Definitions for IPV or DV
- Elements include:
  - Control/Abuse /Aggression /Violence
  - Control/Abuse does not always involve aggression or violence.
  - There are differences between perpetrators/offenders.

Domestic Abuse - Continuum

- Control/Abuse /Aggression /Violence
- Control/Abuse does not always involve aggression or violence.
- Aggression or violence is not always induced by AOD.
- There are many differences between perpetrators/offenders, but the tactics remain similar.

Historical Challenges

Accountability Vs Treatment
Public Health Vs Health Care
Education/Awareness Vs MH/SA Treatment
Direct Funding Vs Medicaid/Ins
Bottom Line - $$$$
**Focus on “Accountability”**

- Work within the context of a “Coordinated Community Response”
- Programs for abusers should be one part of a coordinated criminal and civil justice and community response.
- Accountability to battered women through ongoing, clear, and cooperative relationships with domestic violence service providers.
- The provision of community education/training and participation in communities response to end DV.

**Why Accountability & Not Treatment?**

**What is the Abusers Motivation to Change?**

- Voluntarily he would need to:
  - Admit use of Controlling/Abusive Behavior
  - Give up control & admit he was wrong
  - Accept all consequences.
  - Accept that his partner & children might remain angry and not forgive him
  - Share power equally in the relationship, consistently from now on.
  - Demonstrate dignity, respect, compassion & understanding to himself, his partner, his children and others.
  - Reflect on past thoughts, feelings and behaviors and make a long-term commitment to correct past actions and make amends to all he has harmed.
  - Commit to understanding and confronting past trauma, shame and address FEELINGS regarding past and current events.

**Various Theories to Explain DV**

- Anger Management & Poor Impulse Control
- Poor Communication & Conflict Resolution Skills
- Mental Health Issues
  - Intermittent Explosive Disorder
  - PTSD
  - Depression/BiPolar Disorder
- Personality Disorder
  - Sociopathy “Abusive Personality”
  - Unhealthy Attachment Style
- Abuse/Dependency of Alcohol & Other Drugs
- Adverse Childhood Experiences (ACE)/Childhood Trauma
- Social Learning Theory
  - Boys repeat what they have learned when they become Men
  - Men attempting to live up to unhealthy social constructs of “Manhood”

**Anger Management**

- Anger is an emotion that occurs when we want something to change. (Grady Bray, PhD)
- Anger is an emotion that occurs when we feel entitled to something we’re not getting. (PKN)
- The issue of power & control in relationships is not anger, it’s entitlement. (Ellen Pence)
- Anger management is about learning not to have everything we want when we want it.
- Anger management is about learning that we are not inherently entitled to everything we want.

**Treatment Limitations**

- Individual Tx keeps the spot light off the social/cultural determinants and focuses on individual psychiatric symptoms/personality deficits.
- Becomes convenient to “excuse” or blame behavior on the psychiatric diagnosis or AOD issue.
- Assumes that treatment of the psychiatric symptoms or AOD Tx will positively impact abusive/controlling behavior.

**Context & Expectations**

- 26 weeks of BIP is less contact hrs than 1 college level course.
- What is the communities expectations of a BIP or any perpetrator intervention?
Delphi Model - 1998

- Accountability and Treatment
- 1st Program in NYS (possibly US) to combine intensive OP Treatment with a 26 week BIP.
- DVACM – Domestic Violence and Abuse Course for Men.
- Combined integrated practices from Duluth Curriculum (Power & Control and Equality in intimate Partnerships) with traditional AOD treatment.
- Use of professionally trained facilitators, LCSW, LMHC, etc.

Outcome Analysis

- An outcome analysis of program data collected from 1999 to 2002 was evaluated and published in the *Journal of Interpersonal Violence, Volume 22, Number 12, December 2007*, 1555-1566
- “Compliance and Learning in an Intervention Program for Partner-Violent Men” Dermen, K.H., Contrino, K.M., Nochajski, T.H., Wieczorek, W.F, Navratil, P.K.,

Results

- “Men who where compliant and completed the program identified techniques and skills associated with the equality wheel (Non-Violence).”
- The men “learned something” about Non-Violence.

Overview of Duluth Curriculum

- Power & Control Tactics
- Equality and characteristics of healthy relationships
- The control log (a CBT informed intervention)
- When properly trained, interventions that combine Beck, Ellis and Rogers are implemented.
- Motivation and engagement strategies remain obstacles.

Control Log Exercise

- Actions
- Intents
- Beliefs
- Feelings
- Minimization, Denial, and Blame
- Effects of Action
  - You, Partner, Children, Others
- Past Violence
- Non-Controlling Behavior
Characteristics of Non-Violent Relationships: The Equality Wheel

- Negotiation and Fairness
- Non-Threatening Behavior
- Respect
- Trust and Support
- Honesty & Accountability
- Responsible Parenting
- Shared Responsibility

Equality Log Exercise

- Actions
- Intents
- Beliefs
- Effects of Action
  - You, Partner, Children, Others
  - Past Violence

4 Key Elements of the Domestic Violence Intervention

- Victim/Survivor Safety
- Offender Accountability
- Bystander Intervention
- Primary Prevention

The Social-Ecological Model: A Framework for Prevention (CDC)

Why Did We Organize Stand Up Guys?

- The biggest step towards ending DV and Sexual Assault will occur when Men Stop Perpetrating Violence.
- Men perpetrate the vast majority of VAW.
- To challenge the current cultural perspective that Domestic Violence and Sexual Assault are "Women's Issues”
- To challenge the current cultural definitions, beliefs, values and attitudes of Manhood & Masculinity that continue to support violence against women.
Stand Up Guys - 2004

- The program goals:
- To transform the social definitions of masculinity that promote power and control to a more healthy definition of masculinity that supports partnerships, equality and non-violent relationships;
- To provide information and skills training on healthy relationships, parenting skills and fatherhood;
- To work to prevent dating and interpersonal violence and reinforce attitudes and beliefs among men and boys that domestic violence, physical, sexual and emotional abuse of women and girls are never acceptable expressions of masculinity;
- To teach and support non-violent methods to resolve conflict;
- To provide young men and boys with positive male role models;
- To raise awareness and engage other men in the mission of ending gender-based violence wherever possible.

Resources

- The Oakland Men’s Project – Paul Kivel
- Men Can Stop Rape – Men of Strength (MOST) Clubs
- Futures Without Violence – Coaching Boys to Men
- White Ribbon Campaign – Michael Kaufman
- Mentors for Violence Prevention (MVP) – Jackson Katz
- Men and Women as Allies Initiative - Quentin Walcott and KC Wagner
- Men’s Work: Eliminating Violence Against women – Rus Ervin Funk

Coordinated Community Response

- Rochester/Monroe County Domestic Violence Consortium
- Formed in 1980’s (Vince Butler & Phyllis Korr)
- VAWA funded 1997

The Rochester/Monroe County Domestic Violence Consortium

- A volunteer run organization comprised of over 50 member organizations that span the social systems and disciplines required to create a coordinated community response to domestic violence.
- Working together, these organizations seek to protect domestic violence victims while holding offenders accountable.

Member agencies

- Alternatives for Battered Women (ABW)
- Resolve of Greater Rochester, Inc.
- Monroe County Family Court
- Legal Aid
- Victim Assistance Services
- SPCC (Society for the Protection & Care of Children)
- Law Enforcement Agencies
- Probation
- Delphi’s Offender Accountability Programs
- And many other community providers.

What could be...

- What would the world be like if all people treated each other with:
  - Equality?
  - Dignity?
  - Respect?
  - Compassion?
  - Empathy?
  - Care & Concern?
Comments! Questions?

End of Module