

Crisis Connection

Anger Management v. Men's Batterers' Intervention



Comparing apples to apples:

	Anger Management	Batterer's Intervention
Can the program be State-certified?	No	Yes
Who is served by this program?	Anyone, the program is generic	Program is specifically designed for domestic batterers only
How many sessions are in the program?	2-8	14-30
Does program stay in contact with the "victim"?	No	Yes
Is program monitored by a state agency?	No	Yes
Is program affiliated or linked with a domestic violence victims' service agency?	No	Yes
Does program assess abusive men for lethality?	No	Yes
What is the emphasis of the program?	Participants are taught to use "techniques" to manage their "anger"	Participants are taught to recognize how their choice to be abusive affects their partner and their children. Program looks at men's basic beliefs about violence and teaches alternatives to violence.
Are facilitators required to annually obtain 20 hours of specialized domestic violence and batterers' intervention continuing education?	No	Yes

Anger tends to be a very misunderstood and maligned emotion. Anger is a secondary emotion which often follows fear, depression, stress, fatigue, or a perceived threat or personal attack on one's personhood. *The situation which causes the anger is not the problem; the unhealthy response is the problem.*

- Anger management programs assess at intake for participant competence in four areas: emotional intelligence, stress management, anger management, and communication skills. Anger management classes are designed to teach skills in these areas only.
- Anger management is extremely inappropriate for domestic abusers if it is the only treatment/counseling the abuser will be receiving.
- Anger management is appropriate for perpetrators of stranger or non-intimate partner violence, road rage, simple battery, and workplace violence.
- Traditional couples counseling, family therapy and mediation are also inappropriate as the primary intervention for batterers. Domestic violence is not a symptom of a disturbed, individual relationship: domestic violence is a crime.

In contrast, domestic batterer's intervention programs focus on male socialization, female socialization, substance abuse, child abuse, sexual abuse, male domination, the impact of domestic violence on the individual, family and community, and personal responsibility for the choices the participant has made.

- Batterer's Intervention is a deliberate and purposeful intervention designed to interrupt the cycle of violence. The classes are specific and structured. Batterer's Intervention does not focus on saving relationships, but on ending violence.
- Although some batterers will benefit greatly from concurrent participation in either substance abuse treatment and/or therapy for a mental disorder, these programs should never be expected to replace Batterer's Intervention: they were not designed to do so. Substance abuse treatment no more addresses domestic violence than treatment for a bunion alleviates a sore throat.
- Victims are contacted by the victim's advocates on a regular schedule while the abusive man is in the program in an effort to detect any resumption of violent behavior. The safety of the victim and any children is the major concern of the batterer's intervention team.
- Abusive men, for the most part, will not change their behavior without some kind of outside, structured, mandatory intervention. Batterer's Intervention seeks to teach perpetrators to learn to be a person who is safe to be around.

For additional information please visit our website at www.crisisconnectioninc.org

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