



About the Author

Kenn I. Hicks was born in Mount Vernon, New York, and attended Graham Elementary School and one year at Mount Vernon High School. He and his family moved to the Bronx, New York, and he then went to a private high school called Laurinburg Institute in North Carolina. Hicks has a Bachelor of Arts Degree in Sociology from Winston Salem State University in North Carolina and a Master's Degree in Social Work from the University of Kentucky. He is a Licensed Clinical Social Worker and an Approved/Certified Domestic Violence Counselor. In 2008, Hicks was inducted into the University of Kentucky School of Social Work "Hall of Fame" for his community efforts in reducing domestic violence.

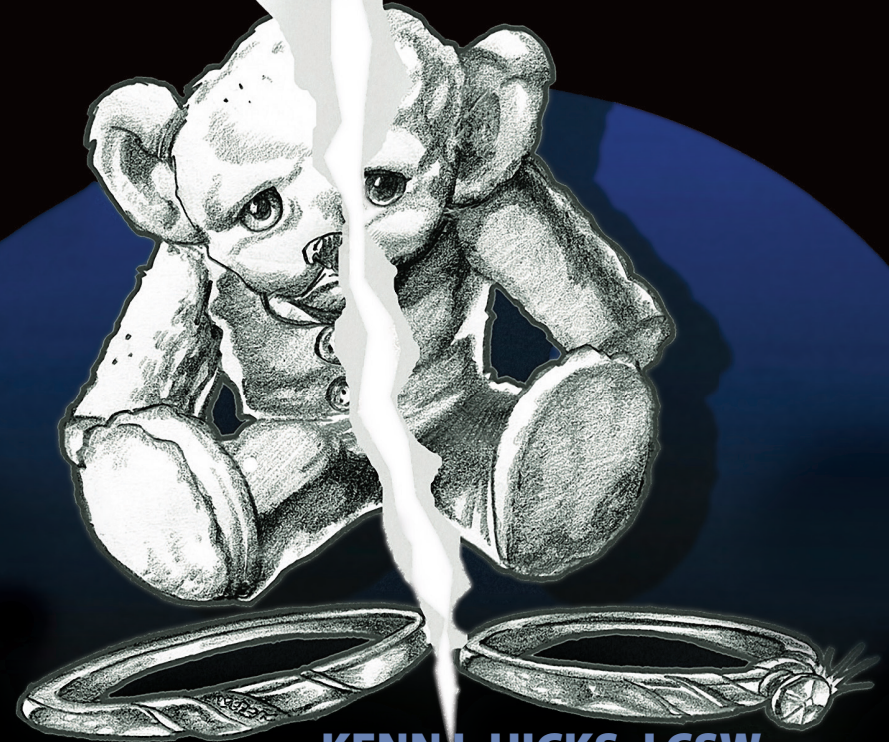
Hicks has specialized in individual, group, and family therapy for over thirty years with youth, adults, and the elderly. Among his many accomplishments, he has appeared on television and talk radio programs. Hicks has been featured in many newspaper articles for his holistic approach to domestic violence prevention. His domestic violence treatment program has been very successful in treating batterers who have extensive criminal histories consisting of all forms of violence, weapon convictions, sexual assaults, multiple relationship battering incidents, and drug/alcohol addiction problems. Hicks has been invited to lecture on relationship violence prevention at various high schools, colleges, churches, hospitals, community organizations, city/county/state agencies, and various treatment programs. In 2006, he was invited by the Los Angeles Grand Jury to lecture on his book. Hicks is the founder and president of the National Association of Domestic Violence Counselors. The *Eleven Building Blocks of Domestic Violence Prevention* is highly recommended for victims, potential victims, batterers, abusers, family members, and domestic violence counselors.



Eleven Building Blocks of Domestic Violence Prevention

Kenn I. Hicks, LCSW

Eleven Building Blocks of Domestic Violence Prevention



KENN I. HICKS, LCSW
Licensed Clinical Social Worker
Certified Domestic Violence Counselor
Domestic Violence-ologist

Eleven Building Blocks of Domestic Violence Prevention

This book was written to help victims, potential victims, batterers, abusers, family members, and counselors providing domestic violence prevention and treatment.

All Praises and Glory to

God

who gave me the strength, insight,
and courage to complete this project.

Call or e-mail to order additional books:

(818) 788-8667

E-Mail: mrh384@aol.com

Visit Website:

domesticviolenceprevention.org

ISBN 978-193891128-6

Book cover designed by Gregory Wilson

Illustrations by Varaz Ohanyan

Cover Design and Illustrations Copyright 2006

Revised 2016

Published by:

Nicole Lauren-Joy Hicks, Inc.

This book is dedicated to my mother, Barbara Hicks,
who devoted her life to raising my brother,
Billy Hicks, my sister, Judy Hicks, and me.
My mother and brother passed away in the year 2010.
They are greatly missed.

The book is also dedicated to my family
and friends who have provided me with so much
encouragement and support.

An idea is the first step in any successful endeavor
limited to no one.

Table of Contents

Chapter

1. The Shower of Power.....	1
2. A Treatment Plan For Non-Violence	63
3. He May Not Come Back Home.....	87
4. Batterers Should Notify New Significant Others	115
5. The Batterer Should Secure a Stable Residence	142
6. Abstain From The Use of Drugs and Alcohol.....	148
7. Attend Weekly Meetings.....	167
8. Batterers & Abusers Need a Psychiatric Evaluation	171
9. The Four “R” Steps	175
10. Getting Back Together	179
11. Batterer’s Relapse Prevention Program.....	190
12. Graduation.....	195
13. Domestic Violence Can Cause Mental Illness.....	201
14. Why Some Domestic Violence Victims/Survivors Become Batterers and Abusers	212
15. Why Some Domestic Violence Batterers/Abusers Become Victims	218
Glossary	221

Table of Charts

1 Abuser's Eight Step Recovery Cycle	69
2 Abuser's Ten Step Relapse Prevention Cycle	193
3 Big Brother—Big Sister Syndrome	32
4 Classifications for Leaving the Abuser	35
5 CLIFF Syndrome	108–113
6 Communication & Abuse Levels in a Relationship	51
7 Cycle of Violence	222
8 Dating Contracts—Safety & Protection Contracts	121–138
9 Dating Safety Checklist	40
10 Discipline Levels For Children	33
11 Domestic Violence Danger Level Scale	38
12 Domestic Violence Services Checklist	39
13 Emotional Abuse	34
14 Having the Abuser Arrested, Is It Really Worth It	37
15 Healthy Recovery Checklist	57
16 Mommy Daddy Cycle of Violent Reprimand	27
17 Pledge of Respect	137
18 Recovery Prayer.....	166
19 Relationship Levels of Concern	50
20 Reunification 8-Step Illustration	182–183
21 Safety Precaution Checklist	187
22 Should the Abuser Ever Consider Reuniting With the Victim	189
23 Should the Victim Ever Consider Reuniting With the Abuser	53 & 188
24 Stages of Violence & Abuse	103
25 10 Step Sobriety & Relapse Awareness	165
26 Victim's 16 Step Cycle of Abuse & Recovery	18–19
27 Victims Ten Step Relapse Prevention Cycle	26
28 15-Step Reaction Cycle between Parent (s) and their Son/Daughter who is in Alcohol/Drug Recovery	160
29 16 Step College Student Relationship Cycle of Sexual Violence, Physical Abuse & Recovery	28
30 20-Step Relationship Cycle for a User/Drinker & Partner	156
31 Why Some Domestic Violence Victims/Survivors Stay with the Batterer/Abuser	216
32 Why Some Domestic Violence Victims/Survivors Become Batterers and Abusers	217

Author's Note

Kenn I. Hicks

The idea for this book came from a deeply rooted desire to bring attention to the cycle of domestic abuse and to facilitate positive change through domestic violence prevention programs. After graduating from the University of Kentucky in 1979 with a Master's Degree in Social Work, I moved to California to pursue career opportunities. I was hired by the California Department of Developmental Services as a Psychiatric Social Worker and became licensed to provide psychotherapy services. After working for the California Department of Developmental Services for a few years, I transferred to the California Department of Social Services. I was later hired to work for the California Department of Corrections as a Parole Agent. One of the first Parole Agents that I met (Agent Steve Ross) was also a Licensed Clinical Social Worker. He advised me not to tell anyone that I was a Social Worker because many of the Parole Agents had come from the Law Enforcement field and subscribed to the "hookem and bookem" philosophy. Some Parole Agents believed that Social Workers typically have "bleeding hearts" and that their primary focus is on providing services and programs, rather than imposing punitive measures such

as incarceration. Parolees that I supervised stated that they could tell the difference between some of the Parole Agents from the Law Enforcement field and those from the Social Work field based upon how they were treated and their varied approaches to law enforcement and rehabilitation.

In 1992, the state of California was having financial problems and laid off many new Parole Agents. Looking to transfer to another State position, I was hired to work at a new prison, called California State Prison Los Angeles County (CSP-LAC), where I assumed the duties of the Warden's Administrative Assistant and Public Information Officer for the prison. In 1995, the Parole Department began hiring again and I resumed my duties as a Parole Agent with the California Department of Corrections. As a Parole Agent, I noticed that there were a lot a parolees being released from State prison for the crime of Corporal Injury to a Spouse (domestic violence offense). When released to parole, they did not receive any type of specialized domestic violence treatment programs and oftentimes repeatedly committed acts of violence on their partner and/or children. Since I was a Licensed Clinical Social Worker and specialized in providing what is now called Cognitive Behavior Group Therapy, I submitted a proposal requesting a specialized caseload of batterers/abusers and the opportunity to provide them with a comprehensive

52 week Domestic Violence Treatment Program. The Los Angeles Region III Parole Administrator rejected the idea. I was determined to continue my mission so I then submitted my proposal to the Director of the Department of Corrections in Sacramento. The Director in Sacramento thought the proposal was a great idea and granted approval of my proposal. The Los Angeles County Probation Department Domestic Violence Monitoring Unit certified me as a domestic violence counselor and certified my 52 Week Domestic Violence Treatment Program. **I was the first and only Parole Agent in the United States that had a specialized caseload of all domestic violence batterers and abusers and provided them with my 52 Week Domestic Violence Treatment Program.**

My background as a Licensed Clinical Social Worker and as a Law Enforcement Parole Agent proved to be excellent preparation for supervising this specialized population and for implementing my unique program effectively. I conducted a thirty-month follow-up study on the parolees on my caseload that completed the 52 Week Domestic Violence Treatment Program. Research outcome measures indicated that the parolees that had completed my program had not been arrested again for any acts of domestic violence/corporal injury to the spouse/girlfriend/partner for which they had been incarcerated. I was fully committed to making a positive impact and developed a Resource and Referral

Orientation Program for victims; a Relapse Prevention Program for parolees convicted of domestic violence; a Victim's Cycle of Relationship Abuse and Recovery; a Relapse Prevention Cycle of Relationship Abuse for victims; and a Boot Camp Retreat for domestic violence batterers and abusers.

When the Los Angeles Region III Parole District Administrator resigned, an interim administrator from Sacramento was assigned to take his place until a new administrator could be hired. This interim administrator happened to be the same person that I had submitted my original proposal to in Sacramento. She publicly gave me many accolades on the success of my specialized program and credited me with contributing significantly to the reduced recidivism rate of parolees identified as domestic violence batterers/abusers. I was the recipient of the Parole Agent of The Year Award in the year 2000, and was promoted to supervisor.

During this time, there was heightened interest and concern about domestic violence as the result of the 1994 arrest and 1995 acquittal of O.J. Simpson regarding the murder of his ex-wife. There was (and still is) a dire need to have Domestic Violence Treatment Programs replicated throughout the nation. I submitted a proposal to have more Parole Agents assigned a specialized caseload of domestic violence batterers, however it was rejected.

In 2005, The Department of Corrections was renamed the Department of Corrections and Rehabilitation. The Department realized that incarceration alone does not adequately rehabilitate ex-offenders; programs and services is what changes their lives. With all due respect to those with a Law Enforcement/Criminal Justice background, in my opinion, the professional expertise of Social Workers is an asset when dealing with the parolee population. Our main goal is to help parolees rehabilitate and become productive citizens by providing relevant, meaningful programs and services.

In 2008, I was **inducted into the School of Social Work “Hall of Fame”** by the University of Kentucky for my tireless efforts in trying to reduce and eliminate domestic violence. My thirty years of employment with the State of California and my last twenty years with the Department of Corrections and Rehabilitation were very rewarding as I have diligently tried to make a positive impact on the parolee population and victims of domestic violence. I retired in 2009 and now conduct lectures and provide training on domestic violence prevention throughout the United States.

Introduction

Any violence taking place within a family or intimate relationship is domestic violence. It includes abuse of spouses, girlfriends, boyfriends, children, and elderly people. Family violence is the mistreatment of one family member by another, which includes physical abuse, sexual abuse, emotional abuse, and neglect. It is a crime that is widespread in our society and throughout the world. Domestic violence cuts across all socioeconomic, ethnic, racial, religious, and age groups. Family violence often goes unreported and family members continue to suffer. The long-term effects of domestic violence threaten the stability of the family, community, state, and nation. When children witness abuse, they learn that violence is an acceptable means of coping with stress, anger, or solving problems.

The cycle of violence must be broken before today's battered or abused child becomes tomorrow's batterer and or abuser. If not broken, the cycle of violence begins and continues throughout many generations. Providing the maximum protection possible for victims/potential victims of domestic violence and their families is of the

highest priority. *Increasing awareness* of all relationship abuse, violence (which includes domestic violence, intimate partner violence, family violence, dating violence) and understanding its dynamics may be the first step in solving this serious problem. *Safety, protection* and *treatment* are priorities for all victims.

State and federal legislators continue to place domestic violence as a high priority in hopes that the nation will develop treatment programs that will have a positive impact.

Many states have passed laws giving the county or local city government authority to certify and monitor community batterer's prevention programs. The county or city courts refer batterers to these approved programs. Judges in various counties across the nation are now mandated to send batterers back to jail or prison if they do not successfully complete a batterer's treatment program.

This program is a holistic approach that has been successful in stopping the batterer's cycle of violence. The Eleven Building Blocks of Domestic Violence Prevention is a treatment plan for victims, potential victims, and batterers. It consists of key concepts and methods for stopping relationship violence (domestic violence, intimate partner violence, and dating violence). Counselors and therapists are urged to implement these building blocks during treatment with victims and batterers.

Recent statistics indicate that relationship violence occurs within same sex relationships with the same statistical frequency as in heterosexual relationships. While same sex battering mirrors heterosexual battering both in type and prevalence, its victims sometimes receive fewer protections.

An increased number of females are now learning the martial arts and other defensive tactics to protect themselves and their children. Gun clubs are reporting that many females are now being trained in using firearms for protection.

Many cities indicate that the percentage of females arrested for domestic violence against men is increasing each year. Although the number of women batterers is on the rise, studies reveal that a higher percentage of men batter women. Therefore “he” is used in this book to identify the batterer. Replace he or she as the batterer/abuser, as it applies to your particular situation.

Each family is different and may have its own set of unique problems/experiences regarding incidents of abuse and violence. Using all or part of these building blocks of prevention is recommended for reducing and ultimately eliminating relationship violence.

Many of these building blocks may also be used for individuals with anger management problems.

BUILDING BLOCK ONE

The Shower of Power

Domestic Violence Resource & Referral Meeting

It is the domestic violence counselor's responsibility to invite the victims to a Domestic Violence Resource and Referral Meeting. The meeting may have a different name, but must provide resources and referrals to victims and their children. As a domestic violence counselor, contacting the victim is one of the most important steps in the entire treatment program. The victim (and children) may have withstood abuse by the batterer for many years. It is imperative that the victim is not subjected to any additional form of violence from the same batterer. The counselor can usually locate the victim by obtaining arrest reports, researching court documents, or interviewing the batterer. In some states, the staff at the city/county jail, state prison, or Probation/Parole Department may be required to provide information to the victim concerning the batterer's release from custody. These

agencies may also be required to inform the victim of the city in which the batterer will reside. The victim will undoubtedly be grateful to know where the batterer is living so she can have the opportunity to move, stay away, or request a Restraining Order/Stay Away Order from the court.

Once contact has been made between the domestic violence counselor and victim, she may not want to get involved in anything associated with the batterer even though attending this meeting may help protect her. Although the victim may have already gone on with her life, she may still be emotionally traumatized and afraid of what may happen to her and/or her children when the batterer is released from jail or prison. If the victim is not receptive to attending the Domestic Violence Resource and Referral Meeting at the present time, she may at a later date.

The goal of the Domestic Violence Resource Meeting is basically to provide the victim and potential victims with resources to protect themselves and their family. The batterer's family is also invited to a Domestic Violence Resource Meeting (separate from the victim) to educate them about relationship violence/domestic violence and to gain insight into how the batterer may have acquired this behavior from family members.

The information received at the Domestic Violence Resource Meeting will hopefully alleviate some of the

fears the victim may have concerning the batterer's release back into the community.

The victim may want her children to see the batterer (their father) immediately upon his release from jail/prison if the children were not abused and had not witnessed the violence, or she may want them to see the batterer at a later date after she heals from the violence and abuse.

Asking people who are associated with the victim and batterer to attend the Domestic Violence Resource Meeting is very important in preventing the violence and abuse from happening again.



Illustration by Gregory Wilson

During this meeting with victims and potential victims, community resources are provided along with information concerning relationship violence.

Information concerning victim protection and safety should be discussed during the Domestic Violence Resource Meeting. Below is information that should be discussed during the meeting. This information will be provided to the victims as a “*Shower of Power.*”

Protection Agencies

Protection agencies consist of: the local Police Department, County Sheriff’s Department, Probation/Parole Department, and the City/County Court. It is recommended that a Restraining Order/Stay Away Order be filed on the batterer through the local court. This legal document provides the local police with the authority to arrest the batterer if he does not comply with the Restraining Order/Stay Away Order from the court. If the batterer is on probation or parole, it is recommended that the victim request that the Probation/Parole Department initiate a Special Condition of his probation/parole to have no contact with the victim.

These two protection agencies have the authority to arrest the batterer at any time if he does not comply with staying away from the victim and/or children. If the batterer is currently residing with the victim or potential victim, a request can be made to the Probation/Parole Department to have the batterer leave or be removed from the residence. This type of request can be made at any time for any reason.

Victims and potential victims should consider having the batterer removed from the residence for the following reasons:

1. Alcohol or drug use.
2. The batterer's failure to successfully complete a domestic violence prevention program.
3. Committing any form of abuse or relationship violence.
4. Abuse or violence to anyone residing in the residence such as children and/or elderly persons.
5. Any violent act committed in the community.
6. The batterer's arrest for probation or parole violations.

The victim may also request other special conditions, such as the batterer having no contact with the children in the home if he abused the children, or if the children witnessed his violence/abuse. This request can be made through the court or the Probation/Parole Department. If a batterer is arrested or serves time in jail or prison, he will probably have to be supervised on probation or parole for a certain period of time. The victim should make contact with the probation or parole agent and apprise him/her of all forms of family violence committed by the batterer. The probation and parole officer may only have specific information on the current offense that resulted in the batterer going to jail or prison.

The Probation/Parole Department can impose a special condition of no contact between the batterer and victim. This special condition may require the batterer to wear an electronic monitoring device. The device will notify law enforcement agencies if the batterer is not complying with the “no contact/stay away order.” If the batterer is not complying, he will be in violation of his probation/parole and may be arrested immediately.

Laws

There are city, county, state, and federal laws mandating that the batterer cannot come within a certain distance of the victim, the victim’s residence, the victim’s employment, or where the victim generally visits. Police officers are authorized to make warrantless arrests at any time if they feel a crime has been committed. Any citizen may also make a request that a police officer arrest someone. This is called a “Citizen’s Arrest.” For domestic violence victims, at the time of a domestic violence incident, the victim can make a citizen’s arrest. If the police are called and when they arrive, the victim should say to the police, “I want to make a citizen’s arrest.” Then ask for the appropriate forms to sign. Once you have told the police what happened to you, and you have signed the forms, the police are required to take the offender into custody.

Victims and their family members should explore other city, county, state, and federal laws which protect them and their families against their abuser/batterer.

Polygraph Test For Victims

After the batterer has been arrested for any type of relationship violence, a high percentage of victims recant their allegation and request that the batterer be released from custody. She may state that the violence never happened, she hit him first, he was defending himself, or that she will not testify against him in court. This presents a serious dilemma for law enforcement agencies. Having a victim who will not testify or one who totally changes her story may leave the prosecuting agency no other option but to release the batterer. This happens many times even though law enforcement/prosecuting agencies know the violence/abuse was committed by the person they have in custody and are in the process of prosecuting. The batterer usually returns to the victim/family without prosecution and does not have to complete a domestic violence treatment program. Regardless of the victim's reason for not cooperating, the batterer may now return home or to the community to commit another act of violence/abuse against the victim/children or new potential victims.

Research indicates that violence and abuse increases in frequency and severity over time unless the cycle of

violence is broken. The majority of batterers have to be devastated (jail, prison, loss of family/friends, employment, property, etc.) before they will stop their cycle of violence and abuse. Prosecution, no contact with the victim and children, and a year of court ordered domestic violence treatment have been very successful forms of intervention.

Domestic violence affects everyone. It is a crime against the victim that impacts the community, state, and the nation at large. What intervention can be recommended to have the batterer prosecuted and mandated to successfully complete a domestic violence treatment program? It all goes back to the victim who has been battered and abused. What mechanism can law enforcement agencies use to help prosecute the batterer if the victim changes her story?

First of all, it is a crime to provide false information to a peace officer. This is a misdemeanor offense in California: California Penal Code Chapter 5 (118 (a)). If the victim says she lied and changes her story indicating that the violence/abuse committed against her by the batterer never happened, she has committed a crime and can be prosecuted.

Law enforcement agencies have been very reluctant to enforce this law because they do not want to victimize the victim further. The batterer may have attempted to have the victim do anything she can to have him

released from jail and have the District Attorney drop the charges. Encouraging the victim to take a polygraph test if she wants to change her story and not have the batterer prosecuted is suggested. This may help her become aware of the seriousness of the offense and of the fact that providing false information will not be taken lightly by law enforcement agencies. Her unwillingness to take a polygraph test, or any indication that she is not telling the truth, may give the prosecuting agency an incentive to continue prosecuting the batterer. The victim may be fined or required to pay the expenses for dropping the charges and/or not testifying against the batterer. These expenses may consist of the time the police spend on the investigation, District Attorney expenses, court fees, and expenses for having the batterer placed in custody. Some tax paying citizens may suggest that domestic violence victims, who retract their statement and request that the charges be dismissed, should pay all expenses. Others may be more empathetic and compassionate and recommend that the victims who retract their statement not be held responsible for expenses incurred.

Information provided at the Domestic Violence Resource and Referral Meeting will consist of the following:

Victim Information

What is Domestic Violence?

Concerns of Domestic Violence Victims

*What is Family Violence?

What is Intimate Partner Violence?

What is Dating Violence?

What is Relationship Violence?

*The Characteristics of a Victim

The Power & Control Wheel

*Cycle of Violence

(illustration in glossary on page 181)

The Equality Wheel

Nurturing Battered/Abused Children

How Family Violence Can Be Prevented

*What Can Community Members Do?

Approved Domestic Violence Prevention Programs

Community Victims Groups

*Victims of Crime Agency

*Victim Information & Notification Everyday (VINE)

Domestic Violence Hot Lines

*Victims Resource Guide

*Lethality Check List

*Track Down/Tracing List

*Escape List

Battered Women Shelters

The Effects of Family Violence on Children

Arrests & Criminal Conviction Report/Records &
Prosecution Sheet (RAP Sheet)

Domestic Violence Reports on the Batterer for the
Past Years

Domestic Violence Books, Articles, Videos

Batterer Information

Removal of the Batterer

The Characteristics of a Batterer

Why the Batterer Should Not Return Home

Time Out Method Used By Batterers

Children Services

Child Protective Services

Child Visitation & Monitoring Agencies

Aid to Families with Dependent Children (AFDC)

Protection Agencies

City/County/State Police

Federal Bureau of Investigation (FBI)

*Probation & Parole Department

City/County/Federal Court

Legal Services

Criminal Proceedings Against the Batterer

Legal Aid Office

District Attorney

Filing Free Restraining Orders

Community Services

General Relief

*Annoyance Call Bureau

Employment Agencies

Housing Agencies

Medical & Mental Health Agencies

Directory of Drug & Alcohol Programs



The information provided at the meeting will help the victim avoid experiencing any additional episodes of relationship violence.

* Explained in the Glossary.

The meeting also provides the victim with information concerning safety and discourages her from getting involved in future potentially violent relationships. By the time the Domestic Violence Resource Meeting is held, many victims may have already become involved with new abusive partners. On occasion, during the Domestic Violence Resource Meeting, bruises on victims are observed. It is recommended that they immediately seek medical attention and counseling services. Victims who attend the Domestic Violence Resource Meeting will often contact the counselor at a later date concerning referrals for additional community services. Many victims and family members of the batterer have expressed great appreciation for the information that was provided to them during the Domestic Violence Resource and Referral Meeting. Victims expressed a need for drug/alcohol programs, mental health services, and other community referrals that would help them and their children.

It is strongly recommended that children who witnessed the violence/abuse or who were physically and emotionally abused by the batterer, be referred to a Child Protective Service Agency and counseling. If visitation is approved by the Child Protection Agency, the victim should explore Visitation Centers that may be available in her city/county/state. These centers supervise and monitor the visits between the child and his/her estranged parents. Child Protection Agencies should also supervise/monitor child drop off/exchange locations for children who are

visiting their estranged parents. Exchanging/dropping off children in front of restaurants, parks, or a relative's home may not be safe. There have also been reported incidents of violence and abuse between parents when exchanging/dropping off children in front of police stations. The child once again may witness or become involved with family violence and abuse. It is not an uncommon practice for Child Protective Services to have the victim's children removed from their home if she continues to live with a batterer/abuser.

During the Domestic Violence Resource Meeting, the Time-Out Method that is taught to batterers is discussed. The victims are encouraged to allow the batterer to take a time out when he is beginning to feel angry. Restricting the batterer from leaving may result in another incident of family violence and abuse.

How the Time-Out Method Works:

When the batterer becomes angry he should say to his partner, "I'm beginning to feel angry and I need to take a time out." He should then:

1. Leave the location for at least an hour to give himself enough time to cool off.
2. Tell his partner when he will return, and come back at that time.
3. Go for a walk, run, or do something physical that will help release some of his body tension.

How the words work:

1. He states, “I’m.” An “I” statement that places the batterer in charge of himself is very empowering. He is not hitting, being verbally abusive, blaming others, or name calling.
2. He states, “Beginning to feel angry.” As he begins to feel angry, the batterer says how he feels, and acknowledges the emotion. He reflects on the physiological changes occurring in his body, and feels uncomfortable.
3. He states, “I need to take a time out;” another “I” statement telling his partner that he is not going to hurt her or the children. He is going to do something else that does not involve any form of violence and abuse.

Leaving for at least an hour may help the batterer “cool off” and take control of his emotions and actions. When he returns, he may or may not want to talk about what it was that made him angry.

Personal Observations

If the batterer is in a new relationship, his new significant other would be invited to the Domestic Violence Resource Meeting apart from the victim. Many victims who have had children with the batterer are still connected to him. Some are still visibly emotionally upset as result of the abusive incident. However, they want

to attend to learn more about domestic violence and how to protect themselves and their children.

During the Domestic Violence Resource Meeting, I observed victims who appeared to be in new relationships that were physically abusive. I saw bruises and marks on their face, neck, and arms. As I provided the victims with information on domestic violence and community referrals, they began to ask questions about how not to become involved in another violent, abusive relationship. Many of them followed up on referrals that were provided for employment agencies, mental health services, and drug/alcohol programs. Victims also requested information on how to take care of their family financially since the batterer was no longer residing with them. The victim's family members were also very receptive to information provided on family violence. Their primary concern was for the victim to refrain from being associated with the batterer again and that she avoid being involved in another violent, abusive relationship.

When the batterer's family was in attendance, I discussed in detail, abusive behaviors that may have been learned by the batterer from his family. Many of the batterer's family members were very interested and asked many questions as to how they may have been inappropriate role models. It was my intention to invite as many of the batterer's family members to the Domestic

Violence Resource Meetings as possible in hopes of facilitating an end to their cycle of violence.

During some meetings, I could see in the face of the batterer's new significant other, a look of fear and puzzlement. Many asked themselves why they got involved with a batterer/abuser? Even though the significant other's family members were invited to attend, they usually did not come. The new significant other/potential victim was often too embarrassed for anyone else to know they were at risk of being abused and battered. The new girlfriend or boyfriend wanted to keep this a secret from family members. The meetings generally lasted about two hours. Those in attendance expressed a sense of relief and empowerment in better understanding the dynamics of family violence. They had acquired effective strategies that might enable them to protect themselves and their children from future episodes of violence and abuse.

The Victim's 16 Step Cycle of Abuse and Recovery is a complex process that is comprised of individual steps of awareness, various levels of emotional stability, and actions which ultimately lead to recovery. The cycle depicts the many different tasks and range of emotions that the victim must consider before becoming involved in a serious relationship. As victims review this 16 step cycle, they will hopefully feel more connected with the process of recovery and realize that the devastation they feel is a typical response to the trauma they have experienced. (Page 18)

Victim's 16 Step Cycle of Relationship Abuse and Recovery

Steps may vary, overlap, or may be deleted

Step 14 SEPARATION

Most dangerous time for the victim: stalking, serious injury, and murder may occur by the abuser/batterer

Step 13 NOTIFICATION

Safety is a priority when notifying the abuser of your break-up with him/her

Step 12 TERMINATION

Deciding not to be a victim again

Step 11 EDUCATION

Learning the warning signs of relationship abuse and how to be safe

Step 10 REHABILITATION

Complete a psychiatric and medical evaluation annually. Attend psychotherapy/counseling and/or a victim's/survivor's support group.

Step 9 COMMUNICATION

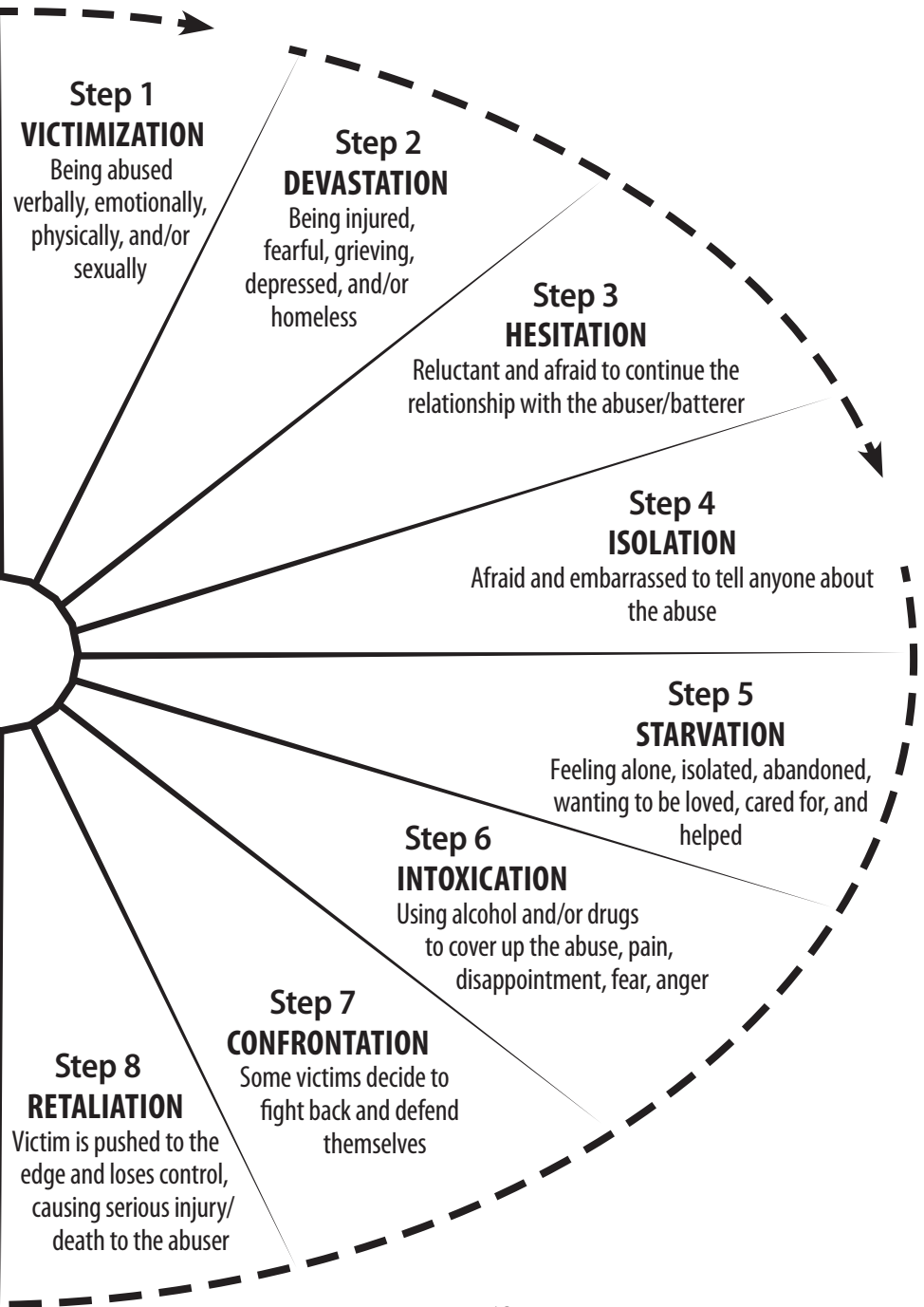
Availability to talk with someone about help and treatment

Step 15 PREPARATION

Meeting new friends and using learned techniques and methods to build healthy dating relationships

Step 16 ASSOCIATION

Feeling comfortable dating and being in a relationship with non-abusive, non-violent partner



A GREAT WAY FOR
VICTIMS
OF DOMESTIC VIOLENCE TO
HEAL
IS TO MOVE OUTSIDE OF
THEMSELVES
AND HELP SOMEONE
ELSE.

Levels of Violence & Abuse to Victims

Level # 1 Victim

Verbal Abuse Only

Level # 2 Victim

All Other Abuses Except Physical Abuse and Sexual Abuse

Level # 3 Victim

Physical Abuse and Other Abuses Inside the Home or in Private

Level # 4 Victim

Physical Abuse and Other Abuses Inside and Outside the Home; Anytime Weapons Are Used

Every Victim Should Have a
Safety Plan
Escape Plan
&
Protection Plan
From the Batterer.

Safety Plan:

- Avoid arguments with your partner in areas with potential weapons: kitchen, bathroom, garage.
- Know the areas in your home where there are two exits and you can leave immediately.
- Place yourself in areas in your home where you can yell for help or have notification devices available: telephone, cell phone, emergency alarms, sirens.
- Warn your children to stay out of adult conflicts.
- Decide ahead of time on a place in the home where the children can go and be safe.
- Ask neighbors to call the police if they hear someone yelling.

Escape Plan:

- If you have time, leave when your partner is not around.
- Pack a bag and hide it with extra money, credit cards, legal documents and other items you may need.
- Know escape routes: doors leading to the outside, basement exits, stairwells, elevators, windows you can safely jump from.
- Keep gas in your car and hide an extra set of car and house keys.
- Practice your escape plan.
- Never tell your partner that you are leaving and never let your partner know where you might be going.

Protection Plan:

- After leaving the batterer/abuser, plan to keep him/her from contacting you. The Criminal/Family

Court can issue a Restraining Order/Stay Away Order which will give the police the authority to arrest the batterer/abuser if he/she contacts you.

- Request a GPS (Global Positioning System) to be placed on the batterer/abuser so everyone will know where he/she is at all times.
- Get a body guard.
- Get a guard dog.
- Always be with someone and never be left alone.

Batterers, abusers and individuals with anger management problems should not possess or have access to weapons.

Monitoring the Batterer's Violence and Abuse

Stage #1 - Offender Warning

The victim and/or her family are now at risk of being battered/abused by the offender again.

Release from Jail/Prison/Court

Stage #2 - Offender Watch

Observe the batterer carefully at a distance.

Family Interaction

Community Reintegration

Restraining Order Served

Taking Psychiatric Medications

Appearance in Court

Holidays

Birthdays/Special Events

Child Support Payments

Child Visitation

Positive Victim Adjustment Without the Batterer

New Relationship/Breakups

Participation in Any Type of Treatment Program

Unstable Residence

Unemployed

Stage #3 - Offender Alert

The victim and her family must seek safety and protection.

Family Violence

Access to Weapons

Community Violence

Drug/Alcohol Use & Abuse

Increase In Child Support

Alimony Payment Increase

Batterer's/Abuser's Whereabouts Unknown

Any Arrests Warrants for the Batterer/Abuser

Court Orders Reducing/Restricting Child Visitation

“The purpose of battering is to instill fear, intimidate and control behavior, not to leave bruises. Some of the most effective batterers do not beat: they do not need to, at least not very often. Threats and hostile looks to spouses, partners and their children, serve the very same purpose: to control behavior through fear and to keep victims trapped in the Cycle of Violence.”*

* Excerpt from article written by Dennis Brown (2003).

The Victim's Ten Step Relapse Prevention Cycle chart provides victims with a course of action that will shield them from returning to or beginning an unhealthy or unsafe relationship. The cycle provides many warning signs that must be reviewed constantly to help survivors/victims of domestic violence and abuse. Relapsing into an abusive relationship can sometimes be easier than being cautious. (Page 26)

Mommy Daddy Cycle of Violent Reprimand with their Children Aggressive behavior is learned. Children who witness domestic violence and/or receive excessive physical discipline in their home, have a higher tendency toward displaying abusive behavior in relationships. Parents must be aware of the importance of disciplining their children in a loving, nurturing manner. (Page 27)

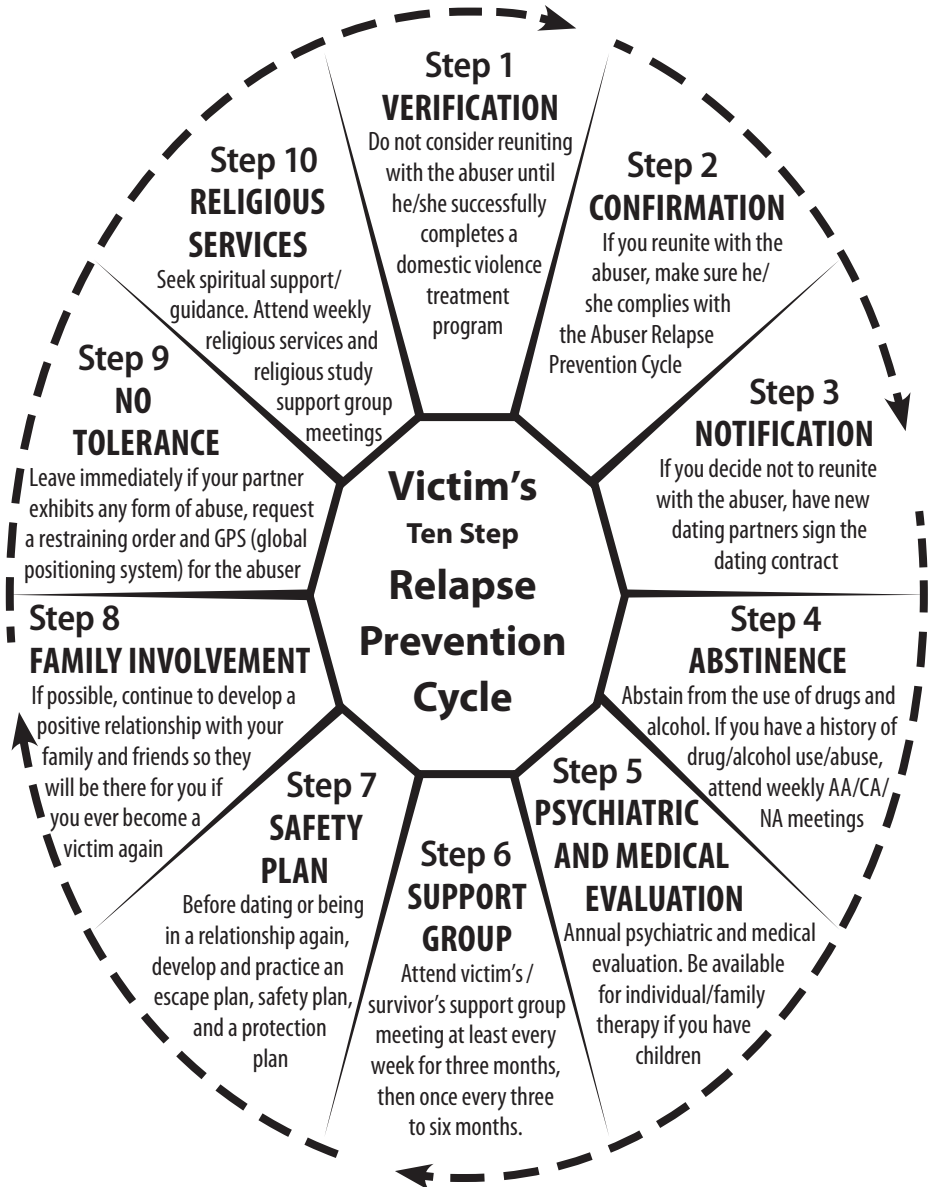
The Big Brother/Sister Syndrome is when the authority and permission given to older brothers/sisters by their parents to supervise and discipline their younger siblings may lead to abuse. The older sibling may subject the younger sibling to incidents of abusive forms of discipline as the result of witnessing parental acts of domestic violence. (Page 28)

Discipline Levels for Children is a scale that provides a list of disciplinary techniques, ranging from non-abusive to abusive and violent. (Page 33)

Emotional Abuse Chart tracks the different ways an abuser may act in order to perpetuate power and control over his partner/victim. It estimates the outcome of the relationship if the couple stays together without getting help. The chart increases the victim's awareness level and sheds light on the reality that the relationship may be over unless therapy/counseling is provided for the couple. (Page 34)

Classification for Leaving the Abuser Chart illustrates and provides the victim with a specific label/name that identifies the connection they have with the abuser. The victim may refer to this chart to assess the degree of progress that has been made, or that needs to be made, before being completely out of a violent relationship. It also defines goals that the victim must achieve before becoming a role model for other victims and potential victims. (Page 35)

Relationship Abuse Victim's Ten Step Relapse Prevention Cycle



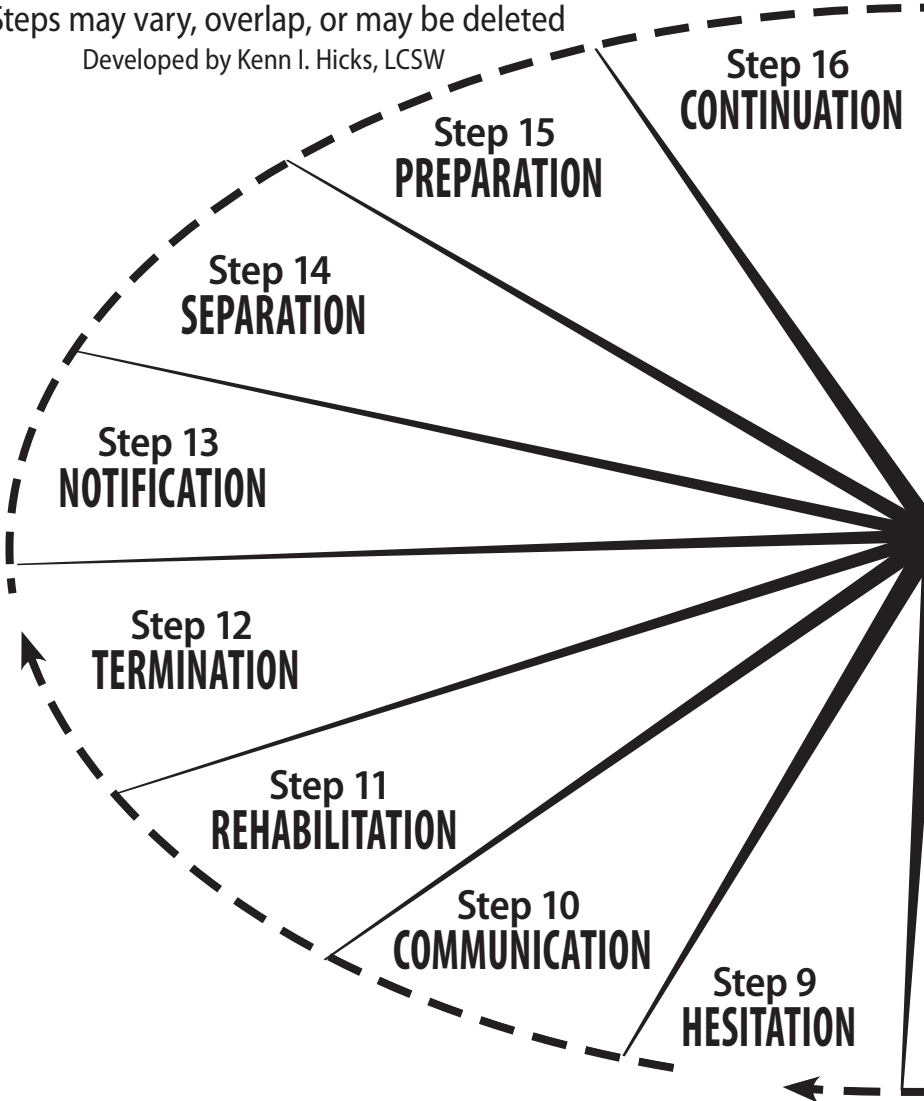
Mommy Daddy Cycle of Violent Reprimand with their Children



16 Step College Student Relationship Cycle of Sexual Violence, Physical Abuse & Recovery

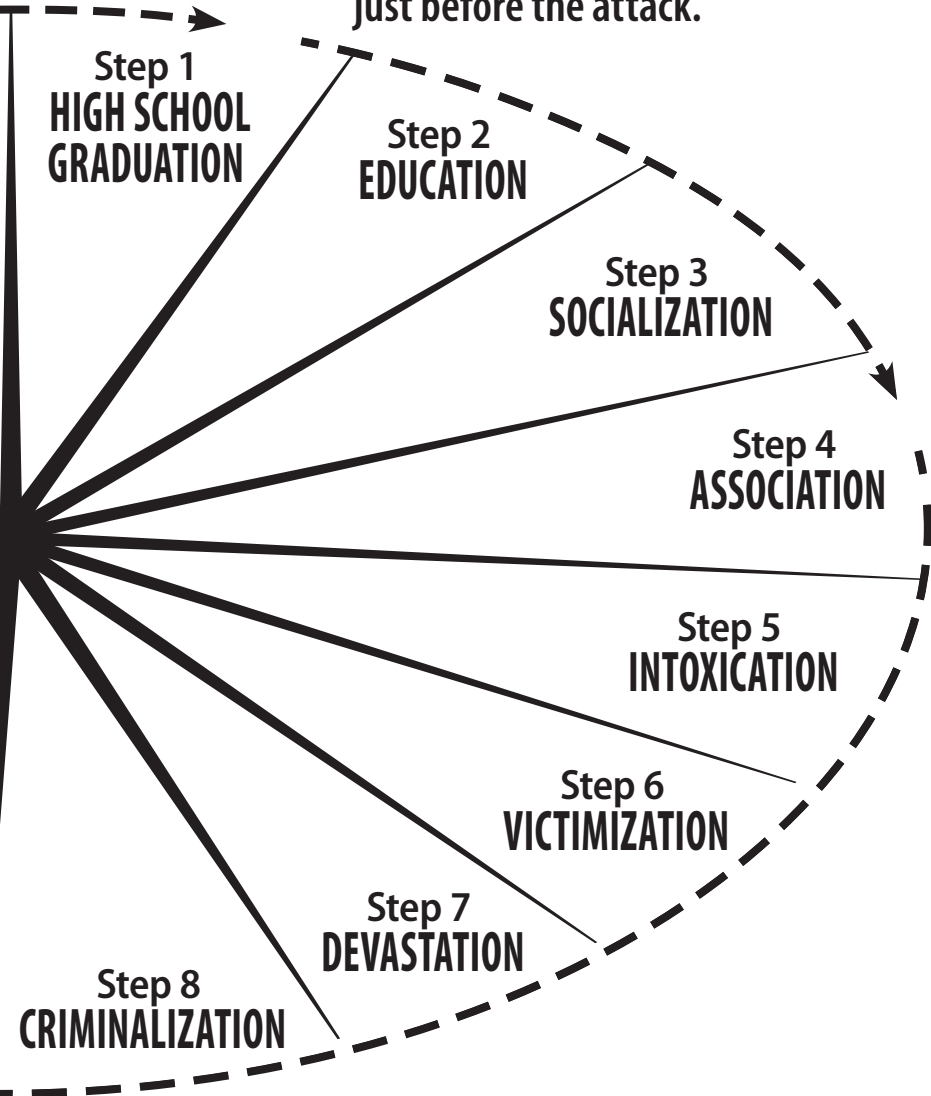
Steps may vary, overlap, or may be deleted

Developed by Kenn I. Hicks, LCSW



1 in 4 college women have been a victim of rape or attempted rape.

About 75% of men and at least 55% of women involved in acquaintance rapes had been drinking and/or taking drugs just before the attack.



16 Step College Student Relationship Cycle of Sexual Violence, Physical Abuse & Recovery

Step 1. High School Graduation: High school student graduates and plans to attend college.

Step 2. Education: Student enrolls in a college and is excited about leaving home and meeting new people.

Step 3. Socialization: Student meets new friends at college and goes to various social activities with them.

Step 4. Association: Student becomes involved in a casual or steady dating relationship.

Step 5. Intoxication: Impairs Judgement. A high percentage of rapes, sexual abuse, and physical abuse happens when students drink alcohol and/or use illegal drugs.

Step 6. Victimization: The student is raped/sexually abused/physically abused by her/his casual or steady dating partner.

Step 7. Devastation: After the rape/sexual abuse/physical abuse, the student may have feelings of: anger, fear, embarrassment, shame, sadness, depression, grief, etc.

Step 8. Criminalization: The student should report the rape/sexual abuse/physical abuse to the police right after the incident or after talking with a therapist/counselor/teacher who should provide needed emotional support and resources.

Step 9. Hesitation: The student may feel violated and fearful of her/his casual or steady dating partner, but is reluctant to break-up for many reasons: physical violence, isolation, being labled, harassed, etc.

Step 10. Communication: Talking to someone (friend, teacher, counselor, family member) and getting resources for help may be the first step to recovery and positive decision-making concerning dating and relationships.

Step 11. Rehabilitation: Attending counseling/therapy sessions and/or a victims/survivors support group will help the student develop dating sexual boundries along with a dating safety plan, escape plan, and protection plan that will reduce her/his feelings of fear, stress, depression, isolation, etc.

Step 12. Termination: Through counseling/therapy, the victim can decide not to become a victim again.

Step 13. Notification: Safety is a priority when notifying the abuser of a break-up with him/her.

Step 14. Separation: This is the most dangerous time for the victim. Stalking and serious injury may occur by the abuser.

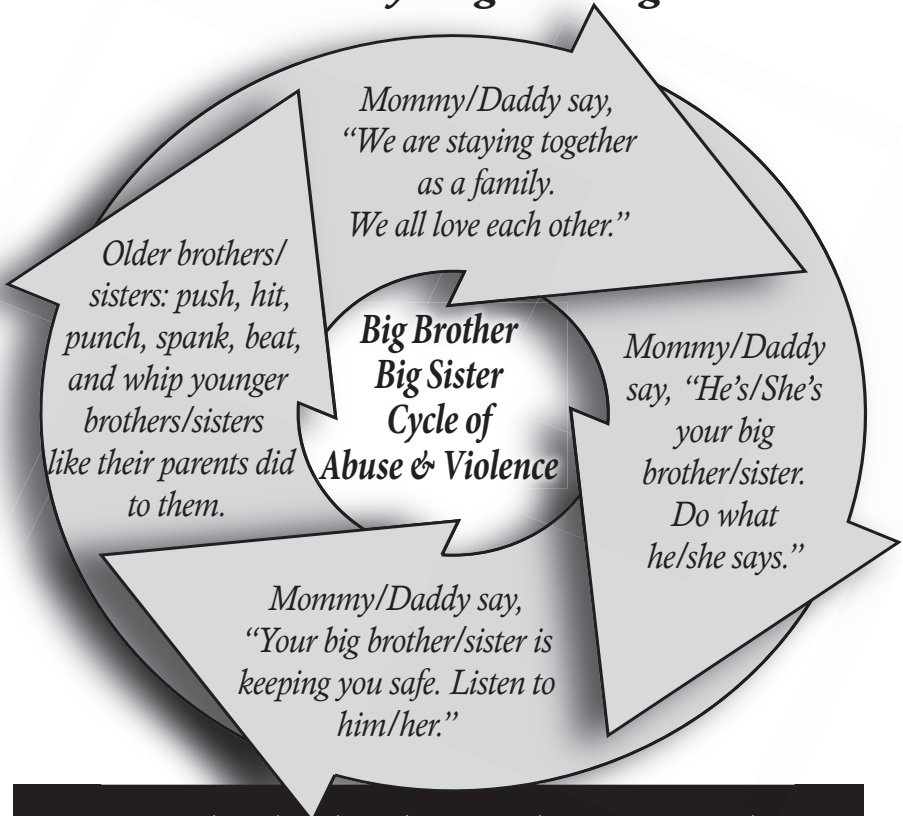
Step 15. Preparation: Feeling comfortable dating again and choosing to be in a relationship with a non-abusive, non-voilent partner.

Step 16. Continuation: Being able to focus once again on school and career goals.

Big Brother—Big Sister Syndrome

Some parents give their older children who are bigger permission to discipline their younger children. Types of discipline used by the older children may be the same as that which is used by their parents. The discipline used may be considered physical violence and abuse: threats, hitting, slapping, spanking, beating, whipping. This violence and abuse (gateway behavior) is usually continued during dating relationships, marriages, and raising their children.

How older brothers/sisters continue The Cycle of Abuse & Violence with their younger siblings



*It’s very hard to break-up with a partner who is
violent/abusive when you grow-up with a
familiar family history of abuse and violence.*

Discipline Levels for Children

May vary depending upon race, religion, or cultural standards.

Levels	Name of Discipline
1	Role Modeling
2	Ignoring
3	Warning
4	Educating
5	Redirecting
6	Discussing / Sharing Your Experiences
7	Rewarding Positive Behavior
8	Separating / Removing Negative Behavior & Replacing It With Positive Behavior
9	Setting Limits
10	Expressing Disapproval
11	Removing Privileges
12	Time-Out Method / Grounding
Listed Below Are Gateway Behaviors Leading to Abuse & Violence in a Relationship	
13	Threats of Abuse & Violence
14	Slapping
15	Spanking
16	Beating
17	Whipping
These Forms of Neglect Can also Be Considered Abusive	
	Natural Consequences (i.e. allowing a child to run into traffic after repeated warnings)
	Abandonment

Non-Abusive

Abusive

Emotional Abuse

Estimating Abuse/Violence and/or Relationship Break-Up

Stage 1	Stays out late, goes out comes back in the morning, cheats, sexual addiction
Stage 2	Threatens divorce, separation, break-up
Stage 3	Ignores you, won't speak for days/weeks
Stage 4	Blows money on drugs/alcohol, addiction problems, deprives you of physical needs: food, sleep, decent place to live
Stage 5	Non-violent threats, intense jealousy, accuses you of affairs, makes you think you are crazy
Stage 6	Drives recklessly to scare you, laughs at you
Stage 7	Does not want you to improve yourself or keep a job or go to school
Stage 8	Is Sarcastic
Stage 9	Insults, ridicules, and demeans, lies a lot
Stage 10	Violent Threats

Classifications for Leaving the Abuser

Level One – Domestic Violence Hostage Victim

Afraid to leave the abuser due to: threats, emotional abuse, physical abuse, financial abuse, child custody problems, no resources/services.



Level Two – Domestic Violence Victim

Separated from the abuser, but still in a relationship/semi-relationship or having to continue communication with the abuser due to issues with children, finances, emotional addiction, and/or denial by the court to issue a restraining order.



Level Three – Domestic Violence Survivor

No longer in a relationship or having communication with the abuser in any manner.



Level Four – Domestic Violence Witness

Total isolation from the abuser. Informing other domestic violence victims on how to leave the abuser and be safe.



Level Five – Domestic Violence Advocate

Leaving the abuser and no longer having any communication with him/her. Being a spokesperson for domestic violence prevention and seeking additional resources, services, and funding from the city, county, state, and federal government for victims.

Having the Abuser Arrested: Is It Really Worth It? Weighing out the pros and cons of reporting domestic violence to law enforcement and then dealing with the ramifications of making that decision can be very difficult. However, it is an important step to selfempowerment and to making safety a priority for the victim. If the abuser believes there are no consequences for his actions, in all likelihood, the cycle of abuse will continue. (Page 37)

The Domestic Violence Danger Level Scale provides the victim/ potential victim, family members, and friends a list of various stages of increasingly dangerous behavior exhibited by the abuser. Serious precautions should be taken to ensure safety and protection as these behaviors escalate. (Page 38)

Domestic Violence Services Check List provides the psychotherapist/ counselor a list of services for the victim and children that may need to be provided before therapy/counseling can be successful. Ensuring safety and providing other services necessary for the client's survival is a priority that must be considered as a prerequisite to beginning the healing process. Helping the domestic violence client/victim with these services will also enhance the therapeutic relationship between the client and therapist; which is essential to the client's progress. (Page 39)

Dating Safety Check List is a tool that may be utilized before developing a serious relationship with a dating partner. This step-by-step check list provides a partner with insight into the other person's history of abuse and any problem areas in previous relationships. A decision may be made based on the information revealed as to whether to take a chance on developing a serious relationship or separate/breakup immediately. (Page 40)

Having the Abuser Arrested Is It Really Worth It?

Yes!!!

Your Safety is a Priority.

Having to Deal With Abuse

Physical Abuse
Emotional Abuse
All Other Types of Abuse

Now Dealing With

Anger
Safety
Threats
Enemies
Stalking
Legal Fees
Depression
Loneliness
Disabilities
Immigration
In-Law Hating
Retaliation
Attorney Fees
Going to Court
Child Visitation
Fewer Friends
Financial Problems
Retraining Order Issues
Mental Health Problems
New Relationship Problems
Abuser Apologizing and Crying
Termination of Medical Insurance
Children with Emotional Problems

Domestic Violence Danger Level Scale

WARNING

- 1 Batterer has medical problems
- Batterer has mental health problems
- Batterer has employment and financial problems
- Batterer appears to be under stress all the time

WATCH

- 2 Victim's family and friends do not like the batterer
- Shifts of power and control in the relationship
- Batterer on probation or parole
- 3 Anger management problems
- Starting to act out of control
- Verbal abuse in the community
- Other criminality
- Stronger emphasl and control over the victim
- No patience with children

ALERT

- 4 Continuous arguing
- Batterer has possession and access to weapons
- Drug and/or alcohol use and abuse
- Verbal and emotional abuse
- Violence in the community
- 5 Escalating physical and sexual abuse, threats

LEAVE IMMEDIATELY

- 6 Batterer hits victim without serious injury
- Batterer threatens to kill victim and/or the children
- Batterer threatens to kill him/herself
- Batterer becomes sexually abusive
- 7 Batterer acting out of control
- Hits victim and won't allow her/him to leave
- 8 Restraining Order issued
- Batterer's whereabouts unknown
- Warrants issued for the batterer's arrest
- 9 Accidental injuries involving the victim and abuser
- 10 Injury causing the victim to go to the Emergency Room

Domestic Violence

Success in psychotherapy may depend on the victim receiving the following services:

Check List

1. Safe place away from the batterer/abuser	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
2. Safe place for the children away from the batterer/abuser	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
3. Help moving and finding a new, safe residence	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
4. Child care assistance	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
5. Referral to Child Protective Services, if children involved	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
6. Applying for General Relief	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
7. Clothing for victim and children	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
8. Personal items	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
9. Approval for food stamps, medical, rent, other assistance	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
10. Referral to State Program: Victims of Crime	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
11. Employment and/or training	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
12. Prosecution of the batterer/abuser	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
13. Domestic Violence Advocate	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
14. Filing for a Restraining Order against the batterer/abuser	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
15. Can the batterer/abuser be ordered to wear and pay for a GPS?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
16. Can the batterer/abuser be placed on a national DV Registry?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
17. Transportation for court appearances	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
18. Does the victim feel safe?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
19. Do the children feel safe?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
20. Immigration issues	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
21. Threats/harassment due to restraining order being denied	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
22. Are there any extended family/friends who want to help?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
23. Referral to AA/CA/NA if history of drugs/alcohol	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
24. Should the victim move out of the <input type="checkbox"/> town <input type="checkbox"/> city <input type="checkbox"/> county <input type="checkbox"/> state <input type="checkbox"/> country	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>

Clinical and Medical Services

25. Medical evaluation for the victim and children	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
26. Psychiatric evaluation for the victim and children	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
27. Medication recommended for victim and/or children	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
28. Individual psychotherapy for the victim	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
29. Group psychotherapy	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
30. Individual psychotherapy for the children	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
31. Family psychotherapy (if children are involved)	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
32. Victim's/Survivor's Domestic Violence Support Group	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>

Dating Safety Checklist

**Before Exclusively Dating Him/Her Make Sure You Answer
The Following Questions**

**Investigate your dating partner's criminal history
& past relationships**

	Yes	No
1. Did you check his/her criminal background on the internet?		
2. Is he/she listed on any criminal registry websites?		
3. Does he/she have an active domestic violence restraining order?		
4. Did you ask your friends/relatives and his/her friends/relatives about your potential dating partner's past relationships, and if his/her past relationships involved any type of abuse and/or violence?		
5. Don't be left alone with him/her until you have answered questions 1-4.		
6. Are you comfortable with the results; if not, terminate the relationship.		
7. Does he/she abuse alcohol and/or use illegal drugs?		
8. Terminate the relationship if he/she uses illegal drugs.		
9. Does he/she act inappropriately or violently when drinking?		
10. If the answer is yes to answer 9, terminate the relationship immediately.		
11. Is he/she in any type of treatment program for an addiction or violence?		
12. Does he/she appear to have an anger management problem?		
13. Terminate the relationship if the answer to 12 is yes.		
14. Does he/she have a good relationship with his/her family members?		
15. Does he/she respect your decisions at all times?		
16. Terminate the relationship if the answer is no to question 15.		
17. Is he/she courteous to you in public and private?		
18. Do you feel comfortable being in a monogamous dating relationship with him/her?		

In an effort to protect the victim, I strongly recommend that a Restraining Order be issued for all domestic violence offenders. To help ensure the separation of the abuser and victim, I also recommend that a Restraining Order be issued for the victim to stay away from the abuser. Dual Restraining Orders diminish the abuser's manipulation and coercion to have the victim make contact. Many times the victim will initiate contact with the abuser and law enforcement will not intervene because the victim does not have a Restraining Order to have no contact with the abuser. Additionally, the implementation of a Global Positioning System (GPS) tracking device is recommended to provide enhanced monitoring on the abuser's/batterer's whereabouts. These seemingly extreme measures are necessary to ensure a greater level of safety and protection for the victim and/or children. I suggest this procedure be put in place in every state to reduce domestic violence.

Restraining Order Issued For All Domestic Violence Offenders

- I. Scenario: First time response to a residence by the police concerning a complaint of domestic violence/disturbing the peace: Police respond to a call made by a neighbor, stranger, relative, or friend. Investigation by the police finds "No Probable Cause" concerning violence/abuse and there is no request for protection by anyone at the residence.

If there is no record of any previous complaints/arrests/convictions of domestic violence, the couple must comply with the following:

- a. Attend one session of couple's counseling/marriage counseling within the next fourteen days. Proof of the counseling session will be submitted to the local police precinct/Domestic Violence Police Unit within twenty days of the police response to the residence. If proof is not submitted, a Restraining Order will be issued by law enforcement/court official on both parties and not dropped/dismissed until proof has been submitted.
- b. If one or both partners have had a previous arrest or have had a Restraining Order with another partner, the couple must complete two couples counseling sessions within twenty days. Proof of the counseling sessions will have to be submitted to the local police precinct/Domestic Violence Police Unit within thirty days of the police response to the residence. If proof is not submitted, a Restraining Order will be issued on both partners and not dropped/dismissed until proof has been submitted.
- c. There will be a volunteer assigned to each local police department precinct who is a Marriage and Family Therapist/ Licensed Clinical Social Worker/Domestic Violence Counselor who will provide free counseling sessions. The counselor will also help mediate the couple's decision concerning who will leave the residence if the Restraining Order is ever activated.

- d. Child Protective Services will be notified if children are residing in the residence.
 - e. If a Restraining Order is issued, Child Protective Services will decide who will have temporary custody of the child/children and set up a visitation plan for the parents.
- II. Scenario: Second time response to a residence by police concerning domestic violence/disturbing the peace to the same residence or different residence but the same couple:
- a. If “No Probable Cause” is found, a Restraining Order will still be issued immediately by the police/court.
 - b. The Restraining Order will continue until the couple successfully completes four weekly sessions (one month) of a domestic violence treatment program (victim’s/survivor’s program or batterer’s/abuser’s program). Each partner will have to submit proof that the sessions have been successfully completed before the Restraining Order will be dropped/dismissed by the court.
- III. Scenario: Third response to a residence by police concerning domestic violence/disturbing the peace or different residence but same couple:
- a. If “No Probable Cause” is found, a Restraining Order will still be issued immediately by the police/court.
 - b. Each partner must complete twelve weekly sessions (three months) in a domestic violence treatment program (victim’s/survivor’s program

or batterer's/abuser's program). Each partner will have to submit proof that the three month weekly sessions have been successfully completed before the Restraining Order will be dropped/dismitted by the court.

- IV. If "Probable Cause" is found concerning domestic violence, the batter/abuser/aggressor will be arrested and charged with the crime:
- a. Criminal charges will not be dropped even if the victim does not want to press charges and/or if the victim changes her/his story concerning the incident.
 - b. A Restraining Order will be issued for the victim and batterer/abuser/aggressor and will be active for ten years even if the District Attorney/court feels the case is lacking evidence to substantiate the domestic violence charge.
 - c. The Restraining Order can be dropped/dismitted by the court if the victim/survivor and defendant/batterer/abuser comply with the following conditions:
 1. The victim completes a 26 week (six month) domestic violence treatment program for victims/survivors of domestic violence.
 2. The defendant/batterer/abuser successfully completes a 52 week (one year) domestic violence treatment program for batterers and abusers.
 3. Each partner must submit proof to the court that they have successfully completed the domestic violence treatment programs.

Global Positioning System (GPS) Placed On All Domestic Violence Offenders

Domestic violence victims say, “A Restraining Order is just not enough protection from a batterer/abuser.” “It is just a piece of paper that will not stop the batterer/abuser from hurting or killing their spouse/partner/ex-partner.”

- I. The offender will be issued a Restraining Order supplemented by GPS.
 - a. The Restraining Order and GPS will be placed on all offenders convicted of domestic violence.
 - b. After being released from custody, a GPS device will be placed on the offender.
 - c. The GPS will remain on the offender until he/she successfully completes a fifty two week (one year) domestic violence treatment program.
 - d. If the offender violates the restrictions of the Restraining Order while wearing the GPS, the victim will be notified immediately concerning the following violations:
 1. The offender tampers with the GPS
 2. The offender removes the GPS
 3. The offender comes within a certain restricted distance of the victim
 - e. If the GPS becomes defective for any reason, the victim will also be notified immediately.

- f. The victim will be advised to report to the nearest police station, or go to a place where she/he feels safe with family members/friends/a protection agency until the offender's whereabouts are located.
 1. The offender may be arrested. When released, the GPS will be placed back on the offender with certain sanctions due to a substantiated violation.
 2. The offender must wear the GPS until completion of a twelve month (one year) domestic violence treatment program for batterers/abusers
- II. The Offender should be charged a fee for the GPS before, during, or after being discharged from probation/parole/court supervision.
- III. GPS Monitoring Unit's responsibilities:
 - a. To monitor the GPS on all offenders
 - b. Warn the victim of all GPS violations by the offender
 - c. Report all GPS violations to the police/probation/parole/court
 - d. Monitor the offender's fee payments or refer to a collection agency
- IV. The GPS Monitoring Program will be funded by:
 - a. Donations
 - b. Grants
 - c. Offender Fees
 - d. Victim Donations

V. The GPS Monitoring Program will be maintained by volunteers

I am attempting to develop two national websites. A National Domestic Violence Offender Registry and a National Domestic Violence Offender Restraining Order Registry.

When requesting a domestic violence restraining order, it is important to provide as much information about the abuser as possible. This checklist outlines suggested documentation.

Suggested Documentation When Requesting a Domestic Violence Restraining Order

Keep Recordings & Messages

Texts

E-Mails

Phone Recording

Letters/Notes

Journal Notes

Messages from the abuser's friends/relatives

Abusers Psychiatric Problems

Depression

Bi-Polar Disorder

Other Mental Illnesses & Diagnosis
Suicide Attempts

Criminal Arrests & Convictions

Arrests for Weapons
Domestic Violence Arrests
Active Restraining Order
Child Abuse Investigations
Drug Arrests & Convictions
Parole/Probation Violations & Arrests
Other Arrests & Convictions
Check All Websites to See if Additional
Information Can Be Found

Medications

Medications the Abuser is Using: Prescribed and
Not Prescribed
Drugs Used & Abused
Name the Medications

How Does the Abuser Act Around the Children?

Does the Abuser Drink Alcohol Around the
Children?
Is the Abuser Ever Drunk Around the Children?
When on Prescribed/Not Prescribed Drugs?
How Does the Abuser Discipline the Children?
Does the Abuser Smoke Cigarettes Around the
Children?
Does the Abuser Ever Hit the Children?

Violent Outbursts the Abuser Has Exhibited

Screaming/Yelling

Hitting

Slapping

Are These Outbursts Around the Children?

Are the Children Afraid When the Abuser Has
These Outbursts?

Relationship Levels of Concern Chart provides a safety measurement of how a couple's relationship is progressing or deteriorating. Specific problems that may destroy a relationship are outlined. Increasing an awareness level of these issues and examining effective strategies to safeguard against an escalation in potential abuse is imperative. (Page 50)

Communication & Abuse Levels in a Relationship Chart provides a rating system that depicts how dangerous a declining communication exchange can be in a relationship. It also identifies the level of abuse that warrants legal action. A safety/escape plan should be developed and executed at that time. When levels of communication begin to decline, psychotherapy/counseling is recommended. (Page 51)

Relationship Levels of Concern

Level 1 – Loving Relationship

- Beginning a New Relationship
- Caring and Feeling Needed
- Caring more about your partner than yourself
- Having a child

Level 2 – Stress & Arguing

- Not Living Up to Expectations
- Change in Priorities
- Verbal Abuse
- Child Rearing Problems
- Drug and/or Alcohol Use & Abuse
- In-Law Problems
- Cultural Problems
- Religious Problems
- Financial Problems
- Incompatibility
- Jealousy & Vengeance

Level 3 – Emotional & Physical Abuse

- Addiction Problems
Drugs, Alcohol, Sex, Gambling, Pornography
- Cheating
- Mental Illness
- Anger Management Problems

Level 4 – Battering/Abuse & Death

- Separation
- Restraining Order
- Divorce
- Child Custody Problems
- Ex-Partner In A New Relationship

Communication & Abuse Levels in a Relationship

Level 1 – Discussions

Level 2 – Disagreements

Level 3 – Arguments

Level 4 – Verbal Abuse

- Be aware that the relationship is having serious problems.
- Counseling, separation, and filing for a Restraining Order should be considered

**A RESTRAINING ORDER/STAY AWAY ORDER IS
RECOMMENDED FOR ALL REMAINING LEVELS.**

Level 5 – Emotional Abuse

- Consider developing a safety plan, escape plan, and protection plan away from your partner.
- When separating, the victim has a 75% chance of being seriously injured or murdered

Level 6 – Threats

Level 7 – Physical Abuse

Level 8 – Sexual Abuse

Level 9 – Serious Injury, Accident or Not

Level 10 – Murder

Several factors should be considered before the victim of domestic violence reunites with the abuser. This chart provides a list of criterion. If the abuser is not in compliance with these considerations, the risk factors for continued abuse are great.

**Should the Victim Ever Consider
Reuniting With the Batterer/Abuser?
Only *if*
the batterer/abuser complies with the following:
Abuser's Compliance Checklist**

		Yes	No
1	Completes his/her jail/prison time		
2	Provides the victim with Probation Officer/Parole Agent's name and telephone number		
3	Successfully complies with his/her Probation/Parole Conditions/Instructions		
4	Successfully completes his/her 52 Week Domestic Violence Batterer's/Abuser's Treatment Program		
5	Complies with the Batterer's/Abuser's Relapse Prevention Cycle		
6	Has not committed any more acts of violence and/or abuse at home or in the community		
7	Gets a current medical and psychiatric evaluation/assessment and takes medication that is prescribed by the doctor and/or psychiatrist. Complies with a recommendation from the doctor/psychiatrist to attend individual and/or group psychotherapy		
8	Has a stable residence		
9	Has steady employment: full-time or part-time		
10	Complies with all court orders, restraining orders, child custody/visitation, and other court orders		
11	Successfully discharges from Probation or Parole		
12	Clears all warrants/citations/tickets issued by the court and/or Police Department		
13	Pays all fines		
14	Brings up-to-date any delinquent child support payments and/or alimony payments		
15	Does not use illegal drugs and/or does not drink alcohol. Stays clean and sober or attends a Drug/Alcohol Recovery Program and attends Alcoholics/Narcotics/Cocaine Anonymous Meetings (AA/CA/NA Meetings)		
16	Attends Al-Anon Meetings if the victim has a history of drug and/or alcohol use and abuse		

**Any "No" answers would be a good reason for
not reuniting with the abuser.**

12 Week Psycho-Educational Treatment Program For Survivors/ Victims of Domestic Violence

Psycho-Educational Treatment Program

Using a combination of therapy/counseling and education is effective. During the therapy/counseling segment of this session, the therapist, or counselor can deal with depression, post-traumatic stress disorder (PTSD) and relationship problems using Cognitive Behavior Therapy (CBT). The education segment can be used to teach the client specific skills in communication, assertion, self-care, safety, anger management, and other essential elements in building a safe and meaningful relationship. Suggested topics include: Guidelines to Fair Fighting, De-escalating Anger, Handling Difficult Situations, Love Confusion, Stress Reduction, Building Self-Esteem, Identifying High Risk Situations, and Letting Go.

A twelve week treatment program for survivors has been very successful. Each session is divided into three important segments/phases that help in the survivor's recovery: Beginning, Middle, and End

Segment 1/Beginning - Educational Segment

Relaxation/Meditation Exercise, Emotional Check-In, Safety Check for the Survivor & Children, Emergencies/Safety, Community Resources, Self-Care, Educational Material Provided and Discussed

Segment 2/Middle - Therapy/Counseling Segment

Survivor's Abuse Discussion, Group Unity & Compatibility Experienced, Peer Counseling, Survivor Feedback, Problem Solving, Cognitive Behavioral Therapy (CBT) used by the Therapist

Segment 3/End - Recap/Review/Planning/Rehearsal
Using CBT, Safety Planning, Escape Plan & Protection Plan Discussed, Emergency Referrals & Community Services Reviewed, Self-Care, Diet, Exercise, Activities, Homework Issued

During the first two weeks of treatment, each survivor should have a psychiatric evaluation and medical evaluation. The survivor and children will be referred for individual and family therapy. Attend NA/CA/AA weekly meetings if the survivor uses or abuses drugs/alcohol.

First Four Weeks

Survivor's emotions during weeks 1-4 in the support group: Anger, Disappointment, Male Hating, Depression, Sadness, Low-Self-Esteem, Tearfulness, Embarrassment, Hopelessness

Second Four Weeks

Survivor's emotions during weeks 5-8 in the support group: Open, Confused, Concern, Communicative, Hopefulness, Compassion, Suspicious

Last Four Weeks

Survivor's emotions during weeks 9-12 in the support group: Excitement, Goal Oriented, Freedom, Feeling of Empowerment, Relaxation/Peace, and Helpfulness

Emotional Stage Treatment Chart of a **Victim/Survivor** Who is Participating in a 12 Week Domestic Violence Treatment Program

(Emotional Stages may vary, overlap, or be omitted)

Victim/Survivor	12 Weeks
1st Four Weeks	
<ul style="list-style-type: none"> • Anger • Embarrassment • Low Self-Esteem • Hopelessness • Depression 	<ul style="list-style-type: none"> • Disappointment • Tearfulness • Male Hating • Retaliation • Denial/Blaming Self
2nd Four Weeks	
<ul style="list-style-type: none"> • Listening and Being Open • Confused • Suspicious • Communicative 	<ul style="list-style-type: none"> • Compassionate • Concerned • Hopefulness
Last Four Weeks	
<ul style="list-style-type: none"> • Feeling of Empowerment • Goal Oriented • Excitement • Freedom 	<ul style="list-style-type: none"> • Helpfulness • Relaxation • Peacefulness (Not Becoming a Victim Again)

Healthy Recovery Checklist

For Survivors/Victims of Domestic Violence & Abuse Experiencing Depression, Anxiety, Post Traumatic Stress Syndrome (PTSD)

Treatment for Depression, Anxiety, & PTSD.		How Often	Yes	No
1.	Medical Examination	Immediately – Annually		
2.	Psychiatric Examination	Immediately – Every Six Months		
3.	Medication	As Prescribed By Your Doctor		
4.	Individual Psychotherapy (CBT)	Weekly		
5.	Group Therapy/Family Therapy	Weekly		
6.	Participate in a Survivor’s/Victim’s Support Group	Weekly		
7.	Attend and Participate in Activities At Your Church/Temple/etc.	Daily/Weekly		
8.	Welcome Emotional Support from Your Family & Friends	Daily/Weekly		
9.	Diet: Eat Nutritional & Balanced Meals	Daily		
10.	Get Enough Sleep	Daily		
11.	Avoid Using Alcohol and Illegal Drugs	Daily		
12.	Exercise Regularly	Daily		
13.	Use Your Own Personal Relaxation Methods	Daily		
14.	Learn Other Forms of Relaxation Strategies: Meditation, Mindfulness, etc.	Daily		
15.	Spend Time With Your Children	Daily		
16.	Participate In Fun Activities	Daily		
17.	Take a Vacation	Annually		
18.	Begin to Laugh	Daily		

Survivors/Victims Support Group Weekly Sessions

Agenda

Beginning Segment

- I. SIGN IN
- II. EMERGENCIES/SAFETY
- III. REQUEST FOR SERVICES
 1. Medical
 2. Psychiatric
 3. Medication
 4. Protection
 5. Children Services
- IV. EMOTIONAL CHECK-IN
- V. RELAXATION EXERCISE
- VI. HEALTH EVALUATION & SELF CARE
 1. Sleeping, Eating, Exercise, Seeing Friends/Relatives, Activities, Fun/Enjoyment
- VII. COUNSELING & EDUCATION
 1. Resources
 2. Handouts
 3. Topics
 4. Survivor's/Victim's Workbook Completed
 5. Video
 6. Discussion
 7. Homework Submitted, Discussed, Assigned

Middle Segment

- VIII. SURVIVORS /VICTIMS DISCUSS THEIR ABUSE
(Sessions 1-4)
SURVIVORS/VICTIMS DISCUSS FUTURE
PLANS (Sessions 5-12)
 1. Group Unity & Compatibility Experience
 2. Peer Counseling

- 3. Survivor/Victim Feedback
- 4. Parenting
- IX. SAFETY GUIDELINES
 - 1. At Home
 - 2. In the Community
 - 3. At Work
- X. HOW & WHAT DO YOU WANT TO CHANGE
 - 1. Old Problems/New Problems
- XI. NEW RELATIONSHIPS
- XII. ROLE MODELING FOR YOUR CHILDREN
- XIII. OPEN DISCUSSION ON ANY TOPIC

Ending Segment

- XIV. RECAP SESSION
 - 1. Weekly Planning
 - 2. Safety
 - 3. Protection
 - 4. Emergency Referrals
 - 5. Community Services Reviewed
 - 6. Self-Care
 - a. Eating
 - b. Exercise
 - c. Rest
 - d. Activities
 - e. Relaxation
 - f. Visiting Relatives & Friends
- XV. Does Anyone Feel Unsafe
- XVI. Therapist/Counselor will be available after the session for individual client concerns.

Suggested Topics for Survivors/ Victims of Domestic Violence

Power and Control, Communication, Male Socialization/Female socialization, Respect, Child Abuse, Anger Management, Grief and Loss, Stress Reduction, Rumination, Letting Go, Time-Out Method, Handling Difficult Situations, Parenting, Spirituality and Recovery, Drugs/Alcohol Use & Abuse, Responsibility, Justifying, Blaming, Minimization, What is Love, What is Jealousy, Fear-Causes and Uses, Words and emotional Abuse, Possessiveness, Descaling Anger, Psychological Abuse, Ego vs. Self-Esteem. Acceptance, Forgiveness, Boundaries, Safety Plan, Escape Plan, Protection Plan, What is Happiness, Why No Couple Counseling, What is Happiness, What Does a Good Relationship Look Like, What Are the Love Knots That Keep You in Abuse, Love Languages, Relaxation and Visualization Exercises, Listening Skills, Stereotypes and Myths, Culture Issues, Why You Might Need Therapy, What Does it Mean to be a Man, What Does it Mean to be a Woman, How to Set Boundaries, Characteristics of an Abuser, Characteristics of a Victim, Trauma Bounding, Love Confusion

CASE STUDY

Carol was one of the victims who attended the Domestic Violence Resource Meeting. She requested that the batterer not know that she attended the meeting. Carol had young children at home and was seeking help for herself and her children. She asked many questions during the meeting. Carol was determined not to have her children continue being traumatized by family violence and abuse. She was very interested in the cycle of violence and the characteristics of a batterer and victim. Carol had children with the batterer and did not want any contact with him at that time. She was not certain about future visitation between her children and the batterer. I found out later that Carol did attend a community victims group that I had referred her to for help. She also filed a Restraining Order against her batterer and served him with divorce papers.

The majority of the victims attending the Domestic Violence Resource Meeting were not planning to reunite with the batterer. However, when victims and batterers receive some type of domestic violence treatment, the possibility of reunification increases. As a result of participating in a treatment program, some victims and batterers may live a better life, either together or apart, and do not experience future episodes of violence and abuse.

When victims first arrive at the Domestic Violence Resource Meeting, many of them are embarrassed, depressed and fearful. When the meeting is over, victims typically exhibit a persona of empowerment and direction. Despite not knowing what the future holds for them, they feel safer and more knowledgeable about agencies that can protect them and their children. They have acquired tools to start the process of breaking the cycle of violence and abuse.

Victims value having someone (friend/relative) that will listen to them and not be judgmental. This may be a good time for a friend/relative to help the victim develop a safety and escape plan from the batterer.

From time to time, I would receive telephone calls from victims who attended the Domestic Violence Resource Meeting. They usually asked for additional referrals for themselves and their children. Throughout the year, as the domestic violence prevention meetings were held, I would receive phone calls from other victims who were interested in attending the Domestic Violence Resource Meeting. They had been referred by previous victims and attendees. Victims who attended the Domestic Violence Resource Meeting expressed an obligation to help other victims break their cycle of violence and abuse.

BUILDING BLOCK TWO

A Treatment Plan For Non-Violence

Batterer's Orientation Meeting

The Batterer's Orientation Meeting explains to the batterers the standards and expectations of the domestic violence treatment program. The “**Batterers in Recovery**” are provided with the program goals, group rules, and requirements for successfully completing the treatment program. The batterer must also complete a parenting class if children in the home were abused, neglected, or witnessed the batterer's violence/abuse. Most of the batterers attending will be complying with the court/probation/parole mandate of successfully completing a domestic violence treatment program. In many cases, if the batterer is not successful in completing the program, he will return to jail or prison. Dealing with a population that usually does not want to be in treatment carries its own unique dynamics that hinder the treatment process. Until the

counselor is able to break through the batterer's denial and resistance, treatment is not successful.

This *Psycho-Educational/Real World Treatment Approach* focuses on cognitive behavioral therapy, educational material and reality intervention. Techniques and methods that will isolate the batterer from the anger-provoking situation are taught. Counselors attempt to make the batterer understand that he is responsible for his own actions, thus he must be the one to break the cycle of violence. Another goal of treatment is to help the batterer through the denial phase and never allow him to blame the victim. The batterers will be taught non-violent/non-abusive responses to their anger. Both physical and behavioral anger cues are identified and the Time-Out Method is utilized to provide a "cooling off" period to avoid violence and abuse. The program also addresses the devastating impact that the batterer's violence and abuse has on his family, community, and in a broader context, the state/nation.

The following information is covered during the Batterer's Orientation Meeting:

- Program Goals and Expectations

- Weekly Agenda

- Quarterly Progress Reports

- Group Rules

- Completion of Course Work

- Power and Control Wheel

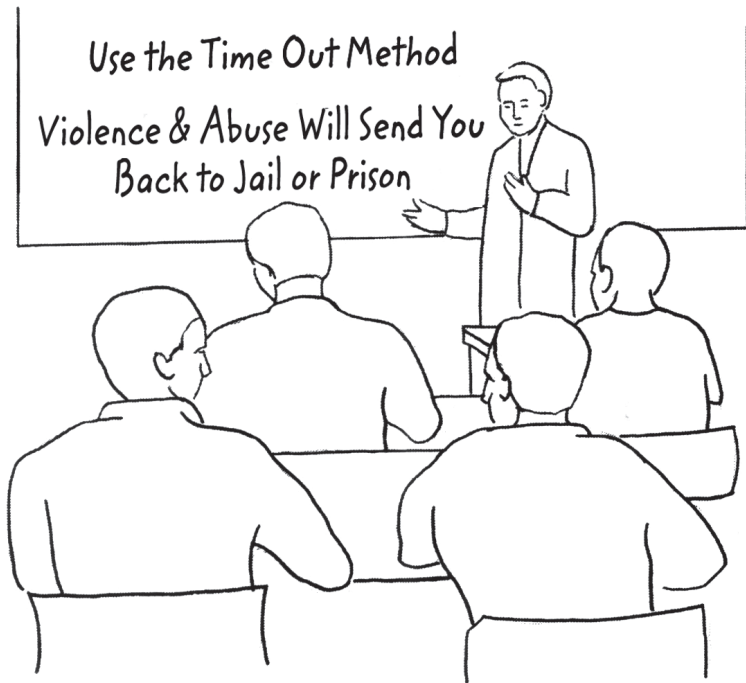
Equality Wheel

Active Participation in Weekly Meetings

Abstinence from Drugs and/or Alcohol

Time-Out-Method/Technique (Verbal & Silent)

Consequences for Committing Any Form of
Violence and Abuse



The batterers are provided with requirements for completing the treatment program and consequences for non-compliance.

Domestic Violence Prevention Program

The primary goal of the program is to stop the batterer's violence and abuse immediately. The objectives for accomplishing this goal are the following:

1. The batterer understands the dynamics of anger and appropriate positive responses that do not include any form of violence and abuse.
2. The batterer must understand that he is responsible for his own actions and must be the one to break the cycle of violence and abuse.
3. The batterer understands the characteristics of batterers and ways to build self-esteem.
4. The batterer will work through the phases of denial, minimizing, and blaming the victim.
5. The batterer successfully understands, demonstrates, practices and uses the Time-Out Method to isolate himself from anger-provoking situations.
6. The batterer will be provided resources that will help him make a positive adjustment in the community.

A progress report is usually sent to the court, probation officer, parole agent and the victim (in some programs) if requested. The batterer's success in the program will be determined by his compliance with:

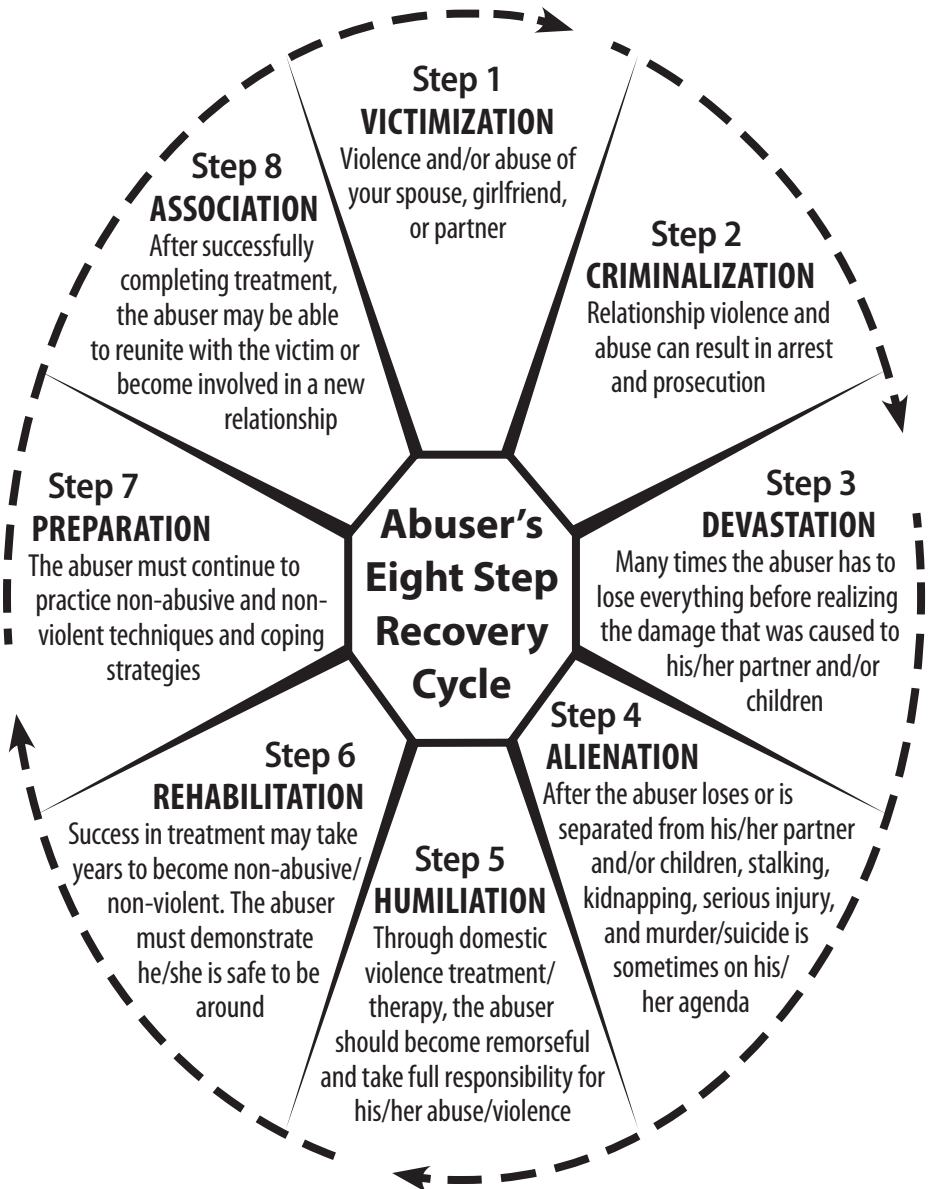
1. Stopping his violence and abuse immediately.
2. Consistent, punctual attendance at treatment sessions.

3. Active participation in the treatment sessions.
4. Presenting no risk to the victim's safety.
5. Implementing positive conflict resolution techniques.
6. Refraining from blaming, minimizing, and name-calling.
7. Refraining from threatening harm or violence to anyone (e.g. physical, verbal, and emotional).
8. Abstaining from the use of drugs and alcohol.
9. Accepting total responsibility for his violence and abuse.
10. Complying with court orders, probation and parole conditions.
11. Showing signs that he is benefiting from treatment.
12. Submitting all homework and completing class work.
13. Providing examples of how he has used the techniques learned in treatment and how it has worked in his family, community, employment, and or new relationships.
14. Passing weekly tests, midterm and final exams. Final exam will consist of a written and oral exam. It is recommended that the oral exam have at least two panel members. These members may consist of a victim of domestic violence and someone other than the group counselor.

The Abuser's Eight Step Recovery Cycle illustrates the process in which the abuser makes the necessary changes to eliminate further episodes of domestic violence. Many times, the abuser must experience total devastation before fully realizing the effects of his actions. As a result, he is then usually more amenable to treatment/rehabilitation. Being a Licensed Clinical Social Worker, people often ask me, "Why does rehabilitation have to be so drastic before an abuser can change his/her life around?" I tell them the abusers that I worked with would decide to change only when faced with one alternative—hitting rock bottom. I hope by reviewing this eight step recovery cycle you realize how important it is for the abuser to successfully complete each step. After completion of the cycle, behavioral changes will be seen in the abuser. (Page 69)

Relationship Abuse Abuser's Eight Step Recovery Cycle

Rehabilitation Through Devastation



The following topics are discussed and reinforced during each group meeting:

- What is anger?
- What causes anger?
- How does your body react to anger?
- How do you manage anger?
- Ways to control anger
- Different types of violence
- What all forms of violence have in common?
- Traits of violent family members
- Every family member suffers from family violence
- How family violence affects the community/nation
- Statistics on family violence
- Why does family violence continue?
- Power & Control Wheel
- Non-Violent Wheel
- Time-Out Method and how it works

Treatment programs and approaches to domestic violence prevention differ greatly. As the group counselor/facilitator, I found it beneficial to offer a very structured and comprehensive treatment program. The batterers I worked with were very resistant to treatment in the early stages of the program, but became more receptive as they progressed through treatment.

Types of Offenders

Level # 1 Offender - Verbal Abuse Only

Offenders that only commit verbal abuse.

- Offender may have made an effort not to go to the next level of abuse and violence.
- The offender has received or is now in treatment for his domestic violence.
- Offender is in the “honeymoon phase” of a new relationship.
- The offender is usually educated and employed.
- He may not have a criminal record.

Level # 2 Offender - All Other Abuses (except physical and sexual abuse)

Offenders that commit abuse only in the home or in private .

- Offender is very manipulative and sophisticated with his abuse.
- He usually has a good job and steady employment.
- The offender has a stable residence.
- Offender is usually well educated.
- He has a supportive extended family.
- The offender is respected in the community as a good citizen and family man.
- Offender has a Dr. Jekyll & Mr. Hyde personality.
- The offender has no arrest or criminal history.

Level # 3 Offender - Relationship Violence

Offenders that are only violent within the home or in private.

- They see women and children as being subservient to or less important than them.
- The offender may have multiple arrests/convictions for relationship violence.

Level # 4 Offender - Violent to Family Members and Non-Family Members

Offenders who are violent to people both inside and outside their home. Anytime the batterer/abuser threatens someone with a weapon or a weapon is used.

- These offenders may typically have problems with employment.
- Offender has a very unstable residence.
- He is typically less educated.
- The offender has a history of drug/alcohol abuse.
- The offender has been arrested/convicted of multiple battering.
- The offender's criminal history consists of arrest/convictions for violence, weapons, and drug offenses.

A Batterer/Abuser May Only Respond To

Rehabilitation Through Devastation

It may be necessary for the batterer/abuser to lose everything before realizing what harm he has done to his wife/partner and children.

Up Is
Down
And Down
Is Up

52 Week Psycho-Educational Real World Treatment Program for Batterer's & Abuser's

Give the Abuser Two Options: Compliance or Jail

Each session is divided into three structured segments/phases that help the batterer/abuser change his/her behavior: Beginning, Middle, and End

Segment 1/Beginning

Drug & Alcohol Testing, Psychotherapy Attendance Verified, Psy. Medication Taken & Verified, AA/CA/NA Meetings Verified, Church/Temple Attendance Verified, Emergencies, Arrests/Release, Using Time-Out Method, Anger Management Problems, Non-Compliance with Group Rules, Abuse/Violence Committed at Home/Community, Relationship Problems, Parenting Issues/Problems

Segment 2/Middle

Adjustment in the Community/Relationship/Family/Friends/Employment, Disclosure for Being Arrested for Domestic Violence, Taking Responsibility, Being Remorseful, Repairing the Way You Think & Act, Becoming Righteous, Reviewing & Discussing Topics, Role Playing, Role Rehearsal & Role Reversal, Guest Speakers, Compliance with Probation/Parole, Domestic

Violence Progress Reports Submitted to Probation/ Parole/Court

Segment 3/End

Referrals: Housing, Meals, Employment, Medical, Psychiatric Services, Medication, Addiction Problems, Visitation with Children if Approved by Family & Children Services, Homework

First four Months

Batterer's/Abuser's emotions during months 1-4 of treatment: Anger, Denial, Low-Self-Esteem, Violent, Argumentative, Depressed, Resistant, Hostile, Mistrustful, and Revengeful.

During the first two weeks of treatment, the batterer/abuser should have a psychiatric evaluation and take medication if prescribed. Attend individual therapy/counseling, begin going to church/temple/other weekly.

Second Four Months

Batterer's/Abuser's emotions during months 5-8 of treatment: Eager, Embarrassed, Understanding, Remorseful, Responsible, Wanting to Repair the Manner of Thinking and Behaving.

Last Four Months

Batterer's/Abuser's emotions during months 9-12 months of treatment: Compliant, Hopeful, Caring, Non-Violent, Faithful, Interested in Recovery, Motivated, Non-Abusive, and Righteous.

Emotional Stage Treatment Chart of a Batterer/Abuser Who is Participating in a 52 Week Domestic Violence Treatment Program

(Emotional Stages may vary, overlap, or be omitted)

Batterer/Abuser	52 Weeks
1st Four Months	
<ul style="list-style-type: none"> • Anger • Denial • Low Self-Esteem • Violent Verbal Responses • Argumentative 	<ul style="list-style-type: none"> • Resistant • Hostile • Distrustful • Revengeful
2nd Four Months	
<ul style="list-style-type: none"> • Embarrassed • Responsible • Understanding • Remorseful 	<ul style="list-style-type: none"> • Eager • Wanting to Repair the Manner of Thinking, and Reacting
Last Four Months	
<ul style="list-style-type: none"> • Motivated • Hopeful • Caring • Compliant • Faithful 	<ul style="list-style-type: none"> • Interested in Recovery • Righteous • Non-Abusive & Non Violent Responses and Reactions

Agenda

Batterer's/Abuser's Weekly Sessions

Beginning Segment

- I. SIGN IN
- II. DRUG AND ALCOHOL TESTING
- III. VERIFICATION
 1. Psychotherapy Attendance
 2. Psy. Medication Taken
 3. Attending AA/CA/NA Meetings
 4. Church/Temple Attendance
- IV. REFERRALS TO RESOURCE & REFERRAL MEETING
- V. BATTERER/ABUSER UPDATE
 1. Employment
 2. Housing
 3. Psychiatric Intervention

Middle Segment

- VI. REVIEW
 1. Cycle of Violence
 2. Controlling Anger & Violence
 3. Power & Control Wheel
 4. Equality Wheel
 5. Time-Out Method Demonstrated/Discussion/Practice
 6. New Laws, Current Events, Research, Resources, Statistics, Articles
 7. Sharing: Growing-Up/Arrests/Jail/Prison Commitments
 8. Have You Changed
 9. Open Discussion
- VII. BATTERER/ABUSER CHECK IN
 1. Emergencies/Incidents/Problems
 2. Arrests/Convictions
 3. Abuse/Violence Committed at Home/Community
 6. Parenting Issues/Visitation
 7. Relationship Problems Past & Present
 8. Court Restrictions & Orders: Restraining Order, Child Support

VIII. ADJUSTMENT

1. Community
2. Family
3. Friends
4. Employment

IX. BATTERER/ABUSER DISCUSS ARREST FOR DOMESTIC VIOLENCE

X. PRACTICING THE FOUR R'S

1. Responsibility
2. Remorse
3. Repair
4. Righteousness

XI. COUNSELING & EDUCATIONAL

1. Homework Submitted/Discussed
2. Book Chapter Reviewed
3. Domestic Violence Workbook Completed
4. Psychodrama
 - a. Role Playing
 - b. Role Rehearsal
 - c. Role Reversal

XII. CASE EXAMPLE

XIII. VIDEO/PRESENTATION/GUEST SPEAKER

XIV. OPEN DISCUSSION

XV. HOMEWORK ASSIGNMENT

XVI. QUARTERLY TEST

XVII. COMPLIANCE WITH PROBATION/PAROLE/COURT

Ending Segment

XVIII. COMMUNITY RESOURCES/REFERRALS

1. Housing
2. Meals
3. Clothing
4. Employment
5. Medical
6. Psychiatric Services
7. Medication
8. Addiction Problems

Suggested Topics for Abuser's/Batterer's Treatment Program

Time-Out Method, Anger: Recognizing & Controlling It, Violence, Why Are Men Violent, Why Are Women Violent, Power & Control Wheel, Cycle of Violence, Using the Control Log for Anger & Violence, Six Stages of Family Violence Recovery, What Is Emotional Abuse, Characteristics of a Batterer/Abuser, Characteristics of a Victim, Effects of Battering Witnessed by Children, Child Abuse, Taking Responsibility, Your Commitment Offense – Discussion, Male Socialization, Female Socialization, New Legislation, Laws, Research, Articles on Domestic Violence, Myths and Realities of Battering, Understanding and Dealing with Feelings, Racism as a Form of Violence, Social and Cultural Reasons for Abuse, Drugs/Alcohol Use & Abuse, Addiction and Co-Dependency, Stress Management, Identifying High-Risk Situations, Guidelines to Fair Fighting, Communicating Feelings & Thoughts, Forms of Communication, Letting Go, Respect, Grief & Loss, Parenting, Spirituality and Recovery, Justifying, Blaming, Minimizing, What is Love, What is Jealousy, Psychological Abuse, What Does it Mean to be a Man, What Does it Mean to be a Woman

Agenda

52 Week Domestic Violence Prevention Program

Part I – Recognizing Anger & Violence

- Week 1 Time-Out Method
- 2 Time-Out Practice & Exercise
 - 3 Anger: Recognizing & Controlling It
 - 4 Violence
Grief and Loss
 - 5 Why Are Men & Women Violent
Respect
 - 6 Discussion of Power & Control
What Is Power & Control
 - 7 Non-Violence Wheel
 - 8 Cycle of Violence
Cycle of Non Violence
 - 9 Equality Wheel
 - 10 Using the Control Log for Anger &
Abuse– Abuser’s Eight Step Recovery
Cycle
 - 11 Videos “Violence In The Home”
“Living In Fear”
“All About Anger”
 - 12 Review – 12-Week Quiz

Part II – The Effects of Violence & Abuse

- Week 13 The Commitment Offense Discussion
- 14 Power & Control – Debate
Panel Discussion
 - 15 Characteristics of an Abuser/Batterer & Victim
 - 16 Effects of Battering Witnessed by Children
 - 17 Child Abuse
Parenting
 - 18 Taking Responsibility
 - 19 Male Socialization
What Does It Mean To Be A Man
What is Jealousy and How to Deal with It
 - 20 Female Socialization
 - 21 Presentation – Community Speaker
 - 22 New Legislation, Laws, Research,
Articles on Domestic Violence
 - 23 Video “The Children Are Watching”
 - 24 Review – 24 Week Mid Term Test

Part III – Understanding Violence Through Our Beliefs and Behavior

- Week 25 What is Emotional Abuse
- 26 Power & Control - Debate - Panel Discussion
- 27 Myths and Realities of Battering
- 28 Understanding and Dealing with Feelings
What Is Love
What is Happiness
Forgiveness
- 29 Racism as a Form of Violence
- 30 Social and Cultural Reasons for Abuse
Ego vs. Self Esteem
- 31 Drugs/Alcohol/Substance Abuse & Violence
- 32 Addiction, Co-Dependency
What Does a Good Relationship Look Like
Spirituality and Recovery
- 33 Stress Management
Relaxation and Visualization Exercises
- 34 Identifying High Risk Situations
- 35 Video “Domestic Violence Behind Closed Doors” – “Mens Work”
- 36 Review – Quiz – Panel Discussion

Part IV – Improving Communication Skills with Others

- Week 37 Guidelines to Fair Fighting
- 38 Communicating Feelings & Thoughts
- 39 Forms of Communication
- 40 What is Open Negotiation
- 41 Letting Go
- 42 Becoming Partners
- 43 Personal Inventory
- 44 Presentation – Community Speaker
- 45 Probation/Parole/Court Issues
Discharge/Retain/Staying Violent Free
- 46 Community Resources - Support Groups
Batterers Relapse Prevention Program
- 47 Open Discussion
Individual Project Presentation
- 48 Video “Men & Domestic Violence”
- 49 Final Exam – Written
- 50 Final Exam – Oral (At least one victim on
a three member panel)
- 51 Exit Interview – Strengths/Weaknesses
- 52 Graduation – Discussion – On Your Own

Batterer's Program Expectations

1. Complete 52 Week Batterer's Program.
2. Do not miss any meetings, be prompt and on time.
3. Participate in batterer's group meetings.
4. Complete all assignments.
5. Successfully complete and pass batterer's group tests: midterm, final, oral exit interview with counselors and victims.
6. No arguing during group meetings.
7. Dress appropriately.
8. Speak appropriately, and respectfully.
9. Comply with drug & alcohol testing (weekly and random).
10. Psychiatric evaluation.
11. Do not miss any psychiatric appointments.
12. Take medication as prescribed by medical doctor and/or psychiatrist. Have someone verify that the medication has been taken.
13. Maintain or seek employment.
14. Abide by curfew.
15. Inform any new dating partner that you are a batterer/abuser in recovery.
16. Display no violence/abuse in the home or community.
17. Visit your children if visitation rights have been granted.

18. Victim/new partner must attend the Resource and Referral Meeting.
19. Comply with all court orders, restraining orders, visitation, and other restrictions.
20. Comply with all probation/parole conditions.
21. Attend employment workshops and register with the Employment Development Department.
22. You must not defend yourself against any violence/abuse from your partner/new dating partner; attempt to avoid/escape.
23. No contact with the victim until successfully completing the 52 week batterer's program.
24. Attend church/temple/other weekly.

CASE STUDY

One of the clients, named Bill, later told me that he had planned on manipulating his way through the program just like he had always done in his everyday life and through the prison system. He had a very violent history and was not amenable to treatment initially. The batterer's treatment program left him no room to manipulate and resulted in his successful completion of the program. He was one of the most articulate group participants. Bill was respected by the other batterers and assumed a leadership role in the group.

It appeared that batterers who were the most resistant to treatment were usually the ones who were the most violent. They were usually battered, abused, or neglected in their childhood. These batterers initially fought hard not to expose the pain, shame, and hurt that they had repressed for many years. A highly structured program was imperative in terms of facilitating the necessary break-through for a favorable program outcome.

BUILDING BLOCK THREE

**He May Not
Come Back Home**

The Batterer Should
Not Reside

or

Have Contact With
The Victim

This building block attempts to ensure the safety of the victim and children. Can a batterer/abuser stop his cycle of violence without help? Not often. Most batterers need help from outside the family to change their violent behavior. It is recommended that after an act of violence by the batterer, he move or be removed from the victim's home. Also, the victim should have no contact with the batterer until he has successfully completed a domestic violence prevention

program. It is recommended that the batterer not see his children if the child has been abused/neglected or witnessed the batterer's violence and abuse. The batterer should also complete a parenting class and the child should be referred for individual/family therapy. This may be viewed as breaking up the family, but in reality it may be the only way to save the family if they decide to ever reunite. The victim should request a Restraining Order from the court to help ensure that the batterer stays away. If the batterer is on Probation or Parole, the victim should contact the Probation/Parole Agent and request that a special condition of "no contact" be enforced by their agency. If the victim has no intention of ever reuniting with the batterer, the Restraining Order can continue for many years.

It is the batterer's responsibility to demonstrate that he is safe to be around by clear and specific behavior changes. By staying away from the victim, the batterer has a chance to implement and practice the methods and techniques learned in the domestic violence treatment program. Although the batterer is outside his family environment, the techniques he practices and learns are recommended in every anger-provoking situation. If the victim wants contact, she should only consider it after the batterer has completed a domestic violence treatment program. Some states mandate batterers to successfully complete 52 weeks of counseling/treatment/domestic violence prevention.



Listed are reasons why the batterer should not return home until after treatment.

1. The batterer/abuser must learn how to stop his violence and abuse first.
2. It may take many months or years to adopt appropriate alternatives to violent and abusive behavior.
3. The batterer may have continued his drug and alcohol use and abuse.

4. After the batterer is released from jail or prison, his self-esteem is usually low but his expectations are high. Not being able to achieve his expectations may result in his return to family violence and abuse.
5. Allowing the batterer to return to the same family environment may lead him to believe it is ok to return to his same violent and abusive behaviors.
6. The victim may not have participated in treatment (counseling, victims groups) and may have unresolved anger, rage, and resentment for the batterer. The victim may express these feelings to the batterer. Without successfully completing treatment, the batterer may then relapse into family violence and abuse once again.
7. The batterer may feel that the victim is now in a position of total power and control over him. He may attempt to take back some of the power and control through abusive behaviors and violence.
8. Having the batterer build self-esteem apart from the victim helps him focus on improving his behaviors, ultimately helping both individuals respect each other more if they ever reunite.
9. Children who witness the violence/abuse may be afraid of the batterer returning to the home. The victim may be too afraid or not know how to protect the children from future episodes of his violence/abuse.

10. The children may not want the batterer to return to the family and may be afraid to express their feelings. They may begin to express these feelings and emotions by acting out inappropriately; they may develop mental health problems.
11. After being released from jail or prison, the batterer and victim may be in the remorse stage and may not have been given enough time to develop the skill of breaking their cycle of violence and abuse.
12. The victim may be desperate (low-esteem, no resources) and would rather risk being in a violent/abusive relationship than being alone and facing the fear of an uncertain future.
13. Couples counseling is recommended only after the batterer has successfully completed a domestic violence prevention program. Only then, will he have the tools needed to help work on relationship issues and break the cycle of violence/abuse.



Thought provoking questions are posed, for example: “If your daughter or sister were involved in domestic violence, would you recommend that she return to the batterer before his treatment has been successfully completed?”

It is recommended that children who witness physical or emotional abuse be referred to a mental health professional for counseling. In this setting, the child will be encouraged to express his/her pain and fears

concerning the family violence and abuse. Victims are encouraged to participate in family counseling with their children. Family counseling with the victim, batterer, and children may be appropriate when the batterer has successfully completed a Domestic Violence Treatment Program. The victim must feel safe being around the batterer before she ever agrees to participate in any type of counseling (couple/family) with him.

Child Protective Service Agencies request that children who are abused and who witness family violence/abuse be referred to their agency. Batterers who have visiting privileges with their child/children will be encouraged to participate in family counseling with just their children if possible. A mental health professional can provide the appropriate format and setting which is less threatening for the child. This may help the child deal with his/her confusion surrounding the separation of the batterer from the home. If this is not possible, the batterer should express his remorse to the child concerning the incident (depending on the child's age). Child-related issues/topics should also be discussed in the batterer's domestic violence treatment program. It is recommended that the batterer/abuser successfully complete a parenting class.

Statistics indicate that children who see violence in the home can be affected in the same way as children who are sexually or physically abused. These children are

more likely to grow up to be batterers/abusers or victims. All visitation by the batterer should be referred to agencies that monitor and supervise visits between separated and divorced parents. There are family visitation centers set up in many cities and counties throughout the nation.

Domestic violence and abuse increases in frequency and severity over time. Below is a list of terms that are generally used to describe domestic violence and abuse.

Biblical Hostage: Biblical Battered Wife Syndrome: Women who are abused (emotionally, physically, and sexually) and think they have to accept this behavior from their husband and cannot consider permanent separation or divorce unless their husband commits adultery or abandonment. Some batterers and/or abusers take Biblical scriptures out of context in order to justify their power and control.

Broken Heart Syndrome: Sudden or prolonged stress from an emotional/abusive/violent break-up, causing over-whelming heart failure or heart attack like symptoms, may be a physiological outcome of domestic violence.

Cyber Stalking: Harassing and threatening over the internet, using computers, cell phones, texting, sexting, and posting inappropriate messages/pictures on public websites.

Digital Abuse: Writing something online that isn't true, sharing information that a person doesn't want shared,

writing something mean, spreading false rumors, threatening physical harm, impersonation, spying, posting embarrassing photos or video, being pressured to send naked photos, being teased, and encouraging people to hurt themselves.

Economic Abuse: Does not want her to work, keeps her from getting or keeping a job, makes her ask him for money, she has to account for every penny, gives her an allowance, takes the money she earns, sabotages her plans to make or get money.

Emotional Abuse: Put downs, name calling, belittling, insults, blowing money on drugs or alcohol, coming home drunk/high, intense jealousy, withholding sex, criticizing her looks, insulting her friends, manipulating with lies, making accusations regarding love affairs, saying “no one else would have you.” The batterer does not want her to keep a job, he drives recklessly to scare her, keeps her from going to work/school, threatens divorce, laughs at her all the time, ignores her, uses mind games, makes her think she’s crazy, deprives her of physical needs (food, sleep, decent place to live), threatens physical violence and retaliation.

Emotional Addiction: Intense feelings for aspects of a partner’s personality (i.e. appearance, intimacy, etc.) that may make it difficult to disconnect/separate, even though the relationship may be abusive.

Financial Hostage Syndrome: Using finances/investments, money owed to the victim as a power and control tool. The victim is reluctant to leave because her/his financial interest may be lost, never paid back or recovered.

Forced/Coerced Pregnancy or Reproductive Coercion: Forcing a partner to become pregnant, using the partner's pregnancy/infant/child as a power and control tool.

Intimidation: Making her fearful by using facial expressions/looks, actions, gestures, loud voice, clenching fists, cursing, and continuously arguing.

Isolation: Controlling who she sees, where she goes, listens in on her phone calls, keeps her away from her family and friends, wants her to be available to him at all times; she must carry a pager or cell phone, she can have no outside interests, she cannot touch the mail, deprives her of any support system.

Pet Abuse: Harms, neglects, kills, or threatens to hurt the animals that she/and her children love.

Physical Abuse/Violence: Violence which may or may not result in an injury from beating, biting, choking, grabbing, hitting, kicking, pinching, pulling hair, punching, pushing, restraining, scratching, shaking, shoving, slapping, twisting arms, using weapons, spanking, smothering, tripping, holding against will, banging head, etc.

Power: Ability to control by force or authority, denying basic rights, keeping the victim from having a private or personal life, controlling what she wears and how she wears it.

Property Violence: Punching walls, smashing things, destroying property, breaking personal items, throwing property, causing destruction to her/his car so she/he cannot drive.

Relationship Addiction: Devastated being alone and wanting so badly to be together with someone/anyone despite the degree of dysfunction and/or abuse that may exist.

Responsibility Abuse: Pressuring her to take responsibility for everything, (e.g. bills, caring for children, entertainment, holidays, house repairs, etc).

Sexual Abuse: Batterer makes her do bizarre sexual acts against her will to prove her faithfulness and love, treats her like a sex object, interrupts her sleep for sex, forced sex, physically attacks the private parts of her body.

Spiritual/Religious Abuse: Focusing on Biblical scriptures (often taken out of context) pertaining to men being the leader of the family; the man must take control and women must be submissive and obedient. Spiritual language: Timothy, Verse 2:11 “Women should learn in quietness and full submission.”

Stalking: Following her to various activities and places (grocery store, work, home, church) due to a lack of trust, intense jealousy, etc.

The Silent Treatment: Using silence as a weapon, control, a way of intimidation, isolating himself from her. She is fearful of him since he will not talk and share his feelings.

Threats: Says things to scare her so she will comply with what he wants, he threatens to end the relationship, do something to her emotionally or physically, threatens her life, says he will take their children away, he will commit suicide, report her to the authorities for some reason, take away financial support, forces her to break the law.

Using Children: Using children to relay messages, uses visitation with children as an opportunity to harass her, uses child support as leverage for his demands.

Using Male Dominance: Treating her like a maid and servant; he must make all the big decisions; he is the “king of the castle.”

Verbal Abuse/Violence: Name-calling, yelling, insults, being sarcastic, threatening violence to her and the children.

Marriage License Renewal

This is a new concept that I have proposed to reduce incidents of domestic violence. Many times domestic violence occurs because the husband and wife feel trapped in a marriage that they can't escape from for many different reasons: child custody issues, property concerns, attorney fees, the legal system, and many more. The children usually are the ones who suffer the most from family violence and abuse. Various research indicates that separation and or divorce is most prevalent during the odd years (1, 3, 5, 7, etc.) of a marriage.

I recommend that married couples renew their marriage license every odd year of their marriage, or they are automatically divorced. It is the same procedure as a person renewing their driver's license. Before each marriage license renewal, the couple would have to agree on child custody, property, and other issues, before their marriage license can be renewed for the following year/years. Filing for a marriage license renewal should be done separately to help eliminate intimidation to the individual who does not want to renew their marriage license. Individuals whose spouse is in prison/jail for family violence or some other crime may also welcome this process.

Marriage license expiration is another concept that I propose to reduce incidents of domestic violence. A couple could decide how many years their marriage license would be valid (up to a maximum of seven years—sometimes

called the “Seven Year Itch”) at which time they can agree to have a traditional marriage (“till death do us part”) or sign a Marriage License Expiration/Renewal agreement.

Another concept I am proposing is a marriage license pre-nuptial and annulment/expungement for child abuse and/or acts of violence to a partner. If a marriage partner is convicted of these crimes, their marriage would be automatically annulled/expunged.

This marriage license option contract along with other dating contracts and abuse prevention contracts can be found in the Table of Contracts.

National Marriage Registry

States regulate their own marriage registry. Many married couples that separate do not have the resources for a divorce. They may go their entire life without getting a legal divorce. This does not stop many of them from getting married again while still being married. Multiple marriages (bigamy) happen often. Their new partner may not have the resources or know how to check if their new husband or wife is legally divorced, especially if the person moves to a different state.

I recommend a National Marriage Registry which can be easily accessible and user friendly. This registry would reduce the number of victims of multiple marriage fraud.

Levels Of Divorce

Level #1 - Indecisive Divorce:

Not being able to decide to either divorce, separate, or stay married.

Level #2 - Emotional Divorce:

No communication or very limited communication with their spouse. Living together to just pay bills and/or raise the children.

Level #3 - Physical Divorce:

Not living in the same household with their spouse, but still legally married.

Level #4 - Legal Divorce:

Not living in the same household and divorced by a court of law.

Divorce Statistics

7-10% of married people are indecisive about continuing to be married or getting a divorce.

15-20% of married people are emotionally divorced residing in the same household.

15-20% of married people are physically divorced (not legally); not residing in the same household.

51-60% of marriages end in divorce.

12-15% of couples are in a happy marriage.

Questions some people may suggest asking before getting married or having a long term relationship.

1. What are your political views?
2. Are you a spender or saver when it comes to money?
3. Do you enjoy family outings or outings with just your friends?
4. What religion would you like your family to practice?

Questions “I” Recommend.

1. Have you ever been arrested?
2. Have the police ever come to your home?
3. Have you ever been investigated by Child Protective Services or Adult Protective Services?
4. Have you ever been in a treatment program for domestic violence, drugs/alcohol, or some other treatment program?
5. Have you ever seen a psychiatrist, therapist, or counselor?
6. Are you on any psychiatric medications or other medications?

Stages of Violence and Abuse

Stage 1: *Gateway behavior: This may be the victim's first exposure to the batterer's violence and abuse.*

Isolation
Intimidation
Spiritual Abuse
Silent Treatment
Economic Abuse
Denying Her Basic Rights
Treating Her Like a Servant
Pushing and Shoving with No Injuries
Making Her Responsible for Everything

Stage 2: *The victim's health and safety are in jeopardy and she must seriously consider leaving him.*

Pet Abuse
Stalking Her
Harassing Her
Property Abuse
Emotional Abuse
He Lies Constantly
He is Always Angry
He Threatens Suicide
Drug & Alcohol Abuse
Extremely Possessive of Her
Threatens Her and the Children
Abuses or Neglects the Children
He is Unpredictable: Inappropriate Behavior
Psychiatric Problems Linked to Violence & Abuse
He Uses the Children to Gain Power and Control Over Her

Stage 3: *The victim must leave immediately.*

Sexual Abuse
Weapons Used
Mutual Violence
Restraining Orders Filed
Violence to Any Family Member
Injuries to the Victim or Children (accidental or not)
Continued Abuse or Neglect to Any Family Member
Any Acts of Physical Violence (injuries or no injuries)

When the batterer is released from jail or prison, he should have no contact with the victim and children (if children were abused or witnessed the battering/abuse) for at least six to twelve months. The amount of time he should stay away may depend on the type of violence and abuse he has committed. If the victim requests his return, the following time restraints are recommended:

**No Contact For a Minimum of 26 to 52 Weeks
&
Completion of a Domestic Violence
Batterers Prevention Program**

Mutual Violence
Psychiatric Problems
Restraining Orders Filed
Drug & Alcohol Addiction
Sexual Assaults and Abuse
History of Emotional Abuse
Any Acts of Physical Violence
Prior Arrests for Domestic Violence
Hospitalization of the Victim or Children
History of Assaults, Violence, and Abuses
Batterer Causes Injuries to the Victim or Children
Violence to Any of the Victim's Family Members
Abuse or Violence to the Children or Witnessed
By Them
Injuries Observed but the Victim Did Not Want
Medical Attention
Prior Domestic Violence Reports Taken by Police
With No Arrests

**No Contact
For
A Minimum of 4 to 26 Weeks**

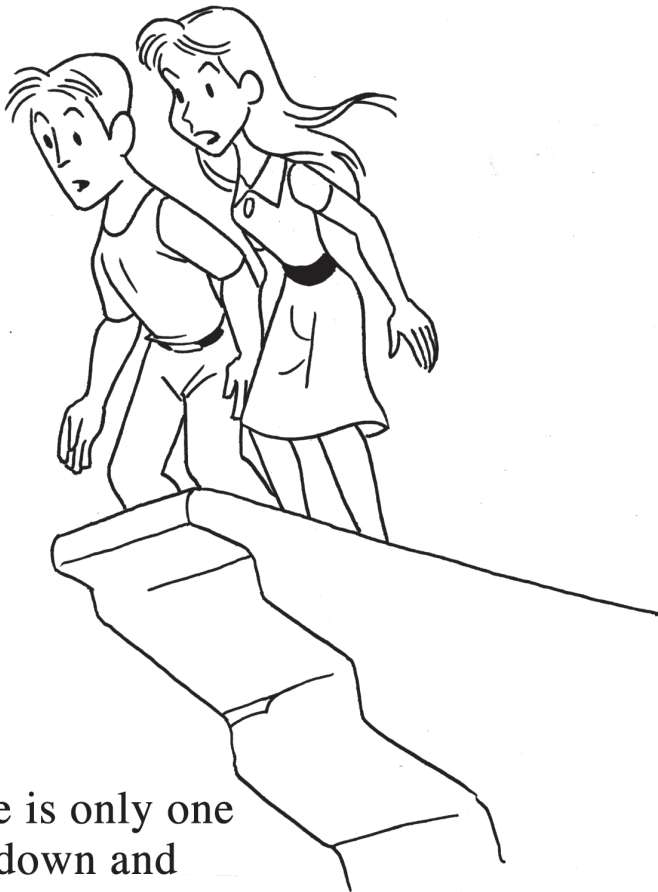
Isolation
Pet Abuse
Economic Abuse
Emotional Abuse
Responsibility Abuse
Spiritual/Religious Abuse
Minor Pushing or Shoving
Using Children to Manipulate
Stalking Without Confrontation
Property Abuse In & Outside the Home
Some Forms of Threatening, Harassing,
and Intimidation

One of the most important steps is for the batterer and the victim to make a commitment to refrain from residing together and have no contact. This separation provides the batterer and victim time away from each other to reflect on their destructive relationship. They now have a chance to develop strategies to ensure the elimination of the violent and abusive behaviors, and to build self-esteem. Although the batterer may have spent time in jail or prison, the real treatment process usually does not begin until he is released back into the community. He may have decided or he may have been mandated by the court, probation, or parole to stay away from the victim. During this separation each party has an opportunity

to successfully complete a domestic violence treatment program, and at a later date (if desired by the victim) reunite in a healthier relationship.

If the victim and batterer continue to reside together or have contact after his release from jail/prison, the victim should immediately seek some type of domestic violence treatment. It is recommended that the victim attend a community victims group, and individual/group counseling. If the batterer and victim are in treatment, they may share coping strategies and anger management techniques they both learned in treatment. Although immediate contact is not recommended, having both adults in treatment may reduce the chances of them having another incident of violence and abuse.

CLIFF SYNDROME



**There is only one
way down and
no turning back.**

Illustrations of the CLIFF Syndrome
by Len Smith.

THE CLIFF SYNDROME

- * **Cliff** *The victim and batterer are on a **cliff** of an emotional mountain top.*

- * **Ledge** *Both are on the **ledge** and can jump or get pushed off at anytime.*

- * **Important** *An **important** decision has to be made by the victim to either jump or get pushed off.*

- * **Feet** *The victim may be able to prepare herself for the fall if she jumps off the cliff on her own accord and lands on her **feet**.*

- * **Face** *She can stay and be pushed off the cliff in which she will sustain injuries or death by falling on her **face**.*

C-Crisis vs. Climax: The couple is in a crisis that consists of continuous arguing and fighting. The crisis usually ends in a climax, in which the victim is injured or killed.

L-Ledge: The couple is on a high emotional ledge. The victim will have to jump or be pushed off. There is no turning back.



I- Important: The victim will have to make a very important decision to either leave or stay with the batterer.



F-Feet- If the victim decides to leave on her own, she may be able to recover and land on their feet without injury or death.



F-Face- If the victim decides to stay, she may be pushed off the high emotional ledge by the batterer and fall on her face, being injured or killed.



CASE STUDY

Tom was one of the batterers in the treatment group. His wife, whom he had battered, filed a restraining order and later divorced him. While he was in treatment she allowed him to see his eight-year-old son after church each week. Tom successfully completed the batterer's program and was one of the leaders in the group. At the end of the treatment program, his wife wanted to see him and even considered reunification. After meeting with his son on Sunday afternoons during the year, his son began telling his mom how his father had changed. It came as a shock to Tom that his wife wanted to start seeing him again. He was very happy about the thought of reuniting with his wife and child. After settling down from the excitement of going back home, he began to reflect on the prior problems with his marriage and wondered if reunification was appropriate. Tom discussed his reunification with the group. It appeared that Tom's ex-wife did not want to attend a community victims group or seek any type of counseling/treatment. She wanted nothing to do with learning about domestic violence or prevention. Tom decided that reuniting with his ex-wife was not such a good idea after all, since she refused any type of domestic violence treatment.

BUILDING BLOCK FOUR

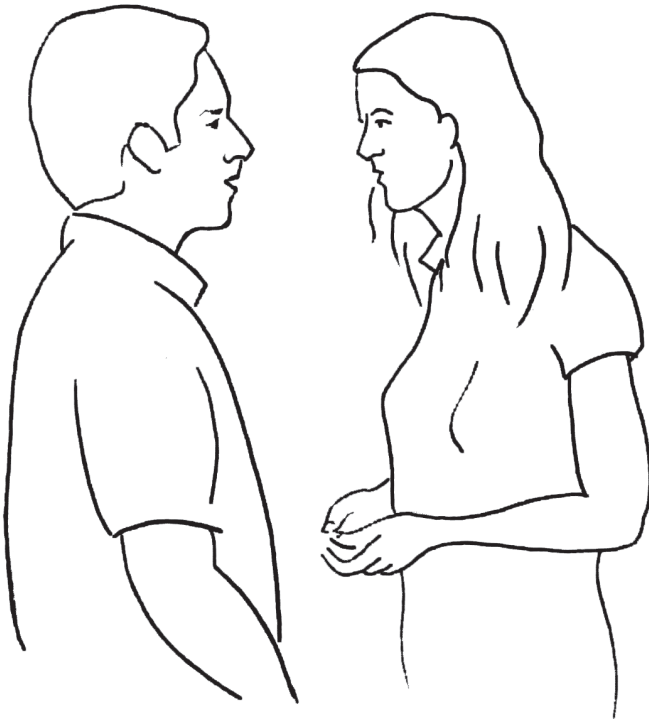
**Batterers Should Notify
New Significant Others
of
Their Violence
and Abuse**

Many times, the victim and batterer decide to terminate their relationship and move on with their lives without each other. If the batterer becomes involved with a new significant other, it is recommended that he notify her that he is a batterer and invite her to attend the Domestic Violence Resource Meeting. The new significant other/potential victim will then have the opportunity to terminate the relationship or be a part of the batterer's support system to help prevent his cycle of violence. It is highly recommended that a batterer not move in with any new significant other until he has completed a Batterers Prevention Program. It is

also recommended that adults in new relationships request an Arrest and Criminal Conviction Report/Records and Prosecution Sheet (RAP Sheet) from the Federal Bureau of Investigation (FBI) or your state's Criminal Investigation Department. This report lists all arrests and convictions of the individual. When the Arrest and Criminal Conviction Report arrives in the mail, the batterer and new significant other should open it in front of each other and discuss the contents. It is recommended that they meet with a professional who can explain and discuss the significance and credibility of the entries. Having a professional available will also discourage the batterer from denying or minimizing his arrests and convictions. This vital information may show what the future will be like if both adults plan to stay together. Multiple battering arrests, assaults, child abuse offenses, and drug/alcohol convictions provide warning signs that must be assessed carefully by the potential victim.

Some states have passed laws mandating that law enforcement agencies give victims, within 48 hours of request, all domestic violence incident reports of the batterer made within the last five years. This service is at no cost to the victim. Statistics indicate an increase of teenagers being arrested for rape, drug activity, weapon violations, and other violent crimes. It is recommended that parents who have teenagers that are dating, request

an arrest and criminal conviction report from their child's dating partner. Children can request their own arrest and criminal history report from the Federal Bureau of Investigation (FBI). There is no age minimum to request this report. Some states also have their own arrest and criminal history reports that are available on request by adults and children as young as twelve years old. Criminal convictions are public information. Anyone can obtain a criminal conviction report for someone by going to the Criminal Court Clerk's Office.



Informing a new significant other early in the relationship about a history of relationship violence may help build honesty and trust.

More than four in every ten incidents of domestic violence involves non-married persons. Statistics show that one in three teenagers has experienced violence in a dating relationship. One in five college females will experience some form of dating violence. Teenagers and young adults need a dating protection and safety plan.

I have developed dating contracts for teens, college students, adults, and the elderly. The dating contracts explain the different types of abuse and consequences for acts of violence and abuse. These contracts also involve having the dating couple's parents or a responsible adult present to discuss abuses and consequences. Christian Dating Contract, Intimate Contact Contract, Workplace Dating Agreement and Contract, No Cheating In Our Relationship Contract, No MORE Cheating in Our Relationship Contract, Break-Up Notification Alert, Anger Management Contract, Baby Conception to Birth Contract (Husband & Partner), Marriage License Options Contract, and One Night Stand Agreement Contract have also been developed to reduce relationship violence and abuse.

All contracts are free and available on the website.

Table of Contracts

Teen Dating Contract	121
College Student Dating Contract	122
Adult Dating Contract	123
Senior Citizen Dating Contract	124
Christian Dating Contract	125
Workplace Dating Agreement and Contract	126
Intimate Contact Contract	127
Anger Management Contract	128
Alcohol/Drug Users & Abusers Contract	129
One Night Stand Agreement Contract	130
Marriage License Options Contract	131
Annual Yearly Marriage Agreement	132
Baby Conception to Birth Contract (For a Partner/Husband)	133
No Cheating in Our Relationship Contract	134
No MORE Cheating in Our Relationship Contract	135
Quick Fix Contract	136
The Pledge Of Respect	137
Break-Up Notification Alert	138
Helping A Friend/Relative Agreement	211

July 21, 2006



*The Los Angeles County
Board of Supervisors*

highly

commends you

Kenn Hicks

*On developing the
Teen & Adult
"Dating Contracts"*

*Congratulations
and Best Wishes*

MIKE ANTONOVICH
MAYOR, LOS ANGELES COUNTY

Mike Antonovich
MIKE ANTONOVICH
MAYOR, LOS ANGELES COUNTY

Teen DATING CONTRACT

The dating teens must have the female's parent present to discuss with them abuses and consequences.

Both parties may stop seeing each other at anytime for any reason. This relationship will be immediately terminated for any abuses and criminal charges reported for any physical/sexual abuse or threats. A Restraining Order will also be requested.

***Physical Abuse:** Violence which may or may not result in an injury from beating, biting, choking, grabbing, hitting, kicking, pinching, pulling hair, punching, pushing, restraining, scratching, shaking, shoving, slapping, twisting arms, using weapons, spanking, smothering, tripping, holding against will, and/or any other physical contact which may present a physical or emotional injury, etc.

***Sexual Abuse:** Makes partner do sexual acts against her will, touching, kissing, hugging/holding, forced sex, attacks the private parts of her body. Sex with anyone under the age of eighteen (18) is a crime (statutory rape) and you can be prosecuted. No one under the age of eighteen (18) can give consent to have sex. Dating teens must verify each other's age by parents or driver's license.

Verbal Abuse & Emotional Abuse: Put downs, name calling, belittling, insults, yelling, being sarcastic, blowing money on drugs or alcohol, being drunk/high, intense jealousy, criticizing her looks, insulting her friends, manipulating with lies, making false accusations regarding love affairs, keeping her from going to school/work, non-violent threats, laughs at her all the time, ignores her, makes her think she is crazy.

***Threats:** Threatens physical violence.

A safety, escape, and protection plan should be developed by dating teens.
***These acts will be reported to the police immediately and the victim must seek safety and protection away from the batterer/abuser until his arrest.**

Teens and Young Adults should not have possession or access to any weapons.

Female's Age: _____ How was her age verified? By her parents? By her driver's license?
 Male's Age: _____ How was his age verified? By his parents? By his driver's license?

Have you ever been arrested? Yes No

Do you have possession or access to any weapons? Yes No

Have you ever had a Restraining Order against you? Yes No

Are you willing to request a criminal record report from the State Department of Justice & Federal Bureau of Investigation (FBI)? Yes No

To find out about a person's criminal convictions go to any Criminal Court Clerk's Office

Signatures:

(Teen – Girl): _____ Date: _____

(Teen – Boy): _____ Date: _____

(Girl's Parent): _____ Date: _____

(Boy's Parent): _____ Date: _____

Developed by Kenn I. Hicks, LCSW – (818) 788-8667 / E-Mail: mrh384@aol.com
 Recommended by the Los Angeles County Board of Supervisors

College Student DATING CONTRACT

Dating college students must have the female's parent/adult relative/teacher/school counselor or some other responsible adult present to discuss abuses and consequences.

Both parties may stop seeing each other at anytime for any reason. This relationship will be immediately terminated for any abuses and criminal charges reported for any physical/sexual abuse or threats. A Restraining Order will also be requested.

***Physical Abuse:** Violence which may or may not result in an injury from beating, biting, choking, grabbing, hitting, kicking, pinching, pulling hair, punching, pushing, restraining, scratching, shaking, shoving, slapping, twisting arms, using weapons, spanking, smothering, tripping, holding against will, and/or any other physical contact which may present a physical or emotional injury, etc.

***Sexual Abuse:** Makes partner do sexual acts against her will, touching, kissing, hugging/holding, forced sex, attacks the private parts of her body.

Verbal Abuse & Emotional Abuse: Put downs, name calling, belittling, insults, yelling, being sarcastic, blowing money on drugs or alcohol, being drunk/high, intense jealousy, criticizing her looks, insulting her friends, manipulating with lies, making false accusations regarding love affairs, keeping her from going to school/work, non-violent threats, laughs at her all the time, ignores her, makes her think she is crazy.

***Threats:** Threatens physical violence.

A safety, escape, and protection plan should be developed by the dating college female.

***These acts will be reported to the police immediately and the victim must seek safety and protection away from the batterer/abuser until his arrest.**

Teens and Young Adults should not have possession or access to any weapons.

Have you ever been arrested? Yes No

Do you have possession or access to any weapons? Yes No

Have you ever had a Restraining Order against you? Yes No

Are you willing to request a criminal record report from the State Department of Justice & Federal Bureau of Investigation (FBI)? Yes No

To find out about a person's criminal convictions go to any Criminal Court Clerk's Office

Signatures:

(College – Female): _____ Date: _____

(Male): _____ Date: _____

(Female's Parent/Adult Relative/Teacher/Counselor/Responsible Adult)

Signature: _____ Date: _____

Developed by Kenn I. Hicks, LCSW – (818) 788-8667 / E-Mail: mrh384@aol.com

Adult DATING CONTRACT

Dating adults must have the female's relative/friend present to discuss abuses and consequences.

Both parties may stop seeing each other at anytime for any reason. This relationship will be immediately terminated for any abuses and criminal charges reported for any physical/sexual abuse or threats. A Restraining Order will also be requested.

***Physical Abuse:** Violence which may or may not result in an injury from beating, biting, choking, grabbing, hitting, kicking, pinching, pulling hair, punching, pushing, restraining, scratching, shaking, shoving, slapping, twisting arms, using weapons, spanking, smothering, tripping, holding against will, and/or any other physical contact which may present a physical or emotional injury, etc.

***Sexual Abuse:** Makes partner do sexual acts against her will, touching, kissing, hugging/holding, forced sex, attacks the private parts of her body.

Verbal Abuse & Emotional Abuse: Put downs, name calling, belittling, insults, yelling, being sarcastic, blowing money on drugs or alcohol, being drunk/high, intense jealousy, criticizing her looks, insulting her friends, manipulating with lies, making false accusations regarding love affairs, keeping her from going to school/work, non-violent threats, laughs at her all the time, ignores her, makes her think she is crazy

***Threats:** Threatens physical violence.

A safety, protection, and escape plan should be developed by dating adults.

***These acts will be reported to the police immediately and the victim must seek safety and protection away from the batterer/abuser until his arrest.**

Have you ever been arrested? Yes No

Do you have possession or access to any weapons? Yes No

Have you ever had a Restraining Order against you? Yes No

Are you willing to request a criminal record report from the State Department of Justice & Federal Bureau of Investigation (FBI)? Yes No

To find out about a person's criminal convictions go to any Criminal Court Clerk's Office

Signatures:

(Female): _____ Date: _____

(Male): _____ Date: _____

(Female's Friend/Relative) _____ Date: _____

Developed by Kenn I. Hicks, LCSW – (818) 788-8667 / E-Mail: mnh384@aol.com
Recommended by the Los Angeles County Board of Supervisors

Senior Citizen

(60 years old and older)

DATING CONTRACT

Dating seniors must have a mature relative/friend (55 years old or younger) present to discuss abuses and consequences.

Both parties may stop seeing each other at anytime for any reason. This relationship will be immediately terminated for any abuses and criminal charges reported for any physical/sexual abuse or threats. A Restraining Order will also be requested.

Financial and Asset Abuse: Exploitation of the dating partner's resources by using her money and assets to benefit his interests, concerns, and well-being.

***Physical Abuse:** Violence which may or may not result in an injury from beating, biting, choking, grabbing, hitting, kicking, pinching, pulling hair, punching, pushing, restraining, scratching, shaking, shoving, slapping, twisting arms, using weapons, spanking, smothering, tripping, holding against will, and/or any other physical contact which may present a physical or emotional injury, etc.

***Sexual Abuse:** Makes partner do sexual acts against her will, touching, kissing, hugging/holding, forced sex, attacks the private parts of her body.

Verbal Abuse & Emotional Abuse: Put downs, name calling, belittling, insults, yelling, being sarcastic, blowing money on drugs or alcohol, being drunk/high, intense jealousy, criticizing her looks, insulting her friends, manipulating with lies, making false accusations regarding love affairs, keeping her from going to school/work, non-violent threats, laughs at her all the time, ignores her, makes her think she is crazy.

***Threats:** Threatens physical violence.

A safety, protection, and escape plan should be developed by dating seniors.

***These acts will be reported to the police immediately and the victim must seek safety and protection away from the batterer/abuser until his arrest.**

Have you ever been arrested? Yes No

Do you have possession or access to any weapons? Yes No

Have you ever had a Restraining Order against you? Yes No

Are you willing to request a criminal record report from the State Department of Justice & Federal Bureau of Investigation (FBI)? Yes No

To find out about a person's criminal convictions go to any Criminal Court Clerk's Office

Signatures:

(Senior Female): _____ Date: _____

(Senior Male): _____ Date: _____

(Senior Female's Friend/Relative) _____ Date: _____
(55 years old or younger)

Developed by Kenn I. Hicks, LCSW – (818) 788-8667 / E-Mail: mrh384@aol.com

Christian Dating Contract

I am a Christian attempting to become devoted to the Bible and Christian beliefs. Before becoming involved in a casual and/or serious dating relationship with you, I would like to discuss my dating concerns/beliefs and ask you to agree to the following conditions if we decide to continue dating.

1. Accept my decision that I do not want to participate in any sexual activity until I get married. The partner I marry will be the only one I have sex with.
2. Do not threaten or harass me because of my beliefs concerning no sex before marriage.
3. Do not place me in a compromising situation where my safety is threatened because I am abstaining from sex with you.
4. If I am not thinking clearly (for example: due to my infatuation with you, social drinking, etc.) please don't take advantage of my altered state of mind to lead me to abandon my beliefs concerning abstaining from sex before marriage.

Either one of us can decide to end the relationship at any time for any reason. Verbal and emotional abuse will not be tolerated at any time. Harassment, threats, physical, and sexual abuse will be reported to the police and a Restraining Order filed.

Please don't be threatened by this contract. I just want you to see how committed I am to restricting my sexual activity until marriage.

Christian Dating Partner's Signature:

_____ Date: _____

Partner's Signature:

_____ Date: _____

Witness:

_____ Date: _____

Developed by Kenn I. Hick, LCSW – (818) 788-8667 / mrh384@aol.com

Dating Relationship **in the** **Workplace** **Agreement & Contract**

If I, the requester, decide to date you who is also employed at my workplace, you must comply with the following set of conditions so you will not jeopardize my employment or safety if we breakup. After reading and signing this contract with a witness, you agree to comply with all the conditions. Either one of us can decide to terminate our relationship at any time for any reason without providing the reason for the breakup.

If I, the requester, decide to end the relationship and you at any time after the breakup exhibit any type of harassment and/or verbal/emotional/physical abuse to me at our place of work,

you agree to the following:

Immediately transfer to another location within the company that is at least 10 miles or more from our present workplace location. If the company has no such location, you will resign from the company immediately.

1. If you are transferred to another location within our company, you will never again come to this location where I work or my new location if I am transferred.
2. If you come to my workplace for any reason, I will ask my employer to file a Workplace Restraining Order against you and have you arrested if you return.
3. Agree not to talk with other employees concerning our relationship and/or breakup.
4. Never call, e-mail, or text me at any time for any reason.
5. Statements or pictures on the internet or any public website concerning our relationship and/or breakup will be considered harassment and reported to the police for your prosecution.

Do not sign this agreement/contract if you feel under duress or pressure from me. I will only have this contract/agreement enforced by the police and court if you harass or abuse me after our breakup.

Requester's Signature: _____ Date: _____

Dating Partner's Signature: _____ Date: _____

Witness: _____ Date: _____

Developed by Kenn I. Hick, LCSW – (818) 788-8667 / mrh384@aol.com

Intimate Contact Contract

The United States has the highest rate of sexually transmitted diseases (STDs) in the world. One in five Americans presently has an STD. Nearly 80% of people that are infected with a STD don't know they have it.

.....
When you have sex with someone, you are having sex with everyone they have had sex with for the last ten years.

Knowing you have a STD and passing it to your innocent sexual partner is considered sexual abuse. This is a crime and you can be prosecuted for this act.

.....
To protect ourselves from contracting a STD from each other, we must agree and comply with the conditions of this contract. Before beginning an intimate (sexual) relationship, I will agree to the following:

1. Complete a STD Health Screening Exam from a medical doctor.
2. Give permission for the results to be provided to both of us.
3. We will not engage in any intimate activities until the results of the tests have been provided to both of us.
4. If intimate activities are agreed upon before the results have been provided to us, the person who transmits the STD will have legal action brought against him/her in a criminal court for prosecution and civil court for financial retribution/damages.
5. We will not engage in any sexual activity with anyone else while we are in this relationship.

I agree to comply with all conditions in this contract.

Requester's Signature: _____ Date: _____

Dating Partner's Signature: _____ Date: _____

Witness: _____ Date: _____

Developed by Kenn I. Hick, LCSW – (818) 788-8667 / mrh384@aol.com

A Safety & Protection Plan for Couples

ANGER MANAGEMENT CONTRACT

We both realize that committing any type of physical violence, sexual abuse, or making threats of violence against each other (or children), restricting a partner from leaving or calling for help (yelling, use of phones/computer or other devices) is a crime and against the law. For committing this crime, I can be arrested, prosecuted, receive jail/prison time, ordered by the court to comply with a Restraining Order (having no contact with the victim/children), and have to successfully complete an anger management or domestic violence treatment program.

When I get angry and feel out of control, I will say to you, "I am feeling angry and need to take a Time Out." This means I need to isolate myself from you and/or the children for up to one hour. I will go outside or to some isolated area in the house to cool down (exercise, talk myself down from being angry, contact a friend/relative/counselor/or some other professional). When I return, I will say and do one or more of the following:

1. Apologize for being angry and out of control.
2. If I am still angry, I will tell you that I am still angry and need to take another Time Out.
3. Talk to you in a calm and non-threatening manner about the subject/incident/issue that made me angry and out of control.
4. Ask that we talk about the issue at another time.
5. Request that we do not discuss the subject/problem/issue until we have a friend/relative/counselor/or some other professional mediate our conversation on the topic.
6. Both decide that it was an isolated incident/problem/issue that may not come up again and we both have decided not to talk about it.
7. Learn the non-violent technique called Fair Fighting/Arguing.
8. Agree to participate in couple's counseling / marriage counseling / family counseling / individual counseling / anger management counseling / pastoral counseling / domestic violence treatment program.

At no time during our relationship will we commit any type of physical violence, be sexually abusive, or threaten violence against each other or the children. We both know and understand that these acts of violence will not be tolerated and the necessary steps will be taken to insure the safety and protection of the victim and children. These steps may include calling the police to have the batterer/abuser arrested immediately and prosecuted. A Restraining Order will also be filed to keep you from contacting the victim and children.

I agree to all items stated in the Anger Management Contract

Signature of both partners in the relationship:

Name: _____ Date: _____

Name: _____ Date: _____

A witness can be present, if both partners agree:

Witness Name: _____ Date: _____

Developed by Kenn I. Hicks, LCSW – (818) 788-8667 / E-Mail: mrh384@aol.com

Statistics indicate a connection between alcohol/drug use and domestic violence
92% of domestic abuse assailants reported using alcohol/drugs on the day of assault

Dating Partners & Marriage Partners who are

Alcohol/Drug

Users & Abusers

RELATIONSHIP CONTRACT

Failure to sign this contract will be cause for ending our relationship.

We both agree not to use illegal drugs or drink alcohol while in this relationship. There is a great percentage of relationship abuse and child abuse by people who use illegal drugs and drink alcohol. By signing this contract we are both making a positive effort to have a long lasting relationship without any abuse and/or violence.

I agree to the following in our relationship:

1. Not use illegal drugs.
2. Not drink any alcohol or alcohol mixed beverages.
3. Take an alcohol and/or drug test at any time requested by my partner.
4. If I act or smell like I have had alcohol and/or drugs, I will leave the residence immediately if requested by my partner. I will not return to the residence or be around my partner and/or children until a drug and alcohol test can be completed and presented to my partner indicating that I am not under the influence of drugs and/or alcohol.
5. I will attend AA/CA/NA (Alcoholics/Cocaine/Narcotics Anonymous) meetings weekly if I am a user and/or an abuser of drugs/alcohol.
6. Any abuse/violence will be cause for immediate termination of our relationship and reported to the police/court for a Restraining Order.

If I break any of the above rules, I will immediately leave the residence and enter a drug/alcohol program and/or a domestic violence prevention program. Our relationship will be immediately terminated and a Restraining Order will be requested to restrict any communication or contact between us.

Signatures:

Partner: _____ Date: _____

Partner: _____ Date: _____

Witness: _____ Date: _____

Developed by Kenn I. Hicks, LCSW / (818) 788-8667 / mrh384@aol.com

One-Night-Stand

Agreement Contract

I agree to engage in sexual activities with _____
(Name of Male)

which do not include any abuse or violence. We have both discussed these activities, and I feel comfortable and safe performing these activities with him. He has agreed to use protection to reduce the possibility of pregnancy and transmitting a STD (sexually transmitted disease).

I agree to sexual activity with the above named male.

Before Sexual Activity

Female's Signature

Date & Time

I will use protection during these sexual activities to reduce the possibility of pregnancy and transmitting a STD.

Male's Signature

Date & Time

After Sexual Activity

I have participated in sexual activity with the above named male. All activities that I agreed on and engaged in with him were with my approval and permission. None of the sexual activity was abusive to me.

Female's Signature

Date & Time Completed

I did use protection during these sexual activities.

Male's Signature

Date & Time Completed

Developed by Kenn I. Hicks, LCSW - (818) 788-8667 / E-Mail: mrh384@aol.com

USE AS ADDENDUM TO TRADITIONAL MARRIAGE LICENSE IF APPLICABLE

Marriage License Options Contract

to reduce domestic violence and divorce

This Marriage License Options Contract is for couples experiencing or having a history of: marriage phobia (partner that is hesitant/resistant/afraid to get married); partner has a criminal history; prior domestic violence/abuse; prior dating violence/abuse; prior Restraining Order; prior child abuse investigations/arrests; one partner wants children the other does not; any addictions; psychiatric problems; history of cheating; or extended family discontentment, etc.

This Marriage License Options Contract is not recommended for couples who have children or plan on having children.

This certifies that:

Prior to getting married, and our yearly marriage anniversary, we will agree on child custody (if we have children) and individual assets for the past year and for the following year, if known.

Marriage Renewal (1 – 3 years)

We both agree that this marriage license will be annulled if not renewed by:

_____ (Fill in Date)

Marriage Expiration (1, 3, 5, 7 years)

For couples experiencing: multiple divorces; race, culture, or religious differences; stressful professions, etc.

We both agree that this marriage license will expire (be annulled) in

_____ years on _____ (Fill in Date)

Pre-Nuptial Annulment and Expungement for Domestic Violence

We both agree that this marriage license will be terminated (annulled/expunged) if either one of us is convicted of domestic violence, child abuse, or have a Restraining Order filed against one of us by the other spouse.

I agree to the above checked options:

Female Signature: _____ Date: _____

Male Signature: _____ Date: _____

Witness Signature: _____ Date: _____

- ◆ **Renew:** To begin again; take up again; resume
- ◆ **Annul:** To do away with; put an end to; to make no longer binding under the law; invalidate; cancel
- ◆ **Expunge:** To erase or remove completely; blot out or strike out; delete; cancel

Developed by Kenn I. Hicks, LCSW – (818) 788-8667 / mrh384@aol.com

Annual Yearly Marriage Agreement

Both marriage partners agree that verbal abuse, emotional abuse, sexual abuse and physical abuse will not be tolerated and will be cause for separation and divorce. Marriage counseling will be complied with immediately at anytime if suggested by either partner.

1. Once a week talk about what made you happy during the week and sad.
2. Daily love gestures: calls, texts, letters, songs, loving eyes & loving facial gestures, etc.
3. Hugs and kisses (no pecks allowed) at lease three times each day.
4. At least a week long vacation with just your marriage partner once a year.
5. Three times a week or more, talk about qualities that made you attracted to your partner.
6. Spiritual marriage weekend retreat every year.
7. Annual celebration of marriage vows and review this agreement.
8. Intimacy at least 2 or more times a week.
9. Each partner should have a hobby that they can participate in weekly.
10. Spend time with a happily married couple at least once a month, and a good friend (s) (same sex) at least twice a month .
11. Hold hands when walking, take showers together, read together, watch TV together, go to movies together, listen to music and dance together.
12. Attend church/temple together every week and attend men's/woman's bible study once a week. Pray together each morning and before going to bed at night.

Your initials

Your initials

1st Year _____

6th Year _____

2nd Year _____

7th Year _____

3rd Year _____

8th Year _____

4th Year _____

9th Year _____

5th Year _____

10th Year _____

Share Your Happy Marriage With Other Couples

Baby Conception to Birth Contract

The female will have an adult relative/friend present to discuss and witness this agreement.

I am attempting to conceive a baby with my partner/husband:

When the physician indicates that I am pregnant, I will provide good pre-natal care to hopefully have a healthy baby.

My partner/husband and I have agreed to share all responsibilities concerning my pregnancy and when the baby is born.

My partner/husband understands that if he exhibits any form of violence and/or abuse he will be reported to the police and a Restraining Order will be requested.

If the embryo/fetus/baby is lost due to my partner/s/husband's violence and/or abuse, I will request he be prosecuted and charged with fetal homicide. If the baby is born with any type of disability or requires special needs due to my partner/s/husband's violence/abuse, I will request prosecution for his domestic violence and all future financial needs of the baby/child/teen will be his responsibility.

Signatures:

Adult – Female: _____ Date: _____

Adult – Male: _____ Date: _____

Female's Friend/Relative: _____ Date: _____

Developed by Kenn I. Hicks, LCSW - (818) 788-8667 / E-Mail: mrh384@aol.com

We have both decided that our relationship has no tolerance for cheating even if one of us has a sexual addiction

NO CHEATING IN OUR RELATIONSHIP CONTRACT

for married and unmarried couples

We have both decided to be together exclusively in this marriage/relationship/partnership. We have said that we love each other and are willing to sacrifice everything (including other relationships) to make our relationship work.

Married Couples

At the beginning of each year, we will list all our assets to be owned jointly and legally. If it is proven that one of us is a cheater, has had a sexual relationship with someone else while we were married, or begins a new relationship with someone else, the person who cheats has agreed to willingly give up 2/3 of all of their assets, properties, and investments with no recourse or hiring an attorney for representation.

Unmarried Couples

Our relationship will be terminated immediately for cheating or having sexual activity with another person.

If one of us cheats/has sex with someone else while in our relationship, the cheater will leave the residence immediately and not return. A request for a Stay Away Order/Restraining Order from the court will be initiated immediately to restrict any type of contact between us. All abuses and harassment during and after this relationship will be documented and submitted to the police/criminal court for prosecution.

If there are children involved, custody will be surrendered by the cheater until legal court action can determine custody, visitation, and which parent is considered to be the most responsible to care for the child/children.

There will be no excuses for cheating, such as having a sexual addiction or for making a mistake. Requesting to correct such action or requesting to continue the relationship will not be an option.

We have both agreed that there will be no reconciliation between us.

By signing below, we both agree to all terms in this contract.

Male or Partner Signature: _____ Date: _____

Female or Partner Signature: _____ Date: _____

Witness: _____ Date: _____

Developed by Kenn I. Hicks, LCSW - (818) 788-8667 / E-Mail: mrh384@aol.com

We have both decided that our relationship has no tolerance for another episode of cheating even if one of us has a sexual addiction

NO MORE CHEATING IN OUR RELATIONSHIP CONTRACT

for married and unmarried couples

You have already cheated on me once. I have decided to stay with you and continue our relationship only if you get help and agree to the following conditions.

1. You must successfully participate in weekly (26 weeks or longer) in individual/group/sexual addiction counseling and medication therapy if needed.
2. Abstain from using drugs and alcohol.
3. Not commit any violence or abuse against me and/or the children.

Married Couples

At the beginning of each year, we will list all our assets to be owned jointly and legally. If it is proven that one of us is a cheater, has had a sexual relationship with someone else while we were married, or begins a new relationship with someone else, the person who cheats has agreed to willingly give up 2/3 of all of their assets, properties, and investments with no recourse or hiring an attorney for representation.

Unmarried Couples

Our relationship will be terminated immediately for having another episode of cheating or having sexual activity with another person.

After signing this agreement, if the person cheats again or has sexual activity with someone else, the cheater agrees to leave the residence immediately and not return. A Stay Away Order/Restraining Order will be requested from the court to restrict any contact between us. We have both agreed that there will be no reconciliation. All abuses and harassment during and after this relationship will be documented and submitted to the police and criminal court for prosecution.

If there are children involved, custody will be surrendered by the cheater until legal court action can determine custody, visitation, and which parent is considered to be the most responsible to care for the child/children.

By signing below, we both agree to all terms in this contract.

Male or Partner Signature: _____ Date: _____

Female or Partner Signature: _____ Date: _____

Witness: _____ Date: _____

Developed by Kenn I. Hicks, LCSW - (818) 788-8667 / E-Mail: mrh384@aol.com

Quick Fix

Before The Final Break-Up Relationship Agreement

No matter what problems existed in our relationship, we both would like to give it one more try before breaking-up for the last time.

We both agree to do the following:

1. Start new – after signing this contract, forgive each other and don't dwell on past issues.
2. Commit to a monogamous (one partner) relationship – be loyal and trustworthy.
3. Develop a spiritual commitment – worship and pray together at least weekly.
4. Communicate – remember that good communication calls for being a good listener too. Put aside private time with each other to talk, take walks, vacations, and short trips. When you're not together, spend time calling, texting, sexting or skype (telephone and video calling service).
5. Show compassion, consideration, and respect for each other.
6. Validate and nurture each other – be attentive to your partner's needs and remember it's the "little things" that count.
7. Be loving and romantic – do small things that communicate to your partner you are thinking of her/him.
8. Find out what turns your partner on and off – focus on your partner's pleasures.
9. Hang-out with couples who are happy together.
10. Understand that no individual and no relationship are perfect - be willing to work every day to sustain a happy, healthy relationship.

If either one of us feels reconciliation cannot be reached after attempting Steps 1 through 10, we must break-up. The decision to break-up must be respected and at no time should either of us attempt to communicate or see the other partner. If the partner who wants to stay together tries to communicate or see the other partner, it will be considered harassment and the police will be notified and a Restraining Order requested from the court.

Partner's Signature: _____ Date: _____

Partner's Signature: _____ Date: _____

Witness Signature: _____ Date: _____

Developed by Kenn I. Hicks, LCSW / (818) 788-8667 / mrh384@aol.com

THE PLEDGE OF RESPECT AGREEMENT

I Pledge To:

- ◆ Treat my partner with respect.
- ◆ Never abuse my partner verbally, emotionally, physically, or sexually.
- ◆ Let my partner know that I will respect all decisions concerning affection and sex at all times.
- ◆ I will accept full responsibility for my actions.
- ◆ If I commit any type of abuse or violence, I will leave immediately and get help.
- ◆ If I am abused by my partner, I will leave immediately and seek safety, protection, and treatment.

Signatures:

(Male/Female): _____

(Partner): _____



Break-Up

In Our Relationship

Notification

Alert

**We are no longer a couple or in a relationship.
I don't ever want to see you or hear from you again!**

Prosecution Notice

I have decided to break-up with you and do not want to discuss the reasons. I have notified my relatives and friends about the break-up.

I am also notifying the police and criminal court to request a Restraining Order/Stay Away Order for you not to contact me at any time or have any of your relatives and/or friends contact me. Having someone else contact me will be considered harassment and a violation of the criminal court order that also states, "Third party contact is a violation of the Restraining Order/Stay Away Order."

All property that either one of us has of each others must be turned over to the police so they can return the property. Property not turned over will be settled in court.

Trying to communicate with me or about me through texting, sexting, emails, Twitter, My Space, Face Book, or any other public internet communication websites will be considered harassment. I will file charges for with the police to have you prosecuted.

Signed by: _____ Date: _____

Witnessed by: _____ Date: _____

Developed by Kenn I. Hicks, LCSW - (818) 788-8667 / E-Mail: mrh384@aol.com

Introducing the concept of notifying a new significant other of their domestic violence history was very hard for the group to accept. However, it proved to be very successful in building honesty and self-esteem. The potential victim was now aware of the batterers violence/abuse history and could hopefully take safety precautions if continuing with the relationship. The group discussed their resistance to accepting this step for several weeks. They were afraid of being rejected by any woman who might find out they were a batterer.

Because of the fear of rejection, some men in the group decided they would not date until after completing the program. In order to have the men feel more comfortable about this concept, I invited a victim of domestic violence to speak to the group. The batterers were very apprehensive about having a victim talk to them. However, the group members ultimately became more receptive after meeting her. The victim explained how important it is for a batterer to tell a woman that he is a batterer and how early in the potential relationship he should tell her.

She stated that some women might respect a batterer more when he is honest.

Disclosing being a batterer gives a woman the opportunity to decide early in the relationship if she wants to be involved with a batterer. It also provides the potential victim with the opportunity to attend a Domestic

Violence Resource Meeting and community victim's group to learn more about domestic violence. The victim stated during her presentation that sharing potential problems early in a relationship enhances bonding and may encourage the batterer's success in treatment. It took weeks for some of the batterers to accept this concept, but when they did they were very satisfied with the results. The batterers and their new girlfriends began calling me for reservations to attend the next Domestic Violence Resource Meeting.

CASE STUDY

Tim was one of the most violent members in the group. He told the group that he had met a new lady who had a lot of money, lived in a big house, and had a great family. She did not reject him when he told her he was a batterer and was attending a treatment program for batterers. Tim invited his new girlfriend to attend the Domestic Violence Resource Meeting, which she attended without any hesitation. After attending the meeting she began to support Tim in his treatment program and encouraged him to complete the program. Tim asked the group why they thought a lady with so much going for herself wanted to date him? I reminded Tim that he was a different person now than he was before entering the treatment program. He was employed, not using drugs, taking care of his financial

responsibilities, and taking part in his children's lives. It appeared that his new girlfriend saw these qualities and wanted to take a chance in forming a relationship. The other men in the group began to have the courage to meet and date new women. They also told the women they were batterers and did so very early in their relationship. I observed an increase in self-esteem in many members of the group. I also noticed that as their self-esteem increased, they began to have more confidence in meeting people and sharing with them the kind of treatment they were receiving.

BUILDING BLOCK FIVE

The Batterer Should Secure a Stable Residence and Steady Employment

This step is very important in ensuring the batterer's success in treatment and stopping his cycle of violence and abuse. A stable residence is very important in building self-esteem. While in treatment, the batterer should not be stressed with problems concerning his housing. When housing is appropriate and adequate, the batterer can focus more on treatment and non-violent responses to his anger. The more stable the residence, the greater the batterer's chances of success in treatment. Along with having a stable residence, it is important to know who the batterer is interacting with in the residence. Problems in and around the batterer's residence can

impede the batterer's success in treatment. Violence, abuse, and drug/alcohol use by others in the residence can be a major distraction for the batterer and can contribute to his relapse into violence and abuse. If the batterer's home situation appears to be a distraction, the batterer may need assistance in obtaining and maintaining a different residence. The counselor should inquire about the batterer's home situation to find out if other adults in the residence are distractions to his treatment program. If distractions are present in the residence, the counselor is justified in helping the batterer relocate.



It is important for the batterer to reside in a stable residence that has very few distractions. If problems are occurring in the home, the counselor may have to help him locate an appropriate place to live.

The domestic violence counselor may need to provide community resources (general relief, social security, mental health services, drug/alcohol programs, employment) to family members/friends residing with the batterer. Helping the batterer secure a stable residence will also help increase the trust between the batterer and the counselor. The batterer may become less guarded about sharing his pain, fear, and guilt when participating in the group sessions.

Steady employment is the next important component in helping the batterer's success in treatment. Steady employment will enhance the batterer's self-esteem and help him feel like a "regular" productive citizen. If the batterer has had a history of work related problems, part-time employment may be a good start before attempting a full time job. Many of the batterers in my treatment group never experienced full time employment. They were afraid of having problems at their job and getting fired. Other batterers had a history of problems with regular attendance at school and on their job. The domestic violence counselor may need to help the batterer with work-related problems by discussing his employment fears and anxieties during group discussions. Others in the group may also be experiencing some of the same problems and may welcome these opportunities to discuss the problems they are having at their job.

Laborer
Salesman
Counselor
Banker
Businessman
Accountant
Other Professions



Building self-esteem through secure housing and employment is a very important concept. If employed, the batterer is able to pay for his own needs, services, and outstanding financial commitments. He becomes more responsible in all areas of his life, and does not feel so dependent and depressed. Helping the batterer develop good employment skills and appropriate responses to his anger, translate into all areas of his life. Once empowered with these tools for success, he is better able to look forward to a brighter future.

The anger that the batterer sometimes feels against the victim (the person he perceives sent him to jail or prison) and against “the system” becomes less of a focal point. The batterer begins to re-join society and through treatment, is able to accept responsibility for his violence and abuse.

CASE STUDY

Bob, a participant in the group was married and had three children. When he was released from prison he began living with his sister-in-law. Bob's wife wanted him back home but realized they both needed treatment before he should return. Bob's wife attended the Domestic Violence Resource Meeting, a community victims group, and individual psychotherapy for her mental health issues. She was taking prescribed psychiatric medication. Bob's wife did everything she could to become healthier in hopes of reuniting with Bob when he completed treatment.

While residing with his sister-in-law, Bob had an opportunity to focus on his treatment program. Returning to his wife and family before or during treatment would only distract Bob from successfully completing the program. He and his wife felt there were too many stress factors and distractions to reunite at that time. Prior to his incarceration, Bob was living with his family. Bob was using drugs; he was unemployed, and very abusive/violent toward his wife. His wife stated that she had untreated mental health problems causing her difficulty at home and at her job. Bob and his wife were now doing everything possible to become healthier so they could have a positive relationship. Having a stable residence with as little stress and "drama" as possible was very important in successfully completing treatment. Bob

successfully completed the treatment program and reunited with his wife and children. Though it was difficult, Bob and his wife realized that not living together during treatment ultimately increased the likelihood of a successful reunification.

Lester was a group member who at the age of twenty-six, had never been employed. Lester basically used and sold drugs. He tattooed and did body piercing for friends and family members for money. Lester had tattoos and piercings with jewelry all over his body. With help from the counselor, Lester found a part-time job at a large food chain. He wore long sleeved shirts to cover his tattoos and we convinced him to remove the jewelry that hung from his face. In group, we discussed with Lester aspects of being successful and keeping a job. He was very excited about this new experience of being gainfully employed and earning a regular paycheck each week. His employer was so pleased with his work that Lester was hired full-time.

After Lester completed the treatment program, he quit his job at the food chain and went on to open up his own tattoo and piercing shop. Lester was also scheduled to be featured in a national magazine for his unique technique of tattooing and body piercing.

BUILDING BLOCK SIX

Abstain From The Use of Drugs and Alcohol

Batterers Should be Tested Weekly and at Random

This is one of the most important building blocks for a batterer who has a history of drug and alcohol abuse. Batterers should abstain from the use of illegal drugs and alcohol. Weekly and random drug and alcohol testing is recommended. National statistics estimate that drug and alcohol abuse are major elements in ninety five percent of battering incidents and arrests.

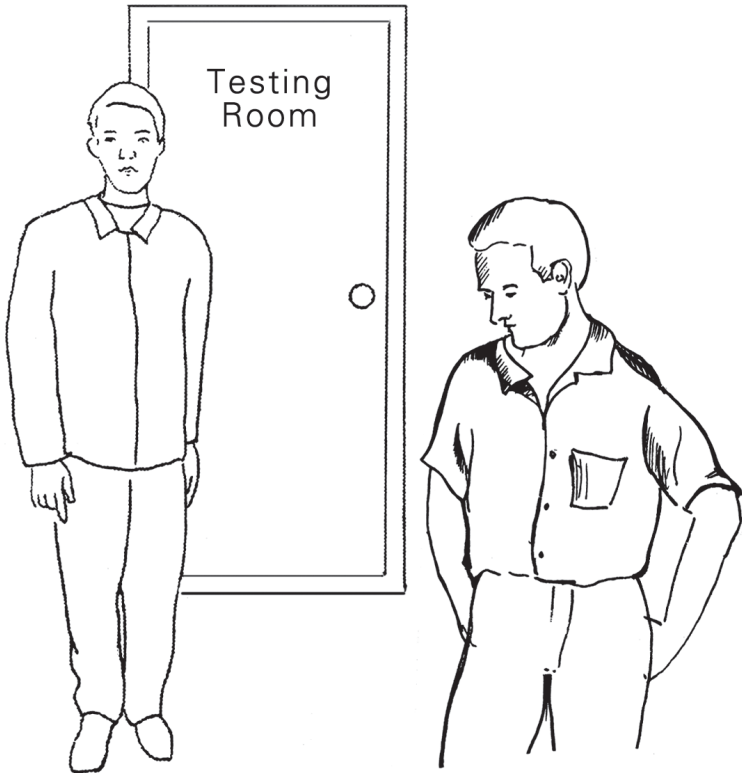
One must conclude that there is a strong correlation between drug/alcohol abuse and violence. Batterers with a history of drug/alcohol abuse are referred to an out-patient drug/alcohol addiction program. They cannot use drugs or alcohol while in the domestic violence treatment program. If a batterer tests positive for drugs or alcohol while residing with the victim or a new significant other, he should move immediately from the residence and enter an in-patient drug/alcohol

treatment program. All adults residing with the batterer should be notified that the batterer has tested positive and that they are now at risk of being victimized by his violence and abuse.

Testing positive for drugs or alcohol is usually the first warning sign of returning to a cycle of violence and abuse. I recommend that batterers in domestic violence treatment programs who start drinking or using drugs, be suspended from treatment and enter into a drug/alcohol treatment program as an in-patient. Batterers who abstained from the use of drugs and alcohol looked forward to testing clean, which was a huge achievement for them. As the treatment progressed, the batterers began to realize that their drinking and drug use contributed to their family violence, abuse, legal problems, economic hardship, and employment instability.

Statistics indicate that more often than not, a batterer under the influence of drugs or alcohol finds his family an easy target for his abuse and violence. He usually blames the drugs or alcohol for his violent/abusive behavior instead of accepting responsibility. Sixty five to eighty percent of batterers commit domestic violence while under the influence of drugs or alcohol. Men who completely terminate their use of alcohol and drugs are in a better position to stop their violence and abuse. A person is certainly less inhibited and less aware of their emotional state while under the influence of drugs or

alcohol. Batterers indicate that while they are under the influence they usually do things that they might not ordinarily do while sober. Batterers who stay clean and sober increase their chances of making a positive adjustment in all areas of their lives.



Testing (urine sample/urinalysis) a batterer weekly and at random may help deter him from using drugs and alcohol.

The last thing a batterer needs is something that will increase the likelihood that he will become violent

and abusive. Many victims indicate that the batterer is more violent with increased consumption of drugs or alcohol. While under the influence, a batterer may not be aware he is angry until he reaches the point that he can no longer control his feelings/emotions. At this time, the batterer may be unable to control his violence or abuse. Batterers who repress their emotions while sober may not be able to do so when they are under the influence of drugs or alcohol. Drugs and alcohol are likely to put a person in a state of mind where he is more irritable or agitated.

Alcohol and drug abuse increases the likelihood of domestic violence. Research indicates that drug and alcohol abuse can trigger many psychiatric symptoms including depression, irritability, auditory/visual hallucinations, paranoia, anxiety, and insomnia.

Before every domestic violence treatment meeting, each batterer is tested (urinalysis) for alcohol and illegal drugs. In the batterer's treatment group meetings, we discuss how important it is for batterers to totally abstain from consuming alcoholic beverages and/or using illegal drugs. Most of the batterers in the treatment group were under the influence of drugs or alcohol when their incidents of domestic violence took place. At first, some of the batterers were resistant to being tested weekly, but after a few weeks they seemed to be more accepting. Every batterer knew that a positive test for

illegal drugs or consuming alcoholic beverages would be reported to their probation officer, parole agent, or to the court. These results would also be reported to all the adults residing with them.

Notifying the adults residing with the batterer would allow the person (s) to know that the batterer may be relapsing back to violent behavior, thus placing them at risk. Usually when a batterer tested positive for drugs or alcohol he was terminated from the treatment group and referred to an inpatient drug or alcohol treatment program for three to six months. The batterer is permitted to return for domestic violence treatment after successfully completing the drug or alcohol treatment program. These strict group rules and consequences reinforce how important it is for a batterer to refrain from the use of drugs and alcohol during and after treatment.

Despite the fact that anyone may potentially become addicted to alcohol and/or drugs, some individuals may have a predisposition to addiction. Research studies indicate that genetic (inherited) factors may contribute to 50-60 percent of addiction, and that a child of parents struggling with a drug or alcohol addiction problem may have an 8 times greater chance of developing such an addiction. When an individual's family member is addicted to alcohol, that person's likelihood of developing an addiction to other drugs

is relatively high. Addiction is multi-faceted and complex. A factor known as cross-addiction exacerbates the problem. Essentially, cross-addiction implies that one addiction may lead to other addictions. An addiction to a particular drug may become a gateway to other forms of addiction or may even result in an individual's relapse back to another drug. Since all addictions occur in the same part of the brain, a predisposition to one form of addiction may correlate with a predisposition to all addictions. Simply stated, an addiction to one drug may lead to other forms of addiction. For instance, if a person is addicted to cocaine and he/she refrains from using cocaine, it is imperative that he/she does not use any other drugs (including alcohol and marijuana), or the risk of developing an addiction to these substances will be high. Interestingly, many women who come from alcoholic families develop other forms of addiction that are not so readily detected, such as addictions to pain medication, tranquilizers, and/or they struggle with eating disorders. Addiction is a complex but treatable disease that affects brain function and behavior. No single treatment is appropriate for everyone. Drug and alcohol treatment plans should be designed to meet the unique needs of each individual. However, recommended treatment plans may include the following:

- Undergo annual medical evaluation & psychiatric assessments

- Take only prescribed medication
- Attend an in-patient or out-patient drug & alcohol recovery program
- Attend individual, group, and family psychotherapy
- Attend AA/CA/NA on a regular basis
- Family members attend Al-Anon meetings
- Family members attend ACA (Adult Children of Alcoholics and Dysfunctional Families)

Many people have a predisposition to drug and alcohol addiction due to their family history. However, when they make a firm commitment to partake in a viable treatment plan, they are able to live happy, productive lives. They realize that they are able to experience a successful recovery and change their lives for the better. Open and honest discussions about family secrets (such as a history of drug and alcohol addiction) helps facilitate the healing process and empowers individuals to take the necessary steps toward recovery.

If you are in a relationship and use/abuse illegal drugs and/or alcohol, refer to the Alcohol/Drug Users & Abusers Relationship Contract (page 121).

The 20 Step Relationship Cycle for a drug addict or alcoholic and his/her partner illustrates the steps and issues that the partner in the relationship may experience. (Page 156)

The 15 Step Reaction Cycle between parent(s) and their son/daughter who is addicted to drugs and/or alcohol illustrates the steps and issues that the parent (s) may experience. (Page 160)

The 10 Step Sobriety & Relapse Awareness Chart was developed to help an individual who is in recovery to be aware of the steps that help him/her from relapsing. (Page 165)

Drug/Alcohol Addicts and the Relationship with their Partner

20 Step Relationship Cycle

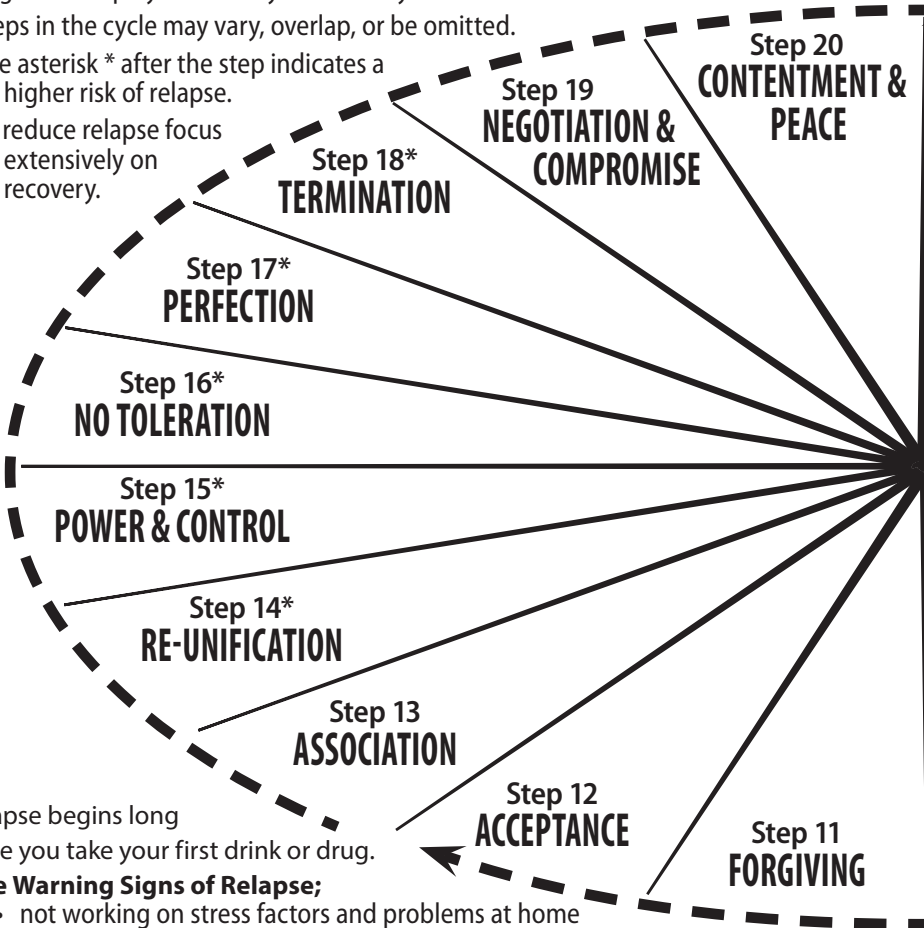
The cycle indicates steps that users of illegal drugs and/or drinkers of alcohol may go through with their partner.

Begin the step/cycle where you currently are.

Steps in the cycle may vary, overlap, or be omitted.

The asterisk * after the step indicates a higher risk of relapse.

To reduce relapse focus extensively on recovery.

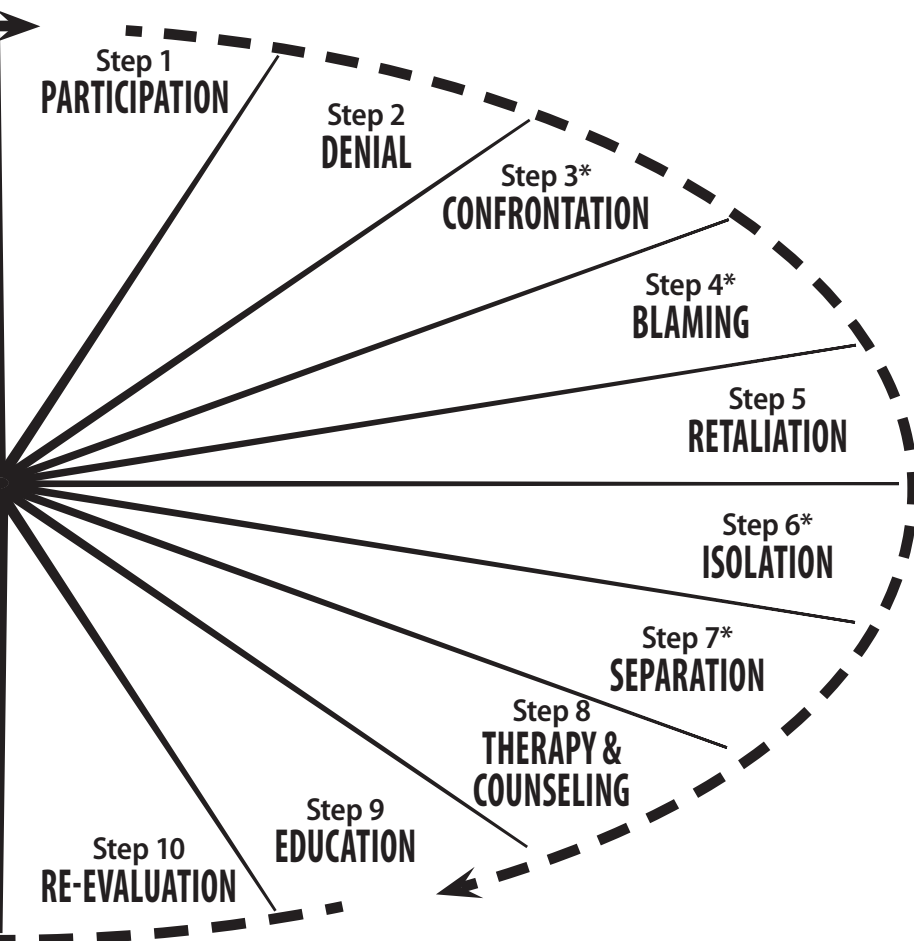


A relapse begins long before you take your first drink or drug.

Some Warning Signs of Relapse;

- not working on stress factors and problems at home
- not working on your recovery plan or letting it slide
- becoming defensive and no longer able to accept constructive criticism
- beginning the pattern of denial that was present during the addiction
- changes in attitude or behavior
- beginning to feel extremely stressed out and constantly tense
- resenting those who are trying to help
- loss of belief in addiction recovery programs

For a User/Drinker & Partner



20 Step Relationship Cycle For a User/Drinker & Partner

The cycle indicates steps that users of illegal drugs and/or drinkers of alcohol may go through with their partner.

Begin the step/cycle where you currently are.

Steps in the cycle may vary, overlap, or be omitted.

The asterisk * after the step indicates a higher risk of relapse.

To reduce relapse focus extensively on recovery.

Step 1 Participation – User/Drinker and his/her partner may be using drugs and/or drinking alcohol together socially.

Step 2 Denial – Partner becomes aware that the user/drinker is abusing drugs/alcohol but partner does not say anything.

Step 3* Confrontation – Partner tries to reason with the user/drinker who denies abusing drugs/alcohol. Partner becomes tired of seeing the user/drinker abuse drugs/alcohol and the user/drinker is sometimes verbally abusive.

Step 4* Blaming – Partner begins to blame the user/drinker for abusing drugs/alcohol and feels that the user/drinker is also responsible for other problems in the relationship: financial, children, employment, and other relationship/family problems.

Step 5 Retaliation – The user/drinker is drinking and/or using drugs extensively, arguing more, and is now being verbally and/or physically abusive.

Step 6* Isolation – The partner withdraws from the user/drinker by withholding communication, sex, affection, etc.

Step 7* Separation – The partner decides to leave the relationship because they both have become very unhappy and very abusive (verbally and/or physically) to each other.

Step 8 Therapy & Counseling – The partner decides to get psychotherapy and attend Al-anon meetings. The user/drinker may also now seek psychotherapy and a Drug/Alcohol Recovery Program.

Step 9 Education – The partner becomes educated about drug and alcohol addiction and recovery. The user/drinker may also attend a Relationship Workshop at the Drug and Alcohol Recovery Program.

- Step 10 Re-Evaluation** – The partner learns and understands more about addiction, recovery, causes, treatment, self-care, and setting limits.
- Step 11 Forgiving** – The partner decides to forgive the user/drinker because he/she wants to become clean & sober, and recover from addiction by being involved in a Drug/Alcohol Recovery Program.
- Step 12 Acceptance** – The partner has accepted the fact that drug/alcohol addiction is a disease and a mental health illness, and it may not be the user/drinker’s fault.
- Step 13 Association** – The partner decides to start communication with the user/drinker who is now in a Drug/Alcohol Recovery Treatment Program and appears to be clean and sober. The partner also decides to start allowing communication and contact with the user/drinker again due to feeling stronger and being able to set limits .
- Step 14* Re-Unification** – The partner and the user/drinker decide to see each other exclusively and live together (again).
- Step 15* Power & Control** – The partner becomes very controlling and demands power and control over the relationship.
- Step 16* No Toleration** – The partner gives an ultimatum that if the user/drinker breaks any rules that she/he has made and doesn’t stop using/drinking the relationship is over.
- Step 17* Perfection** – The partner demands that the user/drinker be “perfect” in all areas of the relationship and will not stand for any type of domestic violence and/or abuse or relapse.
- Step 18 *Termination** – The user/drinker decides to leave the relationship due to not being able to meet the expectations and becomes tired of the partner’s power and control (which is abusive at times).
- Step 19 Negotiation & Compromise** – Additional counseling/therapy and education received by the user/drinker and the partner has helped both of them understand that no relationship is perfect and that “fighting fair,” negotiating, and compromise may help them build a loving and caring relationship that they both want.
- Step 20 Contentment & Peace** – User/Drinker and partner have agreed to continue to attend Al-Anon Meetings, AA/CA/NA Meetings, church/temple/spiritual outings and other meetings that help recovering users and drinkers find peace and joy.

15 Step Reaction Cycle Between Son/Daughter who is in

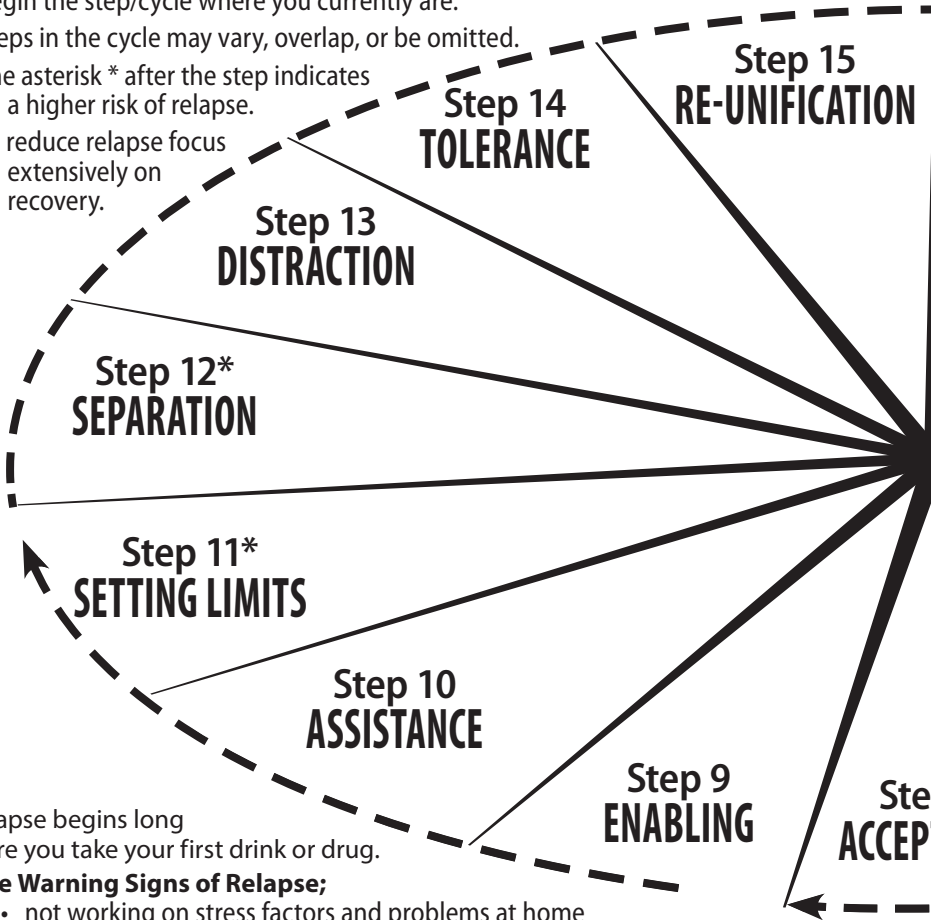
The cycle indicates steps that users of illegal drugs and/or drinkers of alcohol may go through with their partner.

Begin the step/cycle where you currently are.

Steps in the cycle may vary, overlap, or be omitted.

The asterisk * after the step indicates a higher risk of relapse.

To reduce relapse focus extensively on recovery.

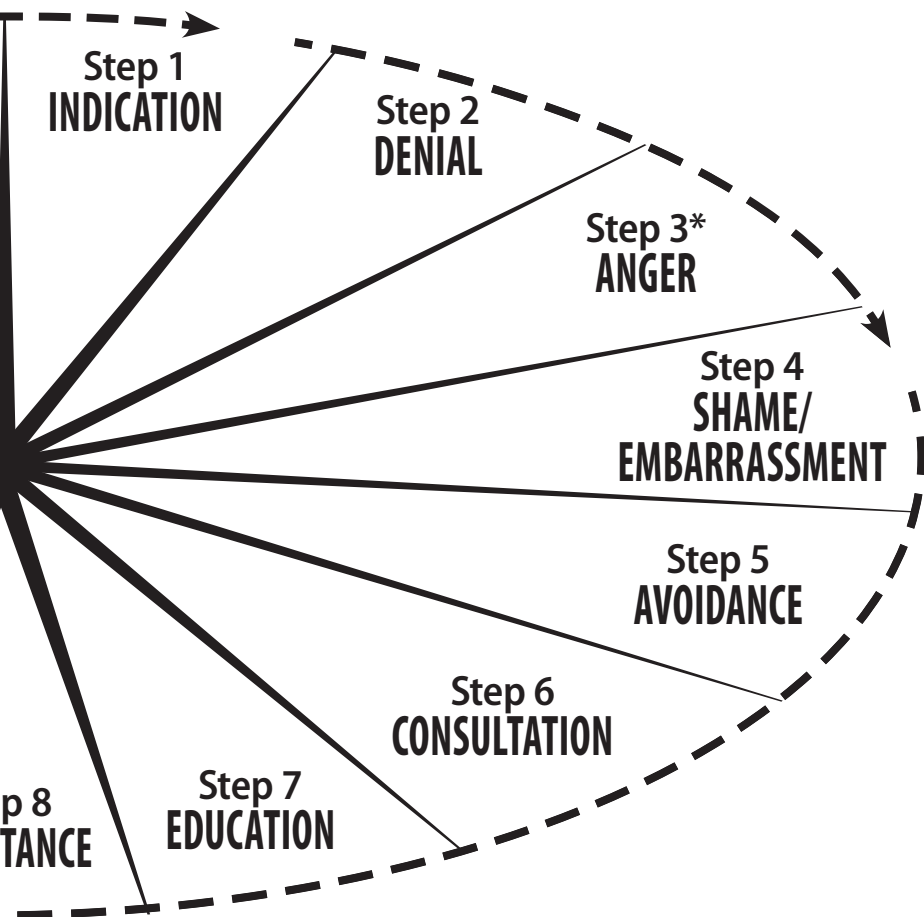


A relapse begins long before you take your first drink or drug.

Some Warning Signs of Relapse;

- not working on stress factors and problems at home
- not working on your recovery plan or letting it slide
- becoming defensive and no longer able to accept constructive criticism
- beginning the pattern of denial that was present during the addiction
- changes in attitude or behavior
- beginning to feel extremely stressed out and constantly tense
- resenting those who are trying to help
- loss of belief in addiction recovery programs

Parent(s) and their Alcohol/Drug Recovery



15 Step Reaction Cycle Between Parent(s) and Their Son/Daughter Who Is In Alcohol/Drug Recovery

The cycle indicates steps that parent (s) may go through with their son/daughter who is addicted to illegal drugs and/or alcohol

Begin the step/cycle where you currently are.

Steps in the cycle may vary, overlap, or be omitted.

The asterisk * after the step indicates a higher risk of relapse.

To reduce relapse focus extensively on recovery.

Step 1 Indication – Parent(s) observe signs that their son/daughter may be getting high on drugs and/or alcohol by the way they talk, lack personal hygiene, irritability, anger, lying, verbal abuse to family/friends, missing work/school and other appointments, etc.

Step 2 Denial – Parent(s) become aware that their son/daughter is abusing drugs and/or alcohol because it appears it is happening more often than before. Parent (s) do not want to confront their son/daughter because it may cause a problem.

Step 3* Anger – Parent(s) are upset because their son/daughter is becoming more and more obnoxious and care-free with their drinking and/or using drugs. Son/daughter is also being more and more verbally abusive to family and friends.

Step 4 Shame/Embarrassment – Parent(s) are emotionally hurt and fear that they may have been responsible for their son/daughter's drinking and/or using drugs because of the domestic violence/abuse that their son/daughter witnessed at home. The parents may have also thought it was alright for family members to drink alcohol and/or use drugs around their son/daughter.

Step 5 Avoidance – Parent (s) try to stay away from the son/daughter and not see or pay attention to their continuing signs of drug and or alcohol use, abuse, and addiction.

Step 6 Consultation – Parent(s) talk with friends and relatives, ask for advice about their son/daughter's problem with drugs and/or alcohol, and explore programs and services that may be available to their son/daughter.

Step 7 Education - Parent (s) become educated about drug and alcohol addiction and recovery. They learn how addiction may be genetic (passed on from other generations) and how family violence/abuse may have affected them during their childhood (perhaps causing them to use/abuse drugs and/or alcohol and suffer a mental health illness). The son/daughter (user/drinker) may want to seek help and attend a Drug and Alcohol Recovery Program.

Step 8 Acceptance – Parent(s) accept the fact that drug/alcohol addiction is a disease and a mental health illness; and realize that it may not be their son/daughter's (user/drinker's) fault.

Step 9 Enabling – Parent(s) try to help by feeling sorry for their son/daughter (drinker/user) and giving money and other things they may want (which may not be beneficial in helping them to recover from their addiction).

Step 10 - Assistance – Parent(s) decide to help their son/daughter with their recovery and impress upon them that their recovery should be a priority. Providing their son/daughter with encouragement, motivation, and love is a great help in their recovery.

Step 11* Setting Limits – Parent(s) establish consistent guidelines and consequences that their son/daughter must comply with while living with their parent(s) and continuing with their recovery treatment goals.

Step 12* Separation - Parent(s) decide that their son/daughter cannot be in their home or around them while they are drinking and or using drugs; and they also realize that leaving home and entering an inpatient recovery program may be the only way for their son/daughter to achieve their recovery goals.

Step 13 Distraction – Parent(s) come up with excuses and ways not to talk or think about the pain that their son/daughter has caused them while they are using and abusing drugs and/or alcohol.

Step 14 Tolerance – Parent(s) accept the fact that drug and alcohol addiction is a serious problem and realize that after recovery, a high percentage of addicts relapse. Having relatives and friends that still love and care about them when they relapse and begin recovery again is a great help.

Step 15 Re-Unification – Parent(s) welcome their son/daughter back into their lives and join them in their journey of recovery, helping them in their life long struggle to be clean and sober.

10 Step

Sobriety & Relapse Awareness

Steps may vary, overlap, or be omitted

A relapse begins long before the first drink or drug is taken.

The asterisk* before the step indicates a high risk of relapse.



- 10th Step** = Sobriety: Be available for all treatment/services appointments; it is essential. Treatment/services must be continually assessed and modified as necessary to ensure that specific individual needs are met. Help mentor others who are in Recovery.
- 9th Step** = Continue to make positive growth toward Recovery; make it a priority.
- 8th Step** = Display erratic changes in routine (i.e. miss work, doctor's appointments and support meetings). Avoid people/friends/relatives that encourage placing Recovery as a top-priority. Display dishonest and untrustworthy behavior.
- 7th Step** = Romanticize the time when abusing drugs and/or alcohol was a priority. Become extremely defensive when anyone mentions noticeable changes in attitude and behavior.
- 6th *Step** = Begin to display behavior that was evident prior to using and abusing drugs and alcohol. Personal hygiene deteriorates, sleeping and eating problems arise. Avoid responsibility. Become verbally abusive.
- 5th *Step** = Refrain from doing what is necessary to stay clean and sober (i.e. stop attending 12 Step Meetings; do not remain in treatment for an adequate period of time; and do not become available for appointments/treatment/services).
- 4th *Step** = Slowly but surely, remove all those key factors that foster being anchored/ balanced, and that make Recovery a priority. Display feelings of anxiety, worry and/or confusion. Exhibit excessive stress, anger, denial, and isolation.
- 3rd *Step** = Obsess over drugs or alcohol. Begin seeking out old friends and acquaintances who partake in abusing drugs and/or alcohol.
- 2nd *Step** = Begin thinking that maybe just one drink or hit (drugs) won't hurt.
- 1st Step** = Relapse: Take a drink and/or use drugs.

Recovery Prayer

Dear HEAVENLY FATHER, please look with compassion upon everyone who is trying to recover from drug and alcohol addiction, being a domestic violence batterer/abuser, being a domestic violence victim, and those having mental health problems. Restore to them the assurance of your unfailing mercy, and strengthen them in the work of their RECOVERY. For those who care for them, give patience, understanding and love. I ask these things in your name Heavenly Father. AMEN.

BUILDING BLOCK SEVEN

**Attend Weekly
Meetings
of
Alcoholics/Narcotics/
Cocaine Anonymous**

Batterers who have a history of drug or alcohol abuse should attend weekly AA/NA/CA meetings to help them from relapsing into drug and alcohol use. It is also recommended that batterers complete the Twelve-Step AA/CA/NA Addiction Program or some other type of outpatient drug/alcohol program. The Twelve-Step Addiction Program is recognized all over the world and has successfully helped drug addicts and alcoholics stay clean and sober.

The Twelve-Step Program was developed in the 1930's and is considered by many as the backbone of treatment for the addiction of drugs and alcohol. Drug and

alcohol treatment is a very important step in helping the batterer stop his violence and abuse.

Acupuncture treatment may also be explored and integrated with the already existing alcohol and drug program. Helping batterers stay clean and sober may enhance their self-esteem and help them deal with the shame associated with being a batterer.

There are many popular and successful outpatient drug and alcohol treatment programs available. The batterer must find the one which he feels the most comfortable to help him stay clean and sober. The success rate of being non-violent increases when a batterer participates in some type of drug and alcohol treatment, no matter what type of program. It is necessary to treat the batterer using a holistic approach to change all behavior that has contributed to his family violence and abuse. The domestic violence counselor should request verification of attendance and progress reports of the batterer who is enrolled in an outpatient drug/alcohol treatment program.



CASE STUDY

Larry had a history of drug and alcohol abuse. When he was released from prison he did not want to attend AA/CA/NA meetings on a regular basis. Larry was very manipulative and constantly attempted to justify why he did not need to attend these meetings. He changed his mind after hearing so many positive experiences about the meetings from other batterers who were attending the AA/CA/NA Meetings. During

our treatment group meetings, members who were attending outpatient drug/alcohol meetings shared their positive experiences. Support, encouragement, and help in staying clean and sober were just a few benefits that the meetings provided.

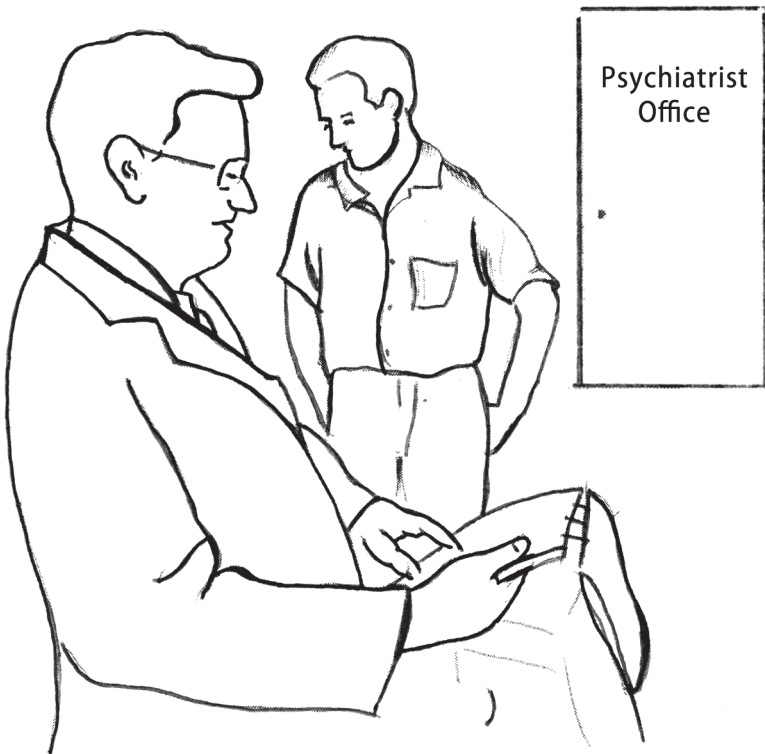
After a few months of attending, Larry began to see the advantages of the meetings and began to look forward to attending. Not only did Larry meet some new friends at the meetings but he was also provided with employment referrals and help with finding a stable residence. Larry met people he could call if he felt the urge to use drugs or alcohol again. He tested clean the entire 52 weeks of the program and to this day he still attends AA/CA/NA meetings. Larry also shared during our batterers treatment meetings that his use of drugs/alcohol was usually a warning sign that he may become violent/abusive to his wife and family.

BUILDING BLOCK EIGHT

Batterers & Abusers Need a Psychiatric Evaluation

It is recommended that all batterers have a psychiatric evaluation. Research concludes that there is a strong link between violence and mental illness. Typically, batterers have low self-esteem and need some type of intervention to start feeling good about themselves. Many batterers are mentally ill and have a history of untreated mental problems. Family tension and a stressful life style can trigger a relapse into an acute mental disorder. These mental health problems should be evaluated and treated in a mental health setting. Psychiatric intervention may include individual and/or group counseling, and medication therapy. As a domestic violence counselor, I referred all the batterers for a psychiatric evaluation. Over 50% of the batterers were recommended by the psychiatrist to receive mental health intervention. All supportive interventions help the batterer refrain from relapsing

into domestic violence and abuse again. It is imperative that the batterer agrees to a psychiatric evaluation if he is truly committed to establishing a healthy relationship and strong interpersonal relationships. The batterer must understand that his cycle of violence/abuse must stop immediately and every intervention can help in accomplishing this goal.



Many batterers have mental health problems that need to be evaluated and treated by a professional.

Psychiatric intervention and medication therapy may need to be continued even after the batterer has completed a batterer's treatment program. Victims/potential victims should not consider reuniting or building a relationship with a batterer until a psychiatric evaluation has been completed by a licensed mental health professional. If recommended for mental health intervention, the batterer must comply with his treatment plan until he is successfully terminated from therapy. This building block is essential in establishing mental and emotional stability for the batterer and helping him refrain from any future episodes of relationship violence and abuse.

CASE STUDY

Chuck was a batterer who as a child was raised in a very violent family. As an adult, he got married and had children. Chuck was very violent and abusive to his wife and children, just as he witnessed as a child growing up in his own family. After being referred for a psychiatric evaluation, Chuck was recommended for individual psychotherapy and medication therapy. He had a very explosive personality and had problems throughout his life with relationships and employment. Chuck was incarcerated in prison on numerous occasions. He had never been in any type of psychotherapy and did not believe in seeing a psychiatrist. In order

to be successful in the domestic violence treatment program, Chuck agreed to see the psychiatrist and take his psychiatric medication. The group members and I encouraged Chuck to continue in psychotherapy because we could see the difference in his behavior and personality. With therapy and medication he was able to express himself in group without getting hostile and agitated.

Chuck was also receiving better evaluations at his job and was eventually promoted. He turned out to be one of the leaders in the group and helped new members adjust to the group process and accept treatment. Chuck realized that he would probably always have to take medication and periodically be in psychotherapy the rest of his life. He realized that when he stopped taking his medication he would become very upset and exhibit his explosive personality once again. Chuck did not like people being afraid of him, especially his wife and children.

After successfully completing the domestic violence treatment program, Chuck reunited with his wife and children.

BUILDING BLOCK NINE

The Four “R” Steps

During the Domestic Violence Treatment Program, the batterer will continue to work on the Four “R’s”: Responsibility, Remorse, Repair, and Righteousness. The “Four R’s” are serious business and are not to be taken lightly. Recovering from a lifestyle of domestic violence and abuse is hard work. Completing the Four R process takes time and effort to be successful. It took most members of our treatment group almost nine months to achieve these goals. The process of completing the Four R’s consists of the following:

1st Step: Responsibility: The batterer must be accountable for his violence and abuse. He must take full responsibility and never blame the victim.

Drug/alcohol abuse, and incidents of violence/abuse that happened to the batterer in his childhood is no excuse for him to commit any form of violence/abuse.

2nd Step: Remorse: The batterer will hopefully regret for his past history of domestic violence and abuse.

Being remorseful will be discussed and demonstrated during his batterer's treatment program.

3rd Step: Repair: If appropriate, the batterer must restore, make good, or compensate the victim for his violence and abuse. The batterer will repair and change his way of thinking, acting, and reacting to his anger to be successful in stopping his cycle of violence.



The 4-R concept has been very successful in the treatment of batterers. It also helps build self-esteem.

4th Step: Righteousness: This concept is probably the most difficult to accept and complete. Batterers who accept and use this concept have less difficulty in successfully completing the batterers prevention program. The concept consists of accepting one of the following: acting in accord with a divine/higher power (God), moral law, accepting/obeying the law, or following some other ideology that would help him in becoming a better person in all areas of his life.

Completing the Four R's turned out to be a difficult step for the batterers in the program to compete. The challenge that most of the batterers faced was with the *Righteousness Concept*. Most of the batters were disenfranchised with the justice system, angry with the victim, and didn't trust law enforcement officials. The batterers had to look into themselves and decide to give up aspects of their lives that hurt other people, even though they had been doing it just about all their life. Lying, cheating, manipulation, and breaking the law were very comfortable behaviors for them. They were required to reflect upon their anti-social conduct and focus on developing more positive, productive character attributes.

During group, many of the batterers began to share the pain that they kept hidden all their life. As the group process began to have a positive impact on the batterers, they began to bond and share more with each other. Group members began to reveal things that

they were ashamed of and had not shared with anyone. Completing the Four R's helped them trust the system, and understand and accept why they were incarcerated. They also had to stop blaming the victim who they felt sent them to prison. Once they took total responsibility for their actions, their anger subsided. Successful completion of the Four R concept was very demanding and challenging for the batterers. The end result was rewarding once completed.

BUILDING BLOCK TEN

Getting Back Together

Reunification Between the Victim and Batterer

An unfortunate fact about domestic violence is that the female victim will go back to the batterer an average of eight times before terminating the relationship for good. Reunification can be a risky process. It must be a gradual process and carefully thought out in order to be successful.

Reunification between the victim and batterer/abuser should only be considered when certain criteria has been met. Strict guidelines must be in place before reunification is considered. To avoid recurring incidences of domestic violence, the batterer and victim must adhere to several critical steps before a reunification plan is implemented. The conditions under which reunification may be considered are:

- The batterer/abuser has successfully completed a domestic violence treatment program.
- The batterer/abuser and victim must abstain from using drugs and alcohol.

- The victim and batterer/abuser must establish their own separate stable residence.
- The batterer/abuser must have steady employment (full or part-time).
- The batterer/abuser must have successfully completed an AA/CA/NA program if there is a history of drug/alcohol abuse.
- The victim has participated in a Domestic Violence Women's Support Group and/or counseling.
- The children have received support services (individual and/or /family counseling).
- After the batterer/abuser has completed the domestic violence treatment program, he and the victim should then be involved and make significant progress in couples counseling and/or family counseling.
- Affiliation with a religious organization is recommended.

Reunification is not a viable option until there is full compliance with all court orders and actions. Reunification is also not indicated if the batterer/abuser and/or victim has been arrested/prosecuted again for any violent crime(s).

If the batterer and victim have complied with the above steps and recommendations, they may now attempt to see each other by following these last eight crucial steps. Each step should take approximately one to two

months to complete. Total completion may take from eight to twelve months. These eight steps consist of the batterer and victim participating in the following:

1st Step: The batterer and victim communicate via writing and telephone calls.

2nd Step: The victim and batterer meet in a public place accompanied by the victim's friend or relative.

3rd Step: The batterer and victim meet alone in a public place.

4th Step: The victim may invite the batterer to her home but she must have a friend or relative present.

5th Step: The victim may invite the batterer to her home without a friend or relative present, but the batterer can not stay overnight (he should leave by 10:00 pm).

6th Step: If considering reunification, the victim and batterer must attend individual and couple/family counseling.

7th Step: The victim may invite the batterer to her residence with no restrictions.

8th Step: The batterer may invite the victim to his residence with no restrictions.

Reunification:



1. The batterer and victim communicate via writing and telephone calls.



2. The victim and batterer meet in a public place accompanied by the victim's friend or relative.



3. The victim and batterer meet alone in a public place.



4. The victim may invite the batterer to her home but she must have a friend or relative present.

8-Step Window Illustration



5. The victim may invite the batterer to her home but the batterer cannot stay overnight.



6. If considering reunification, the victim and batterer must attend individual counseling and couple/ family counseling.



7. The victim may invite the batterer to her home with no restrictions.



8. The batterer may invite the victim to his home with no restrictions.

Some of the same steps are suggested from this format when the batterer requests visitation with his child (who has witnessed or experienced family violence, abuse and neglect). These steps should only be considered after the child has received counseling, court visitation approval, and approval for visitation from Child Protective Services. A Certified Court Visitation Monitor should be present at all visits with the child and batterer. Reunification between victims and batterers was never encouraged nor discouraged in group, although we did discuss various aspects of being in a healthy relationship. During the treatment program, batterers were served with divorce papers, restraining orders, subpoenas from court, child support requests, and many other court orders. The batterer's group discussed positive, appropriate responses to these stressful situations.

The group was always pleased to hear when a member was going to reunite with his family. They supported a batterer reuniting with the victim, but only if the victim received some type of counseling/treatment as well. The batterer and victim were also encouraged to follow all the steps outlined in reunification. The last thing a batterer who has successfully completed treatment wants to do is relapse into a pattern of family violence and abuse.

All victims and potential victims should be aware of the warning signs that their partner may become abusive again. Most incidents of domestic violence are precipitated by clearly observable warning signs. Several of

these warning signs include evidence of hypersensitivity, extreme jealousy, controlling behavior, unpredictable mood swings, explosive, volatile angry outbursts, verbal abuse, use of force during an argument, threats of violence, drug use and abuse, displays of cruelty to children and/or animals, rigid male/female sex roles, and possessing a persecution complex (blaming others for his problems). The abuser/batterer may have a history of prior domestic violence. He is typically prone to quick romantic involvement followed by a deliberate attempt to keep the victim isolated from the support of her family and friends.

In the event that reunification is not a desired option, it is important to initiate breaking up in a manner which precludes the abuser/batterer from resorting to further domestic violence due to his inability to deal with the rejection appropriately. Following a break-up, the batterer/abuser may resort to various progressive levels of abuse and harassment.

Level One is indicative of numerous phone calls, text messages, sexting, emails, cyber-stalking, letters and messages from the ex-partner or from the ex-partner's friends/relatives.

Level Two behaviors include unannounced visits and stalking, drive-bys, posting private pictures on the internet or other public websites and any type of threats.

Level Three behaviors include threats which may or may not be followed by the statement, "I was just kidding."

The batterer/abuser may threaten to hurt his estranged partner or her children/family members/friends or even himself. It is highly recommended that the victim call 911 and file a Restraining Order/Stay Away Order if the abuser/batterer resorts to Level Two and/or Level Three behavior.

Safety considerations for breaking-up include refraining from breaking-up in person: use the telephone, email, text message, mail, etc. The victim's family members and friends as well as the abuser/batterer's family members and friends should be informed of the break-up. It is optimally best for the victim to avoid being left alone if at all possible. Staying with a relative or friend is recommended until she feels safe. The victim should not answer the door if home alone and she should avoid isolated areas as well as areas where the batterer frequently goes. Changing the daily routine is also recommended. The victim should always keep money and communication devices (such as a cell phone) in her possession. Changing one's cell phone number and email address may be necessary. Timing is another important consideration for the break-up. Domestic violence/relationship violence assaults and death increases significantly during the holidays and special events. It is imperative that the victim pay close attention to the batterer's reaction to the break-up. A Restraining Order/Stay Away Order of Protection may be imposed and there should be no hesitation to call 911 if necessary.

Safety Precaution Checklist

When Breaking-Up With a Partner Who Is Violent/Abusive

Safety Precautions Checklist		Yes	No
1.	Notify your ex-partner by: text, e-mail, your family, friends, subpoena/Restraining Order, etc. that he/she is never to contact you again.		
2.	Change all your communication numbers: telephone, email, etc.		
3.	Request a Restraining Order & GPS for ex-partner from the police/court		
4.	Never be left alone.		
5.	Victim has a communication device (telephone, etc.) available and charged		
6.	Family & friends should know where you are at all times.		
7.	Have someone move in with you or you move and reside with a relative or friend temporarily or permanently		
8.	Notify your family and friends about the break-up.		
9.	Let your family and friends and your ex-partner's family and friends know that there is a Restraining Orders restricting all contact.		
10.	Notify your employer/school/religious organization and ask that they request a Restraining Order to keep your ex-partner away from the location.		
11.	Review safety precautions at your work/school/religious organization. Request an escort to and from your car to the facility, provide a picture of your ex-partner to the security/receptionist/supervisors/teachers/counselors, arrive and leave the location during daylight hours, never leave at night alone.		
12.	Use new routes to work/school/shopping and other activities.		
13.	Never go to places that you had attended with your ex-partner.		
14.	If possible, always car pool with someone. Never drive alone.		
15.	Move to a new location if possible: out of the city/county/state/country.		
16.	Don't be around any of your ex-partner's friends/relatives.		
17.	Notify law enforcement agencies (probation/parole/court) that may be supervising your ex-partner that you were abused by your ex-partner.		
18.	Request to law enforcement agencies that supervise your ex-partner to have him/her move to another city/county/state/etc.		
19.	Don't post anything personal on the internet.		
20.	Close all personal websites and terminate any communication on public websites.		
21.	If any material is posted on the internet about you by your ex-partner, notify the legal authorities immediately.		
22.	Notify law enforcement if you see your ex-partner anywhere.		
23.	If you are contacted by your ex-partner's friends or relatives, notify law enforcement immediately concerning any harassment or threats.		

Should the Victim Ever Consider Reuniting With the Batterer/Abuser?

Only *if* the batterer/abuser complies with the following:

Abuser's Compliance Checklist

		Yes	No
1	Completes his/her jail/prison time		
2	Provides the victim with Probation Officer/Parole Agent's name and telephone number		
3	Successfully complies with his/her Probation/Parole Conditions/Instructions		
4	Successfully completes his/her 52 Week Domestic Violence Batterer's/Abuser's Treatment Program		
5	Complies with the Batterer's/Abuser's Relapse Prevention Cycle		
6	Has not committed any more acts of violence and/or abuse at home or in the community		
7	Gets a current medical and psychiatric evaluation/assessment and takes medication that is prescribed by the doctor and/or psychiatrist. Complies with a recommendation from the doctor/psychiatrist to attend individual and/or group psychotherapy		
8	Has a stable residence		
9	Has steady employment: full-time or part-time		
10	Complies with all court orders, restraining orders, child custody/visitation, and other court orders		
11	Successfully discharges from Probation or Parole		
12	Clears all warrants/citations/tickets issued by the court and/or Police Department		
13	Pays all fines		
14	Brings up-to-date any delinquent child support payments and/or alimony payments		
15	Does not use illegal drugs and/or does not drink alcohol. Stays clean and sober or attends a Drug/Alcohol Recovery Program and attends Alcoholics/Narcotics/Cocaine Anonymous Meetings (AA/CA/NA Meetings)		
16	Attends Al-Anon Meetings if the victim has a history of drug and/or alcohol use and abuse		

Any "No" answers would be a good reason for not reuniting with the abuser.

Should the Batterer/Abuser Ever Consider Reuniting With the Victim?

Only *if*

the victim complies with the following:
Victim's Compliance Checklist

		Yes	No
1	Victim gets a current medical and psychiatric evaluation/assessment and takes medication that is prescribed by the doctor and/or psychiatrist.		
2	Complies with a recommendation from the doctor/psychiatrist to attend individual and/or group psychotherapy		
3	Victim is successfully completing a 12-16 Week Group Treatment Program for Victims/Survivors of Domestic Violence		
4	Complies with The Victim's Relapse Prevention Cycle		
5	Has a stable residence		
6	Victim has steady income: employed, General Relief (GR), child support, alimony		
7	Brings up-to-date any delinquent child support payments and/or alimony payments		
8	Victim has cleared all warrants/citations/tickets issued by the court and/or Police Department. Paid all fines		
9	Complies with all court orders, restraining orders, child custody/visitation, and other court orders		
10	Victim is not drinking alcohol and/or not using illegal drugs		
11	Stays clean and sober or attends a Drug/Alcohol Recovery Program and attends Alcoholics/Narcotics/Cocaine Anonymous Meetings (AA/CA/NA Meetings)		
12	Will attend Al-Anon Meetings if the batterer/abuser has a history of drug and/or alcohol use and abuse		

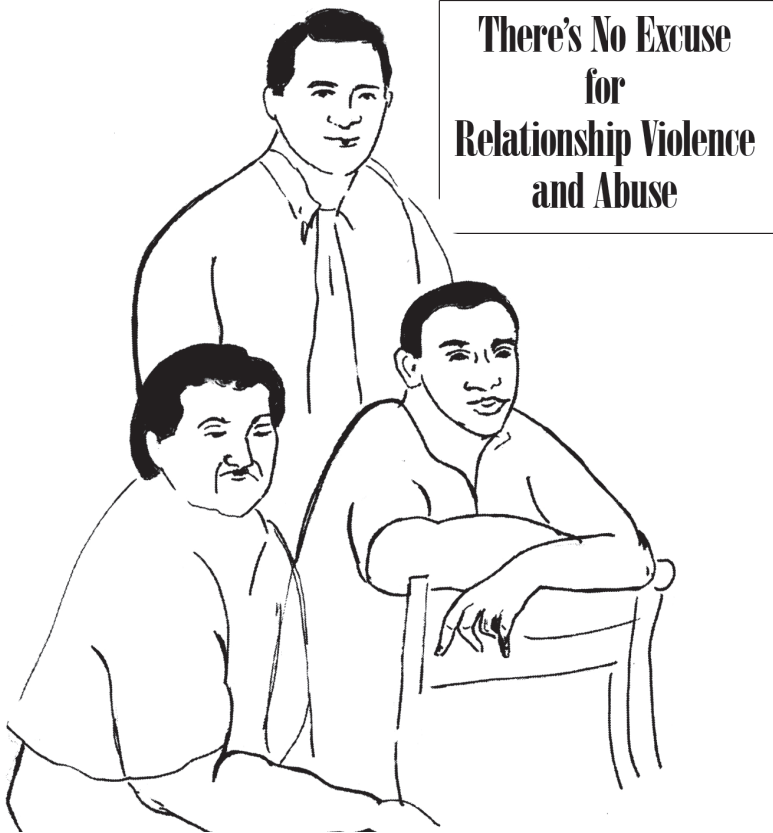
Any "**No**" answers would be a good reason for **not** returning to the batterer/abuser.

BUILDING BLOCK ELEVEN

Batterer's Relapse Prevention Program

After the batterer successfully completes the Domestic Violence Prevention Program, it is recommended that he register in a Batterer's Relapse Prevention Program. Attending a relapse prevention program at least every three months (or sooner if necessary) will help the batterer in his continued recovery from committing any form of violence and abuse. He will be able to discuss with other batterers in recovery, any new family problems he may be experiencing, and how he is dealing with them without violence and abuse. A "refresher" of non-violent techniques and methods will help the batterer sustain the skills acquired in the domestic violence treatment program. This will also give the batterer an opportunity to discuss with other batterers how he was able to stay violence/abuse free during and after the program. At the relapse prevention program, the batterer is able to receive the help he needs before he begins to slip back into

relationship violence and abuse. Discussing positive responses to anger helps reinforce a healthy and non-violent outlook. Batterers possessing and using these appropriate behavior techniques and methods may also experience a self-esteem boost.

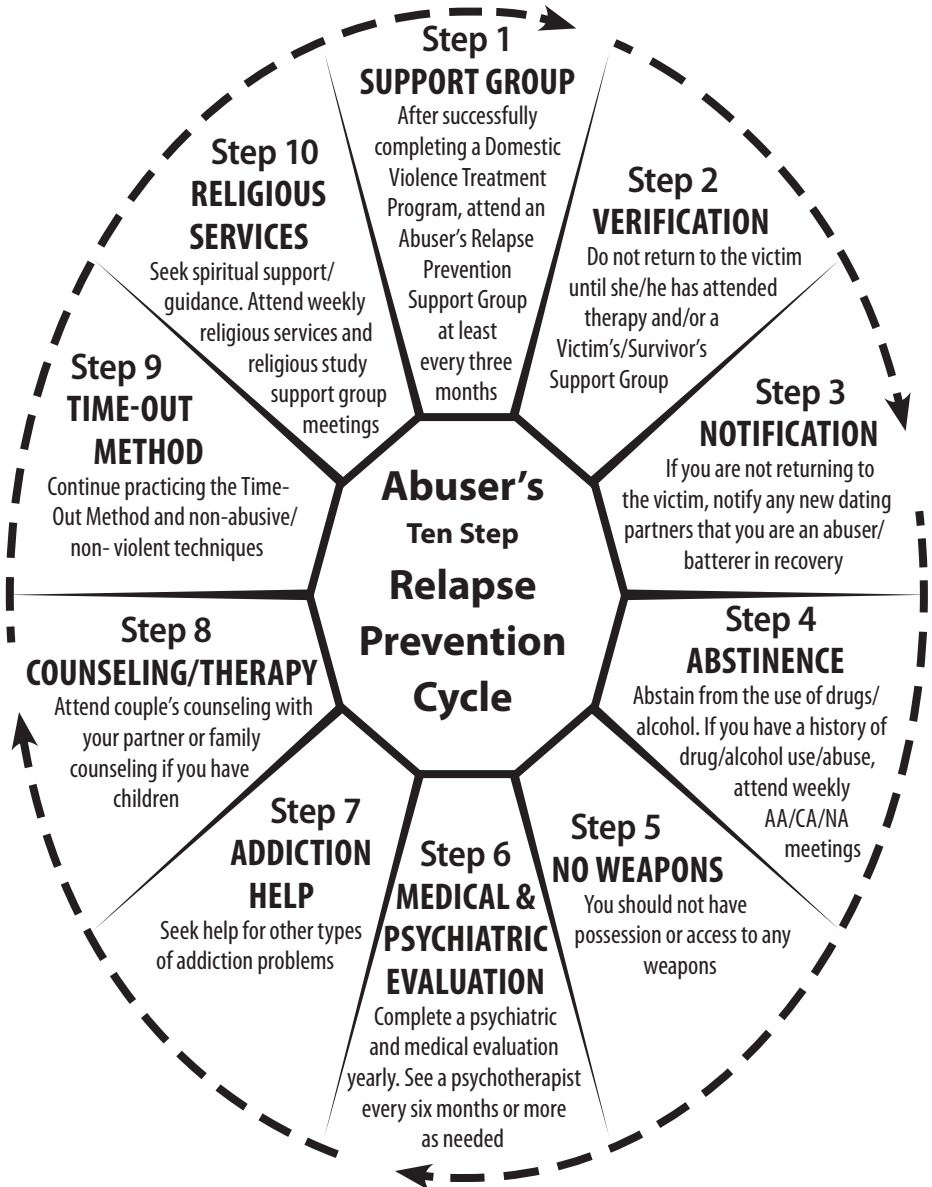


Schedule For Batterers Relapse Prevention Program

- 1st Year:** After completing the Batterers Treatment Program, the batterer should attend at least one session every three months for a year.
- 2nd Year:** Batterers should attend at least one session every six months for the second year.
- 3rd Year:** After the third year of not committing any relationship violence and abuse, the batterer should attend at least one session annually.

The Abuser's Ten Step Relapse Prevention Cycle is crucial in helping the abuser refrain from hurting his partner emotionally and/or physically. Skipping any of the steps may result in a relapse of serious episodes of violence and abuse. It is important for every victim to monitor his/her partner's adherence to the relapse prevention cycle steps in order to assess potential risk or harm. Observing your partner skipping or not being serious about this on-going process is a good reason for leaving and not returning to the abuser. (Page 193)

Relationship Abuse Abuser's Ten Step Relapse Prevention Cycle



CASE STUDY

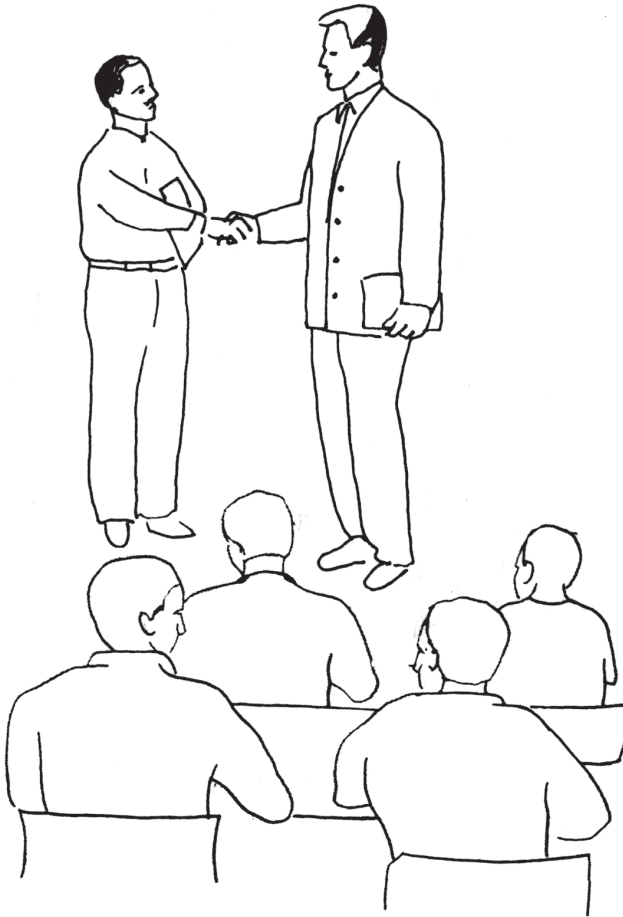
Brian's wife and children were very supportive of him attending the Relapse Prevention Program. During Brian's graduation ceremony, a member of his family told the graduates and spectators how important it was to know that batterers could continue to participate in a batterers relapse prevention program. Brian was one of the batterers who looked forward to coming to the relapse prevention meetings every three months. He has continued to use the time-out method at home and at work. New group members were very encouraged after hearing Brian's story about how he stopped his cycle of violence. Many of the batterers who returned to the relapse treatment group indicated that the eleven building blocks were essential in preventing them from future episodes of family violence and abuse. Graduates looked forward to telling their story and helping other batterers stay violent/abuse free.

Graduation

What a rewarding experience for all who attended! The batterer, some victims, and family members from both sides attended. As we grew closer to the graduation, many batterers in the group anticipated taking part in something they had not experienced in a very long time: an accomplishment of something positive in their life. It had been a long, challenging 52-weeks for everyone (the batterers, victims, and the counselor).

All participants in the group had become accustomed to coming every week and sharing their failures and successes. Setting aside time every week was a challenge for many group members but they made it a part of their lives and eventually looked forward to attending. For the graduation ceremony, we invited everyone interested in the batterer's success. The batterers could invite friends, relatives, and the victim if there was no restraining order or conditions to have no contact. It was so rewarding to see the pride and excitement they were experiencing upon completion of the program. Many batterers asked questions about what kind of

attire is appropriate to wear and where to buy those items. Some batterers had never worn dress shoes or a shirt with a collar prior to this graduation ceremony. For some, this would be one of the most memorable events in their lives. The batterers were not only proud about successfully completing the treatment program, but they felt good about refraining from any form of violence and abuse.



Statistics on the 52-Week Domestic Violence Batterers Prevention Program

Batterers in the program had extensive criminal histories consisting of multiple battering, weapon convictions, sexual assaults, drug/alcohol addiction problems and other violent offenses.

No prior victims or children were battered or abused again by the batterers in the program.

28 batterers were accepted into the program the first year

White 32%

Hispanic 32%

Black 25%

Other 10%

Average Age: 31 Years Old

Residing With The Victim: None

Residing With a New Female Significant Other: 1

All batterers had been sentenced to state prison for Corporal Injury to a Spouse

Average sentence in state prison: 2 ½ years

Batterers with prior domestic violence arrests and convictions: (71%)

Batterers who used weapons during their present commitment offense: (50%)

Batterers who had prior weapons convictions: (57%)

Batterers who had a history of drug/alcohol abuse (96%)

Batterers referred for community services:

Needing help with housing: 35%

Psychiatric Intervention: 50%

Employment: 90%

AA/CA/NA Meetings & Outpatient Drug Program: 96%

Family/Couple Counseling: 15%

Batterers who did not complete the program:

Batterers suspended from the program and referred to an in-patient drug program: 1

Batterers not appropriate for group process and referred for individual counseling: 1

Batterers murdered (unknown circumstances): 1

Batterers returned to jail or prison:

- 2 batterers returned for robberies (no injuries to the victims)
- 9 batterers returned for non-violent probation/parole violations
- 2 batterers returned for not complying with their special condition of probation/parole: no contact with the victim
- 1 batterer returned for drug sales
- 5 batterers returned for absconding probation/parole supervision
- 1 batterer returned for violence against his new significant other

Seven Batterers Graduated From the Program in 52-Weeks

- 3 Hispanic
- 2 White
- 1 Black
- 1 Other

All the graduates attended the Domestic Violence Relapse Prevention Program

**Information provided by the batterers during the
Batterers Relapse Prevention Program**

Two batterers reunited with their victim

All graduates were still employed

All graduates lived in a stable residence

All graduates continued to stay clean and sober

All graduates continued to attend AA/CA/NA

None of the graduates had returned to jail or
prison

Domestic Violence Can Cause Mental Illness In Victims and Children

I decided to include this chapter because this topic is not often talked about and many people are unaware of the mental health issues associated with being a victim of abuse and domestic violence. Instead, there is a tendency to focus on the batterer/abuser having mental health problems. Currently available data indicates that women who are being abused by a partner are at an increased risk for developing mental health problems, such as depression, anxiety, and Post Traumatic Stress Disorder (PTSD).

Mental illness has never been a very popular topic. Most people do not understand mental health disorders, and as a result, they fear those who suffer from it. These individuals are often cast in a dark light and are seen as dangerous and threatening. Victims that

have mental health problems are often-times ostracized, whether they pose a real threat to others or not. Mental illness can include common symptoms such as depression and anxiety, which may not present a direct threat to others.

Mental illness refers to a wide range of psychiatric disorders that affect a person's thoughts, mood, and behavior in an adverse, abnormal manner. It may also influence the way in which an individual relates to others as well as to his/her surroundings. Typically, someone with an untreated mental illness has a difficult time coping with everyday routines and demands.

Although many mental illnesses may be genetic (hereditary), it does not necessarily mean that it will be passed down genetically from parents to their children. It simply implies that there may be a greater likelihood. Mental health disorders occur from the interaction of genes and other factors (i.e. psychological trauma and various environmental stressors) that may trigger the illness in an individual who may be genetically susceptible to it. Some of the mental health disorders that may be genetically inherited are: bipolar disorder, schizophrenia, depression, and attention deficit hyperactivity disorder. Mental health treatment plans should be designed to meet the unique needs of each individual. However, recommended treatment plans may include the following:

- Undergo annual medical and psychiatric evaluations
- Take only prescribed medication
- Attend individual, group, and family psychotherapy
- Individuals with a mental illness, their family members, and friends attend NAMI (National Alliance on Mental Illness) open support groups
- Develop an emergency back-up plan for medication and hospitalization if necessary

Many people have a predisposition to mental illness due to their family history. However, when they make a firm commitment to partake in a viable treatment plan, they are able to live happy, productive lives. They realize that they are able to experience a successful recovery and change their lives for the better. Open and honest discussions about family secrets (such as a history of mental illness) helps facilitate the healing process and empowers individuals to take the necessary steps toward recovery.

I have not observed there to be much research on the victim's immediate family members and other extended family members who may worry a lot about their relative who is in a violent/abusive relationship. Their worry, stress, nervousness, and tension concerning the violence and abuse that the victim is experiencing may also cause them to develop a mental illness. Generalized anxiety disorder (GAD) is a common anxiety disorder that involves worry,

nervousness, and tension. Anxiety disorders are the most common mental illness in America. This mental illness affects around 20 percent of the population at any given time. I suggest that the victim's family members get a medical and psychiatric evaluation/assessment if they continue to worry about the victim and her/his situation with a batterer/abuser. The family member (s) should attend psychotherapy sessions if it is recommended and take medication if it is prescribed.

Helping A Friend/Relative Agreement should be used to help someone who is having mental health problems and/or experiencing violence and abuse in their relationship. The agreement will hinder the abusive partner from isolating the victim. (Page 211)

A government report in the United States indicates that women are more likely to experience a mental illness than men. This may be partly attributed to the fact that women are more likely to be victims of domestic violence than men. Many researchers indicate that there is a link between domestic violence/abuse and mentally ill female victims. Women with mental health problems are four times more likely to be victims of domestic violence than women who do not suffer from a mental illness. Research studies also conclude that mentally ill women are far more likely to be victims of domestic violence than to be perpetrators of domestic violence and abuse. Currently available data indicates that women who are being abused by a partner are at

an increased risk for developing mental health problems, such as depression, anxiety, and Post Traumatic Stress Disorder (PTSD).

1 in 4 adults suffer from a diagnosable mental disorder.

1 in 5 children/adolescents have a diagnosable mental illness.

63% to 77% of battered women experience depression.

38% to 75% of battered women experience anxiety.

54% to 84% of battered women suffer from PTSD.

Mental health problems associated with PTSD may consist of: intrusive thoughts or memories, nightmares, flashbacks, avoidance, a decline in mood or thought patterns, extreme emotions, isolation, arousal symptoms making the brain remain “on edge/wary,” paranoia/watchful of further threats, irritability, increased temper or anger, and sleep disturbance. When PTSD is not treated properly, an individual’s symptoms may increase and lead to serious mood and thought disorders—psychosis, which may consist of delusions (false beliefs) and hallucinations (hearing voices, seeing things that are not there). Post Traumatic Stress Disorder can develop at any age, including childhood. This disorder may occur after violent personal assaults, such as domestic violence/relationship abuse.

Researchers found that adolescents who see domestic violence between their parents are far more likely to suffer symptoms of clinical depression, headaches, digestive problems, social isolation, insomnia, and thoughts of suicide. Suicide is the third leading cause of death among teenagers world-wide.

Harvard University researchers found that the brains of children who witness domestic violence are under-developed. Adults who had witnessed their father beating their mother (or other incidents of domestic violence) during childhood, were found to have below-average intelligence and a diminished ability to memorize. Children who witness domestic violence may exhibit similar behavioral and psychological disturbances as children who are themselves abused. Studies also indicate that battering/abuse is a learned behavior and does not necessarily come from a mental illness. According to current data, seventy-five percent of batterers witnessed abuse between their parents. Fifty percent of batterers also experienced abuse themselves as children.

When a batterer/abuser is upset and angry with his partner, he makes a choice and decides when to hit, where to hit, and how hard to hit in order to assert power and control. These perpetrators typically do not pick fights with other men who are bigger and stronger than they are. They typically prey upon the defenseless, so as not to risk retaliation. Many batterers/abusers exhibit

acts of violence/abuse in the privacy of their home, where there are no witnesses—only frightened, vulnerable victims and children. The debilitating mental and emotional trauma experienced by the victims of domestic violence and the children who witness it is devastating.

As stated earlier, a large percentage of women in domestic violence situations are likely to develop mental health issues. These women often resort to the use/abuse of drugs and alcohol in an effort to escape from their physical, mental, and emotional pain. This ultimately exacerbates their situation and creates obstacles in their ability to get help. It leads to a sense of helplessness and hopelessness. Women with mental health issues may stay with an abusive partner because they are afraid they will not find another partner who will want them. It can be very difficult to be in a relationship with someone suffering from a mental illness such as depression, anxiety, or PTSD. As a result, the abusive behavior may be justified (erroneously) in the mind of the perpetrator. Unfortunately, it may even create a situation in which family members, law enforcement, and other people in society become less empathetic toward the victim's plight; the perception of the seriousness of the abuse may be minimized. Consequently, the domestic violence victim may not receive the support she so desperately needs. Police officers may be hesitant to take claims/reports of domestic violence seriously when they come from women

who have mental health and substance abuse problems.

Support services for mentally ill women who are victims of domestic violence should be increased and education about this critical problem must continue. When helping domestic violence victims find housing away from an abuser, their safety should always be the number one priority. When mentally ill domestic violence victims leave an abuser, they should never be denied admittance to a domestic violence shelter due to being diagnosed with a mental disorder. Shelter intake telephone calls with mentally ill victims should be sensitive, supportive, and resourceful. The victim should be encouraged to seek a safe haven immediately. When a domestic violence victim who has mental health issues is placed in a shelter, a mental health assessment team should be readily available. With the proper professional treatment, victims of domestic violence who have mental health disorders can live a safe, meaningful, and productive life. In addition to seeking professional help, victims of domestic abuse who suffer from mental illness need the support of family and friends. This source of strength and encouragement is essential to the victims's ability to move forward and make a positive adjustment. The perpetrator of domestic violence may attempt to isolate the victim from her friends and family. This isolation may be the first warning sign that domestic violence and abuse is occurring in the relationship.

Many family members of the victim would like to commit violence against the batterer/abuser and retaliate for the harm the batterer/abuser has caused the victim. The batterer/abuser must understand that they have enemies that will want to hurt them for what they did, no matter how long in the past the victim was harmed. There are many documented encounters and incidents of violence against a batterer/abuser by the victim's family members, friends, and the victim's new partner. They don't forget what the batterer/abuser did to the victim and usually harbor anger toward them, (even when the victim reunites with the batterer/abuser). Some family members may have a mental illness and need mental health treatment. Other family members may want revenge which may consist of violent retaliation against the batterer/abuser.

On many occasions, family members have committed serious violent acts against the batterer/abuser. In my domestic violence batterer/abuser treatment program, one of the batterer/abusers in the group was found dead with his head blown off in the Los Angeles Crest Mountains. The police only notified me that the batterer/abuser was killed and did not provide me with any information concerning their investigation. Prior to the batterer/abuser's murder, he had been stopping by the victim's hair salon and asking questions about her. I instructed the batterer/abuser not to go by there again or he would be arrested

for a parole violation and placed in jail. All batterers/abusers in the domestic violence treatment program are informed that they cannot contact the victim or visit any places that the victim may frequently go to or consume services from.

**Helping a Friend/Relative Who Has Mental Health Problems
Who May Also Become/Be a Domestic Violence Victim**

Helping a Friend/Relative Agreement

You are a friend/relative of mine and I will be available to you at all times. You can call me on the phone or come to my residence at any time for safety or just to talk. I will help find resources, services/programs for mental health issues you may have and for violence or abuse problems you're having with your partner. We will both become knowledgeable about the warning signs and symptoms of relationship abuse and violence. If you are in a violent and/or abusive relationship, you may develop a mental illness. If exposure to relationship violence and/or abuse continues, symptoms of depression, PTSD (post traumatic stress disorder), delusions, hallucinations, psychosis, and other mental health disorders may develop or intensify.

I would like to assist you with the following:

1. Meet with you at least once a week.
2. Communicate with you by phone at least three times a week.
3. Assist you with keeping your doctor's appointments.
4. Monitor that you take your medications as prescribed by your doctor.
5. Help you leave/escape abuse and/or violence in your relationship.
6. If you have stress and become symptomatic, I will help you develop an emergency plan for seeing a psychiatrist, securing prescribed medication, and/or hospitalization.
7. Help you find a mental health relapse prevention support group and/or a domestic violence victim's support group.
8. Encourage and attend NA/CA/AA meetings with you if you have a history of drug and/or alcohol use and abuse.
9. Develop a healthy routine of eating nutritious meals, getting enough sleep, exercising, and participating in fun activities.
10. Encourage and attend weekly religious activities with you at your church/temple/place of worship/etc.

Please ask your relationship partner to allow me to help you fulfill this agreement.

Signatures Needed:

Your Partner's Signature: _____ Date: _____

Your Signature: _____ Date: _____

My Signature: _____ Date: _____

Why Some Domestic Violence Victims/Survivors Become Batterers and Abusers

Many people who have not personally experienced relationship abuse/violence or do not have a family member or friend who has experienced violence and abuse in a relationship, may not understand why relationship victims/survivors continue to stay with a batterer/abuser. The victim's rationale for not leaving is complex and multi-faceted.

Why Some Victims/Survivors Stay With the Batterer/Abuser

Threats from the batterer/abuser; stalking; not wanting to go to a shelter; not wanting to go to court; not wanting to testify; legal fees; children wanting both parents back at home; children blaming the victim for the batterer/abuser going to jail or prison; financial problems/no resources; batterer/abuser may lose his job and/or

won't pay child support; if the batterer/abuser is in law enforcement or politics, he may lose employment and not be able to provide financial support or medical insurance coverage; fear of Child Protective Services making the victim leave the home or taking the children away; fear of false child abuse allegations by the abuser/batterer; not wanting to move – no money for rent or other living expenses; immigration problems – fear of being deported; restraining order issues; children having emotional problems (separation anxiety if not seeing the parent who is the abuser/batterer); retaliation by the batterer/abuser (female victims may be too afraid to break-up and/or leave); victim and children have mental and/or medical problems; not wanting to hear “I told you so” from relatives and friends; the in-laws blame/hate the victim; loneliness; depression; reluctance to break-up and start a new relationship; batterer/abuser is a celebrity or in the entertainment industry and the victim and children may fear embarrassing media attention; child visitation and custody problems; and fear of children being kidnapped by the abuser/batterer.

When I was providing a treatment program for victims/survivors of relationship abuse/violence, most of the victims were still residing with their violent/abusive spouse/partner. It took time in the treatment program and their active participation in the group to help them develop self-esteem and provide them with necessary

safety precautions before most of them decided to leave the batterer/abuser. When the self-esteem of victims is low or non-existent, they may feel they do not have the strength or ability to leave; and if they do leave, they may feel that no one else will want them as a partner. Consequently, they may choose to stay.

Why Some Relationship Abused Female Victims Become Abusers/Batterers

Some victims do begin to fight back. Research now indicates that there is an increase of domestic violence victims/survivors who have become batterers/abusers and an increase of females now being arrested for domestic violence. Many female victims feel that the police and/or courts do not protect them and their children enough, so they may take matters into their own hands. Economics may also be a contributing factor. Female victims that make more money than their abusive partner may feel entitled to power and control over their own lives and relationships. Other reasons attributed to an increase in women becoming abusers/batterers are: self-defense as the result of a major escalation in the degree of abuse rendered; a battering incident that results in the victim or the victim's children suffering serious injury; the victim may have grown up in a violent family household and displays acquired learned behavior; the victims' mothers may

have been an abuser/batterer; the victims' mothers taught them to protect and defend themselves; mental illness; retaliation; protecting their children; drug and/or alcohol use/abuse; anger management problems; stress; the victims' relationship/marriage is not meeting their expectations or dreams and they are continuously upset and angry; the victims' families are upset about the situation and pressure them to fight back; and the abusive partner is on probation/parole and lives under the constant threat of going back to jail or prison - thus giving the victim an upper hand.

When the police respond to domestic violence calls, the victim and the batterer/abuser often have different stories as to who initiated the altercation; each typically blames the other. The police will carefully assess the situation, attempt to identify who was the aggressor and who was the victim, and follow up accordingly. If unable to do so, the police may arrest both parties. If children were present when the domestic violence incident occurred, Child Protective Services may be called to assess the safety of the children and provide appropriate support and supervision.

There are many services and resources for victims of relationship violence, for children, and relationship batterers/abusers.

Why Some Victims/Survivors Stay With the Batterer/Abuser

A Checklist On Why You Are Staying

		No	Yes
1	Threats From the Batterer/Abuser		
2	Stalking		
3	Not Wanting to Go to a Shelter		
4	Not Wanting To Go to Court, Not Wanting to Testify, Legal Fees		
5	Children Wanting Their Parent Back		
6	Children Blaming You For The Batterer/Abuser Going To Jail and/or Not Living With Them		
7	Financial Problems/No Resources		
8	False Child Abuse Allegations by the Abuser/Batterer		
9	Not Wanting to Move – No Money For Rent or Other Living Expenses		
10	Immigration Problems – Fear of Being Deported		
11	Restraining Order Issues (If the Batterer/Abuser is in Law Enforcement or Politics He/She May Lose Employment)		
12	Termination of Medical Insurance		
13	Children Having Emotional Problems (separation anxiety if not seeing their parent)		
14	Retaliation By the Batterer/Abuser		
15	Victim & Children Having Mental and/or Medical Problems		
16	Female Victims Too Afraid to Break-Up and/or Leave		
17	Not Wanting to Hear “I told you so” from Relatives and Friends		
18	Loneliness/Depression		
19	Reluctant to Break-up and Start a New Relationship		
20	Fear of In-Laws Blaming/Hating You if You Leave		
21	Fear of Child Protective Services Making the Victim Leave or Taking the Children Away		
22	Batterer/Abuser Loses Job and/or Won’t Pay Child Support		
23	Batterer/Abuser is a Celebrity, or in the Entertainment Industry; Fear of Embarrassing Media Attention		
24	Child Visitation & Custody Problems		
25	Fear of Children Being Kidnapped by the Abuser/Batterer		

Why Some Domestic Victims/ Survivors Become Abusers & Batterers

Many females decide to protect themselves and their children because they feel that the police and/or courts are not protecting them enough and they want power and control over their own lives and relationships. Other reasons attributed to an increase in women becoming abusers/batterers include:

1	Self-Defense Due to Major Escalation in the Degree of Abuse
2	A Battering Incident Results in the Victim and/or the Victim's Child Suffering Serious Injury
3	Growing-up in a Violent Family Household
4	Would Rather be an Abuser than a Victim
5	Being Violent Because of a Mental Illness
6	Retaliation for Being a Victim
7	Protecting their Children
8	Drug and/or Alcohol Use/Abuse
9	Anger Management Problems, Stress
10	Enjoys Being in Control
11	Their Parents Taught Them to Protect and Defend Themselves
12	Their Relationship/Marriage is not Meeting their Expectations or Dreams and they are Continuously Upset and Angry
13	Pressure From the Victim's Family to Not Tolerate Negative Behavior from their Partner (such as Jail/Prison Offenses, Abusing Drugs/Alcohol, Abusing Them or Their Children)
14	The Victim's Mother was an Abuser/Batterer
15	The Victim's Partner is on Probation/Parole and Lives Under the Threat of Going Back to Jail/Prison.

Why Some Domestic Violence Batterers/Abusers Become Victims

Many domestic violence batterers/abusers become victims because they are viewed as bullies by their relationship partner. The victim and the victim's family and friends may want to retaliate against the batterer/abuser. Research indicates that sixty percent of males who are in jail for murder age eighteen to twenty two are incarcerated for killing their mother's batterer/abuser. A batterer/abuser may fear for his safety and worry so much that he may develop a mental illness. Many batterers/abusers are embarrassed because of their domestic violence/abuse and do not want to get any type of help or treatment. Some feel very guilty about what they did and have a code of silence about their abusive history.

Many batterers/abusers who do get help and enter into a domestic violence treatment program become remorseful for what they did and develop non-violent/non-abusive methods to use in future relationships.

They may also help other batterers/abusers in their recovery to refrain from committing any type of violence/abuse in a relationship. As suggested in a previous chapter, the Four “R”s are key elements used in domestic violence treatment programs: Responsibility, Remorse, Repair, and Righteousness. These important treatment techniques are crucial elements in the recovery treatment program. Even though some domestic violence batterers/abusers enter a domestic violence treatment program, they may still become victims.

Some reasons why:

- ◆ If arrested and prosecuted for domestic violence, the batterer/abuser may experience violence and abuse from other inmates who are in jail/prison: subjected to rape, fights, bullying, verbal abuse, physical abuse, sexual abuse.
- ◆ No matter how long ago the abuse happened, family members of the abused partner remember his acts of violence/abuse and may never forgive him.
- ◆ Threats of violence from the victim’s family and friends.
- ◆ The batterer/abuser may feel guilty and depressed. He may feel that he deserves any type of abuse that he receives as a result of the violence and abuse he has committed against his relationship partner (s).
- ◆ If he becomes a victim in a relationship, he may not leave because he feels he deserves it due to the acts

of violence and abuse that he committed in his past relationship (s).

- ◆ If the batterer/abuser is on probation/parole, he may be fearful of people reporting false allegations against him which may send him back to jail/prison.

Glossary

Absconding Probation/Parole: This term is used when a person runs away, hides, or attempts to avoid contact with his probation or parole agent.

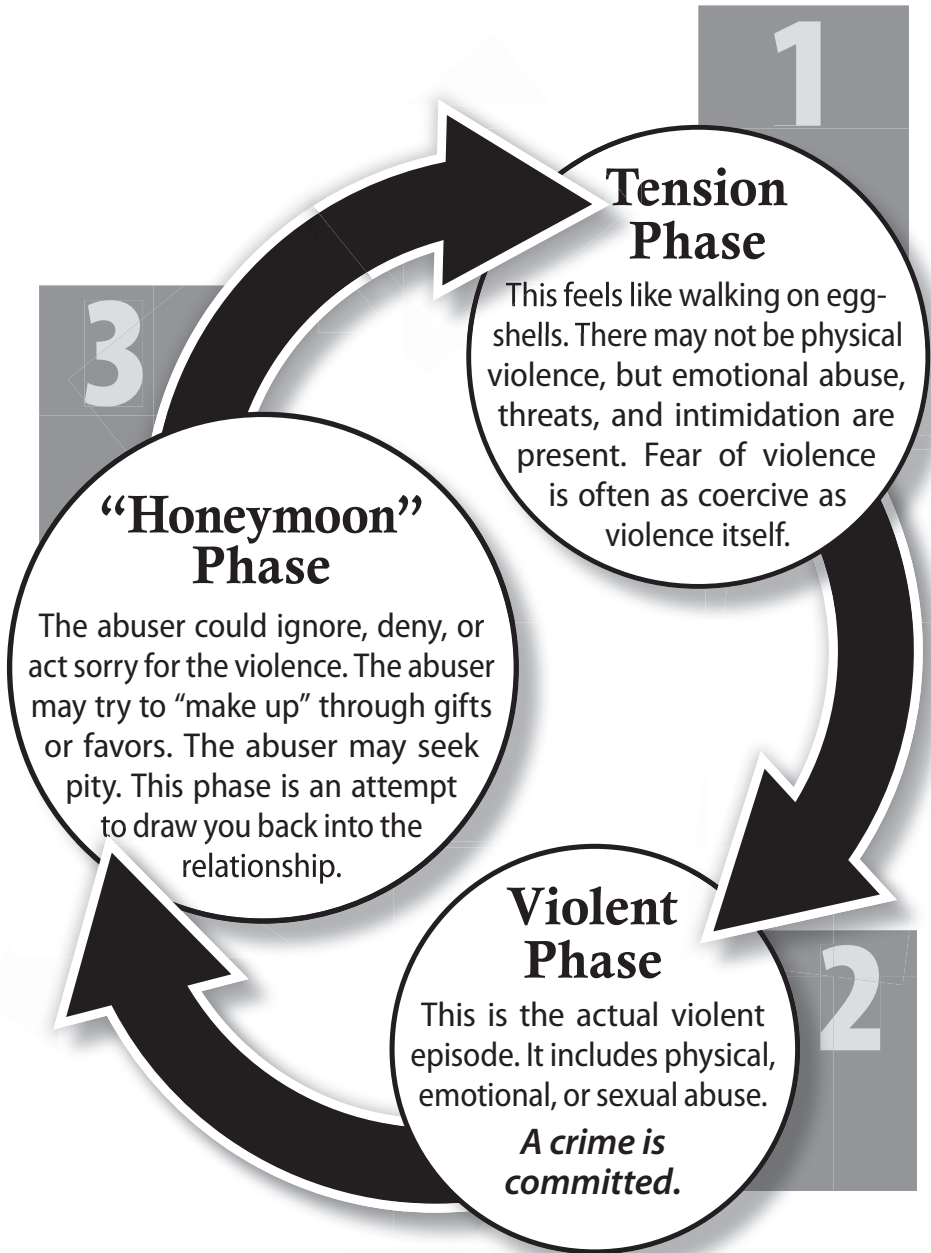
Annoyance Call Bureau: Many telephone companies have a department that provides assistance to their customers in monitoring and reporting harassing/abusive telephone calls.

Characteristics of the Batterer: Researchers have found the following common traits of batterers: witnessed or suffered abuse as a child, crave power, have low self-esteem, abuse alcohol or drugs, have mental or emotional problems.

Characteristics of a Victim: Common traits of relationship violence victims include: having low self esteem, underestimates her ability to do anything, accepts responsibility for the batterers actions, suffers from guilt and denies the terror and anger she feels.

Cycle of Violence: Most battering incidents follow a common pattern that consists of tension building, an episode of violence, then a period of calmness and remorse.

Cycle of Violence



Escape List: Important items that victims should take when she has to leave the residence: credit cards, telephone numbers, check book, money, medical insurance card, driver's license, keys, etc.

Lethality Checklist: Indicators to be used in making an assessment of a batterer's potential to kill: his threats of homicide/suicide, depression, available weapons, his anger and rage, drugs and alcohol abuse.

No Contact Order/Stay Away Order: Is a court order which bans direct or indirect physical, verbal or written contact between an accuser and the person accused of abuse.

Parole Department: Supervises individuals released from state prison. The victim should make contact with the batterer's parole agent before or after his release from prison. She can request the batterer have no contact with her. The victim can also request that the batterer not reside or work within a certain number of miles from her residence and employment.

Probation Department: Supervises individuals released from city or county jail. The victim should contact the batterer's probation officer as soon as the court places him on probation. The victim can request a stay-away order from the court and have this be a condition of his probation.

Restraining Order: There are four types of domestic violence restraining orders which work by prohibiting or limiting contact between an accuser and the person accused of abuse: Criminal Protective Order,

Emergency Protective Order, Temporary Restraining Order, Order After Hearing.

Track Down/Tracing List: Batterers sometimes pursue their victim after the victim has left them. The following is often used by the batterer to trace the victim's whereabouts: banks, DMV Records, schools, post office, the internet, friends, relatives, and places she might visit.

Victims of Crime: This is an agency that helps victims financially.

Victims Resource Guide: Sources for immediate help such as hotlines, shelters, legal aid services, law enforcement agencies, support groups, mental health centers, general relief, and aid for children.

VINE (Victim Information & Notification Everyday): When the batterer is arrested, this program notifies the victim everyday of his whereabouts (if he is still in custody or has been released from jail).

Visitation Centers: are agencies that supervise and monitor visits between the child and the divorced or separated parent.

What is family violence? The mistreatment of one family member by another that includes physical abuse, sexual abuse, emotional abuse, and neglect.

What community members can do? Support programs that increase public awareness of family violence and national standards for domestic violence prevention programs.