

### **Batterer Intervention Program**

### **Anger Management Program**

<ul style="list-style-type: none"> <li>• <b><u>STATE APPROVED</u></b> Usually ordered under supervised probation; BIP reports non-compliance which is then reported to courts</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>UNREGULATED</u></b> Often ordered without supervised probation; non-compliance may not be a violation and may not be viewed seriously</li> </ul>
<p>Minimum 26 weeks at 1.5 hours each: <i>More intensive. Allows time to examine underlying issues.</i></p>	<p>Usually run from 4-12 weeks</p>
<ul style="list-style-type: none"> <li>- Offenders are screened carefully</li> <li>- Complete a Lethality Assessment.</li> <li>- Unlikely to have “anger offenders” and not know it.</li> <li>- Screen for substance abuse and refer for treatment if necessary</li> </ul>	<ul style="list-style-type: none"> <li>- May not fully screen for DV</li> <li>- Do not do Lethality Assessment</li> <li>- May have DV offenders in program and not know it</li> <li>- May not screen for substance abuse</li> </ul>
<p>Doesn't allow excuses, minimizations, denials, or blaming victim</p>	<p>Teaches an understanding of reasons and triggers.</p>
<p>Participants are given tools to understand underlying need for control</p>	<p>Given tools to control rage and teaches coping strategies</p>
<p>Curriculum follows <i>State Rules and Standards: Strict Guidelines</i></p>	<p>No approved curriculum or best practices; several popular programs</p>
<p>More focus on worldviews that support battering behaviors, more confrontation, <i>Hold batterer accountable</i> for behavior.</p> <p><b><u>GOAL: VICTIM SAFETY</u></b></p>	<p>More cognitive focus or clinical focus; less confrontation; often process-based</p> <p><b><u>GOAL: To prevent , diffuse, or redirect anger</u></b></p>
<p>Required to contact all available victims and involve them through education in process; their rights; resources</p>	<p>Only contact victim if there is direct serious threat on his/her life</p>
<p>Report threats to victim by contacting her/he, calling police, accessing DV resources and supports</p>	<p>Reports <i>only</i> what they deem serious threats, usually to police or psychiatric emergency evaluation</p>
<p><b>Addresses anger management problems in a bigger context-often as tool to control victim</b></p>	<p><b>Does not address DV/offender need to maintain power over victim</b></p>

## **Making the Call: Know the Black and Blue Facts**

How can I tell if the batterer needs a BIP or an Anger Management program? Asking the following questions may help:

- ✓ Do they have an anger impulse control issue, or is their violence planned and controlled?
- ✓ Do they try to commit their violence behind closed doors?
- ✓ Is their victim an intimate partner, or someone they are trying to control?

If so, then a Batterer Intervention Program is the best choice.

Remember:

- People with bad tempers don't just victimize their loved ones, anyone can be a target.
- If other issues on the Domestic Violence Power and Control Wheel are present, it is safe to guess that this isn't just an anger management problem.
- Is there a history of physical violence? Or other abuse such as:
  - Stalking
  - Harassing
  - Isolating
  - Verbal Abuse
  - Control of finances
  - Restraining or limiting victim's movements
  - Is the 'rage' witnessed in public? Or does he/she wait until they get home to 'lose it'
- Building up a good head of steam allows time to get anger under control

### ***Domestic Violence Batter Behavior***

### ***Anger Problem Behavior***

Batterer looks for or sets up provocation to use as an excuse for "losing it" or "getting pushed over the edge" and is often able to delay the acting out of the anger; thus controlled and premeditated	Batterer responds impulsively to provocation and therefore needs to manage his response
"Loss of temper" is strategic and often unrelated to trigger	Loss of temper is immediate response to trigger, or provocation
Batterer often has plan for outcome of assault May threaten before hand and then carry it out as promised.	No strategy; no plan
"Loss of temper" is only, or most often directed at partner	"Loss of temper" is directed at anyone, both close to and unfamiliar to offender
Victims are often those whom the batterer has control over or is seeking control ; always an intimate partner or ex-partner	'Victims may be anybody who is in close proximity or who has triggered their anger Ex: Road Rage

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