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# Antelope Valley Press

TODAY'S OUTLOOK



Sunny. Highs in lower to mid-90s. Lows in mid-50s to lower 60s.

WEATHER: B2 LOTTO: A2

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## New book aims to prevent domestic violence

**K**enn Hicks knows that domestic violence is a growing problem that has to be dealt with. That is why he wrote the book, "Eleven Building Blocks of Domestic Violence Prevention."

The paperback book, released earlier this month, contains 108 pages of easy-to-read print and illustrations.

"I felt it was important to get something out there that's easy to read," said Hicks, a licensed clinical social worker and certified domestic violence counselor. "Many times, batterers and their victims are too preoccupied with the situation they are in to read a book with 300 pages.

"There aren't many big words as there would be with a more clinical approach. It's a book that most people can relate to. It's meant to be simple in its approach."

As a parole agent, Hicks developed and implemented a successful parolee domestic violence prevention program. He is an approved facilitator certified by the Los Angeles County Probation Department Monitoring Unit.

His holistic approach to domestic violence prevention has been successful, even with batterers who have extensive criminal histories.

"This is not counseling therapy. A therapist's role is to be nonjudgmental, wanting to hear what is going on in the minds of the batterer and the victim," Hicks said. "Not here; I make the batterers feel they are totally responsible for their actions no matter what caused them to do it. At no time is battering justified.

"This is not a counseling book.

### High Desert Story



Antelope Valley Press Senior Writer Rich Breault can be reached at P.O. Box 4050, Palmdale, CA 93590-4050, or by calling (661) 267-4172.

By Rich Breault

This is a real-world approach. This is reality. The people I deal with mostly are guys who are in and out of prison all their life and their families are targets for their abuse."

Hicks' 11-step treatment plan has been successful in stopping the batterer's cycle of family violence. The plan contains information for victims, potential victims and batterers.

He knows that each family is unique and may have its own set of unique problems and experiences about incidents of abuse and violence. He believes that by utilizing all or part of the building blocks of prevention, violence within a family can be prevented.

Hicks said some people who are "in love" may not even know they are being battered.

"Unfortunately, affection camouflages some of the abuse. There is a need to raise the self-esteem

of both the victim and the abuser," Hicks said.

In Building Block Three, Hicks lists some of the methods of family violence and abuse:

**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."

**Physical violence** — "violence which may or may not result in an injury from beating, biting, choking, grabbing, hitting, kicking, pinching, pulling hair, punching ..."

**Stalking; using male dominance; spiritual/religious abuse** — "focusing on Scriptures in the Bible pertaining to men being the leader of the family; the man must take control, women must be submissive and obey ..."

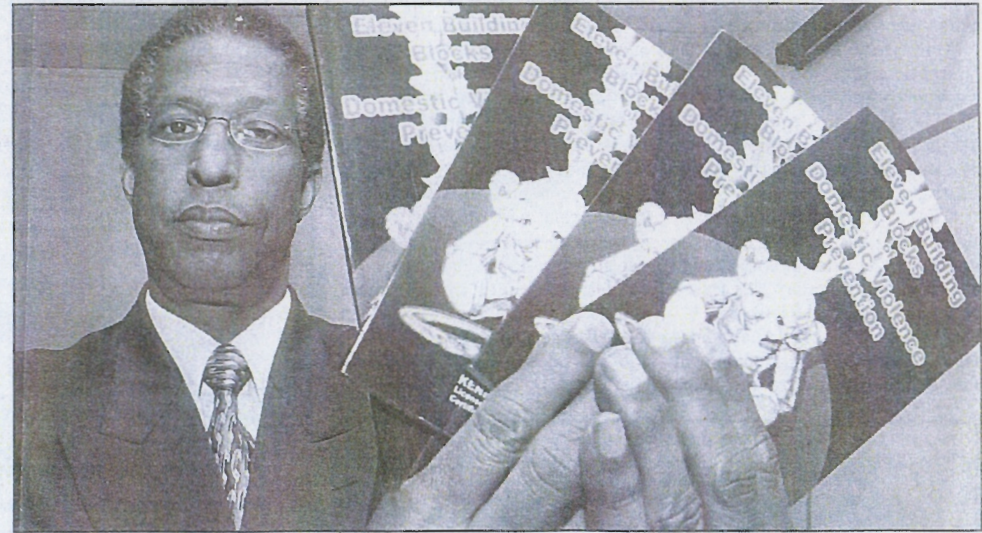
**Sexual abuse** — "batterer makes her do bizarre sexual acts against her will to prove her faithfulness and love; treats her like a sex object ... forced sex ..."

**Responsibility abuse** — "pressuring her to take responsibility for everything, (e.g. bills, caring for children, entertainment, holidays, house repairs, etc.)"

**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."

**Isolation** — "controlling who she sees, where she goes, listens in on her phone calls, keeps her away from family and friends ..."

**The silent treatment; property violence; intimidation; economic abuse** — "does not



GENE BRECKNER/Valley Press

**VALLEY AUTHOR** — Kenn Hicks holds several copies of a domestic violence prevention book he wrote. The book, "Eleven Building Blocks of Domestic Violence Prevention," is simple, easy to read, and — at \$4 a copy — affordable.

want her to work, keeps her from getting or keeping a job, makes her ask him for money ... takes the money she earns ..."

**Threats; verbal abuse/verbal violence** — "name-calling, yelling, insults, sarcasm, threatening violence ..."

**Emotional abuse** — "... criticizing her looks, insulting her friends, manipulating with lies, make accusations regarding love affairs ... threatens physical violence and retaliation."

**Pet abuse** — "harms, neglects, kills or threatens to hurt the animals that she/children love."

Hicks said the percentage of females arrested for domestic violence against men is increasing and that the words he/she can be interchangeable while reading the book. Studies show a higher percentage of men batter women than women batter men.

Recent statistics indicate domestic violence occurs within same-sex relationships in the same frequency as opposite-sex relationships.

"The book contains warning signs for victims, for batterers and for their family members," Hicks said. "If someone is involved in

a relationship that is marred by domestic violence, if they could be a potential victim or batterer, or if they are family members that see the threat elsewhere in their family, this is a good book to read."

Hicks said the cost of the book is \$4. Anyone wanting to purchase a copy of the book can call Hicks at (661) 267-7110, or contact him on the Internet at mrh384@aol.com.

"I kept the price down so that the book could be afforded by everyone," he said. "This book is a simplistic approach that works and I want to help people help themselves."