



Evidence Supporting the Allies in Change Model & Curriculum

By:

Jessica Harvey, MA

Chris Huffine, PsyD

Date Last Updated:

August 20, 2020

1675 SW MARLOW AVE, SUITE 110 | PORTLAND, OR 97225

PHONE (503) 297-7979 | FAX (503) 297-7980

www.AlliesInChange.org | Allies@AlliesInChange.org

Traditional Male Socialization	2
Abusive Behavior Defined.....	5
Stalking	6
Self-Talk	8
Controlling Behaviors	8
Power Over v Personal Power	9
Pro-Abuse Beliefs	10
Stages of Change	11
Shame	11
Mood Altering Substances	12
Noticing, Managing, and Regulating Their Emotional Arousal.....	13
Denial Process and Defense Mechanisms	14
Externalizing Behaviors	15
Impact of Abuse	15
Narcissism/Grandiosity/Egotism	18
Parenting	19
Physiological Self-Observation	20
Mindfulness/Non-Judgmental Self-Awareness.....	20
Empathy.....	20
Conflict Resolution	21
Communication Skills	21
Time-Outs	21
Accountability.....	22
Self-Compassion	22
Making an Accountable Apology	23
Intimacy	23
Couples Therapy	23
Psychopathy and DV	25
Journals.....	25
Treatment for Domestic Violence.....	26
Anger Management	27

The following statements are based on the literature listed beneath them.

Traditional Male Socialization

❖ Traditional male socialization contributes to gender stereotyping and oppression of women.

- Bernard, P., Cogoni, C., & Carnaghi, A. (2020). The sexualization-objectification link: Sexualization affects the way people see and feel toward others. *Current Directions in Psychological Science*, 29(2), 134-139. doi: 10.1177/0963721419898187
- Glick, P., & Fiske, S. T. (1996). The Ambivalent Sexism Inventory: Differentiating hostile and benevolent sexism. *Journal of Personality and Social Psychology*, 70(3), 491–512. doi: 10.1037//0022-3514.70.3.491
- Heilman, B., Barker, G., & Harrison, A. (2017). *The man box: A study on being a young man in the US, UK, and Mexico*. Promundo.
- Hideg, I., & Ferris, D. L. (2016). The compassionate sexist? How benevolent sexism promotes and undermines gender equality in the workplace. *Journal of Personality and Social Psychology*, 111(5), 706-727. doi: 10.1037/pspi0000072
- Jewell, J. A., & Brown, C. S. (2013). Sexting, Catcalls, and Butt Slaps: How Gender Stereotypes and Perceived Group Norms Predict Sexualized Behavior. *Sex Roles*, 69(11-12), 594–604. doi: 10.1007/s11199-013-0320-1
- Kivel, P. (1992). *Men's Work*. New York: Ballantine Books.
- Mankowski, E. S., & Maton, K. L. (2010). A community psychology of men and masculinity: Historical and conceptual review. *American Journal of Community Psychology*, 45(1-2), 73-86. doi: 10.1007/s10464-009-9288-y
- Risman, B. J., & Davis, G. (2013). From sex roles to gender structure. *Current Sociology*, 61(5-6), 733–755. doi: 10.1177/0011392113479315
- Simmons, C. A., Lehmann, P., & Collier-Tenison, S. (2008). Linking male use of the sex industry to controlling behaviors in violent relationships: An exploratory analysis. *Violence Against Women*, 14(4), 406-417. doi: 10.1177/1077801208315066
- Stark, E. (2009). Rethinking coercive control. *Violence Against Women*, 15(12), 1509-1525. doi: 10.1177/1077801209347452
- Tinkler, J. E. (2013). How do sexual harassment policies shape gender beliefs? An exploration of the moderating effects of norm adherence and gender. *Social Science Research*, 42, pp. 1269-1283. doi: 10.1016/j.ssresearch.2013.05.002

Yao, M. Z., Mahood, C., & Linz, D. (2010). Sexual priming, gender stereotyping, and likelihood to sexually harass: Examining the cognitive effects of playing a sexually-explicit video game. *Sex Roles* 62, pp. 77-88. doi: 10.1007/s11199-009-9695-4

❖ **Adherence to traditional masculine characteristics (e.g., defending one's reputation and/or demanding respect) can increase chances of harm or death to self and others, including controlling behavior, abusive behavior, and risk-taking behavior.**

Burn, S. M., & Ward, A. Z. (2005). Men's conformity to traditional masculinity and relationship satisfaction. *Psychology of Men & Masculinity*, 6(4), 254-263. doi: 10.1037/1524-9220.6.4.254

Crossman, K. A., & Hardesty, J. L. (2018). Placing coercive control at the center: What are the processes of coercive control and what makes control coercive? *Psychology of Violence*, 8(2), 196-206. doi: 10.1037/vio0000094

Doheny, K. (2011). For Men, 'Culture of Honor' Can Be Deadly. Retrieved from <https://www.everydayhealth.com/emotional-health/0815/for-men-culture-of-honor-can-be-deadly.aspx>

Downes, J., Kelly, L., & Westmarland, N. (2019). 'It's a work in progress': Men's accounts of gender and change in their use of coercive control. *Journal of Gender-Based Violence*, 3(3), 267-282. doi: 10.1332/239868019X15627570242850

Heilman, B., Barker, G., & Harrison, A. (2017). *The man box: A study on being a young man in the US, UK, and Mexico*. Promundo.

Mahalik, J. R., Aldarondo, E., Gilbert-Gokhale, S., & Shore, E. (2005). The role of insecure attachment and gender role stress in predicting controlling behaviors in men who batter. *Journal of Interpersonal Violence*, 20(5), 617-631. doi: 10.1177/0886260504269688

Mendoza, J., & Cummings, A. L. (2001). Help-seeking and male gender-role attitudes in male batterers. *Journal of Interpersonal Violence*, 16(8), 833-840.

Moore, T. M., Stuart, G. L., McNulty, J. K., Addis, M. E., Cordova, J. V., & Temple, J. R. (2008). Domains of masculine gender role stress and intimate partner violence in a clinical sample of violent men. *Psychology of Men & Masculinity*, 9(2), 82-29. doi: 10.1037/1524-9220.9.2.82

Murray-Law, B. (2011). Why do men die earlier? *Monitor on Psychology*, 42(6), 58-62.

Simmons, C. A., Lehmann, P., & Collier-Tenison, S. (2008). Linking male use of the sex industry to controlling behaviors in violent relationships: An exploratory analysis. *Violence Against Women*, 14(4), 406-417. doi: 10.1177/1077801208315066

Wong, Y. J., Ho, M. R., Wang, S., & Miller, I. S. K. (2016). Meta-analyses of the relationship between conformity to masculine norms and mental health-related outcomes. *Journal of Counseling Psychology*, 64(1), 1-14. doi: 10.1037/cou0000176

❖ **Flexibility or breaking of traditional masculine characteristics (e.g., showing vulnerability through emotional expression) can have negative social and personal consequences for men.**

Bem, S. L. (1981). Gender schema theory: A cognitive account of sex typing. *Psychological Review*, 88(4), 354–364. doi: 10.1037//0033-295x.88.4.354

Berger, J. M., Levant, R., Mcmillan, K. K., Kelleher, W., & Sellers, A. (2005). Impact of gender role conflict, traditional masculinity ideology, alexithymia, and age on men's attitudes toward psychological help seeking. *Psychology of Men & Masculinity*, 6(1), 73–78. doi: 10.1037/1524-9220.6.1.73

Johnston, A. M., & Diekmann, A. B. (2015). Pursuing desires rather than duties? The motivational content of gender stereotypes. *Sex Roles*, 73(1-2), 16–28. doi: 10.1007/s11199-015-0494-9

Kivel, P. (1992). *Men's Work*. New York: Ballantine Books.

Mankowski, E. S., & Maton, K. L. (2010). A community psychology of men and masculinity: Historical and conceptual review. *American Journal of Community Psychology*, 45(1-2), 73-86. doi: 10.1007/s10464-009-9288-y

Moss-Racusin, C. A., Phelan, J. E., & Rudman, L. A. (2010). When men break the gender rules: Status incongruity and backlash against modest men. *Psychology of Men & Masculinity*, 11(2), 140–151. doi: 10.1037/a0018093

Reilly, E. D., Rochlen, A. B., & Awad, G. H. (2013). Men's self-compassion and self-esteem: The moderating roles of shame and masculine norm adherence. *Psychology of Men & Masculinity*, 15(1), 22–28. doi: 10.1037/a0031028

Risman, B. J., & Davis, G. (2013). From sex roles to gender structure. *Current Sociology*, 61(5-6), 733–755. doi: 10.1177/0011392113479315

❖ **Increasing self-compassion can decrease negative personal consequences (e.g., shame) to not adhering to the traditional male role.**

Kirschner, H., Kuyken, W., Wright, K., Roberts, H., Brejcha, C., & Karl, A. (2019). Soothing your heart and feeling connected: A new experimental paradigm to study the benefits of self-compassion. *Clinical Psychological Science*, 7(3), 545-565. doi: 10.1177/2167702618812438

Loeffler, C. H., Prelog, A. J., Unnithan, P., & Pogrebin, M. R. (2010). Evaluating shame transformation in group treatment of domestic violence offenders. *International Journal of Offender Therapy and Comparative Criminology*, 54(4), 517-536. doi: 10.1177/0306624X09337592

Reilly, E. D., Rochlen, A. B., & Awad, G. H. (2013). Men's self-compassion and self-esteem: The moderating roles of shame and masculine norm adherence. *Psychology of Men & Masculinity*, 15(1), 22-28. doi: 10.1037/a0031028

Abusive Behavior Defined

❖ **Physical abuse is only one area under the umbrella of abusive behavior. Other types of abuse include verbal, psychological, property, economic, sexual, and collateral abuse.**

Follingstad, D. R., Rutledge, L. L., Berg, B. J., Hause, E. S., & Polek, D. S. (1990). The role of emotional abuse in physically abusive relationships. *Journal of Family Violence*, 5(2), 107-120.

Henning, K., & Klesges, L. M. (2003). Prevalence and characteristics of psychological abuse reported by court-involved battered women. *Journal of Interpersonal Violence*, 18(8), 857-871. doi: 10.1177/0886260503253878

Kaukinen, C. (2004). Status compatibility, physical violence, and emotional abuse intimate relationships. *Journal of Marriage and Family*, 66(2), 452-471.

❖ **Psychological abuse is a specific kind of abuse (e.g., nonverbal behaviors such as glaring, threatening gestures, and the silent treatment) but all other types of abuse are also, in part, psychologically abusive.**

Follingstad, D. R., Rutledge, L. L., Berg, B. J., Hause, E. S., & Polek, D. S. (1990). The role of emotional abuse in physically abusive relationships. *Journal of Family Violence*, 5(2), 107-120.

Henning, K., & Klesges, L. M. (2003). Prevalence and characteristics of psychological abuse reported by court-involved battered women. *Journal of Interpersonal Violence*, 18(8), 857-871. doi: 10.1177/0886260503253878

O'Hagan, K. P. (1995). Emotional and psychological abuse: Problems of definition. *Child Abuse & Neglect*, 19(4), 449-461.

❖ **Economic abuse (e.g., making secret purchases, withholding money, forcing partner to work more or less than they want to, etc.) is an underreported type of abuse but there are many different economically abusive behaviors and significant psychological sequelae for those who experience it.**

Adams, A. E., & Beeble, M. L. (2019). Intimate partner violence and psychological well-being: Examining the effect of economic abuse on women's quality of life. *Psychology of Violence*, 9(5), 517-525.

Kaukinen, C. (2004). Status compatibility, physical violence, and emotional abuse intimate relationships. *Journal of Marriage and Family*, 66(2), 452-471.

Postmus, J. L., Hoge, G. L., Breckenridge, J., Sharp-Jeffs, N., & Chung, D. (2020). Economic abuse as an invisible form of domestic violence: A multicountry review. *Trauma, Violence, & Abuse*, 21(2), 261-283. doi: 10.1177/1524838018764160

Voth Schrag, R. J. (2019). Experiences of economic abuse in the community: Listening to survivor voices. *Affilia: Journal of Women and Social Work*, 34(3), 313-324. doi: 10.1177/0886109919851142

❖ **Sexual abuse is a common type of abuse that goes beyond rape and includes sexual harassment, coercion, threatening, withholding, having affairs, and many other behaviors.**

Frye, V., El-Bassel, N., Gilbert, L., Rajah, V., & Christie, N. (2001). Intimate partner sexual abuse among women on methadone. *Violence and Victims*, 16(5), 553-564.

Lynch, K. R., Jewell, J. A., Golding, J. M., & Kember, H. B. (2016). Associations between sexual behavior norm beliefs in relationships and intimate partner rape judgments. *Violence Against Women*, 23(4), 426-451. doi: 10.1177/1077801216642871

Spitzberg, B. H. (2002). The tactical topography of stalking victimization and management. *Trauma, Violence, & Abuse*, 3(4), 261-288. doi: 10.1177/152483802237330

Stalking

❖ **Stalking is a significant risk factor for more serious forms of abuse, including murder.**

Dutton, M. A., & Goodman, L. A. (2005). Coercion in intimate partner violence: Toward a new conceptualization. *Sex Roles*, 52(11/12), 743-756. doi: 10.1007/s11199-005-4196-6

Jordan, C. E., Logan, T. K., Walker, R., & Nigoff, A. (2003). Stalking: An examination of the criminal justice response. *Journal of Interpersonal Violence*, 18(2), 148-165. doi: 10.1177/0886260502238732

Kropp, P. R., Hart, S. D., & Lyon, D. R. (2002). Risk assessment of stalkers: Some problems and possible solutions. *Criminal Justice and Behavior*, 29(5), 590-616. doi: 10.1177/009385402236734

McFarlane, J. M., Campbell, J. C., Wilt, S., Sachs, C. J., Ulrich, Y., & Xu, X. (1999). Stalking and intimate partner femicide. *Homicide Studies*, 3(4), 300-316. doi: 10.1177/1088767999003004003

Meloy, J. R., Davis, B., & Lovette, J. (2001). Risk factors for violence among stalkers. *Journal of Threat Assessment*, 1(1), 3-16.

Roberts, K. A. (2005). Women's experience of violence during stalking by former romantic partners: Factors predictive of stalking violence. *Violence Against Women*, 11(1), 89-114. doi: 10.1177/1077801204271096

Spitzberg, B. H. (2002). The tactical topography of stalking victimization and management. *Trauma, Violence, & Abuse*, 3(4), 261-288. doi: 10.1177/152483802237330

❖ **Individuals who have stalking behaviors also frequently have substance abuse issues.**

Jordan, C. E., Logan, T. K., Walker, R., & Nigoff, A. (2003). Stalking: An examination of the criminal justice response. *Journal of Interpersonal Violence*, 18(2), 148-165. doi: 10.1177/0886260502238732

Meloy, J. R., Rivers, L., Siegel, L., Gothard, S., Naimark, D., & Nicolini, J. R. (2000). A replication study of obsessional followers and offenders with mental disorders. *Journal of Forensic Science*, 45(1), 147-152.

Roberts, K. A. (2005). Women's experience of violence during stalking by former romantic partners: Factors predictive of stalking violence. *Violence Against Women*, 11(1), 89-114. doi: 10.1177/1077801204271096

❖ **It is important to be aware of and address cyberstalking, especially with the advent of new technology and social media platforms.**

Olding, R. (2014). Spyware's role in domestic violence. *The Sydney Morning Herald*. Retrieved from <https://www.smh.com.au/technology/spywares-role-in-domestic-violence-20140321-358sj.html>

Reed, L. A., Tolman, R. M., & Ward, L. M. (2016). Snooping and sexting: Digital media as a context for dating aggression and abuse among college students. *Violence Against Women*, 22(13), 1556-1576. doi: 10.1177/1077801216630143

Southworth, C., Finn, J., Dawson, S., Fraser, C., & Tucker, S. (2007). Intimate partner violence, technology, and stalking. *Violence Against Women*, 13(8), 842-856. doi: 10.1177/1077801207302045

Self-Talk

❖ **Negative self-talk can increase the intensity of physiological and behavioral reactions.**

Babcock, J. C., & Potthoff, A. L. (2020). Effects of angry rumination and distraction in intimate partner violent men. *Journal of Interpersonal Violence*, pp. 1-22. doi: 10.1177/0886260519897336

Everaert, J., & Joormann, J. (2019). Emotion regulation difficulties related to depression and anxiety: A network approach to model relations among symptoms, positive reappraisal, and repetitive negative thinking. *Clinical Psychological Science*, 7(6), 1304-1318. doi: 10.1177/2167702619859342

Williams, C., & Garland, A. (2002). Identifying and challenging unhelpful thinking. *Advances in Psychiatric Treatment*, 8, 377-386.

❖ **Working to replace negative self-talk with positive self-talk can reduce physiological and behavioral reactions to various situations.**

Williams, C., & Garland, A. (2002). Identifying and challenging unhelpful thinking. *Advances in Psychiatric Treatment*, 8, 377-386.

Controlling Behaviors

❖ **Controlling behaviors in a relationship are behaviors that override the consent and desires of the other and are, typically, coercive and/or manipulative.**

Crossman, K. A., & Hardesty, J. L. (2018). Placing coercive control at the center: What are the processes of coercive control and what makes control coercive? *Psychology of Violence*, 8(2), 196-206. doi: 10.1037/vio0000094

Downes, J., Kelly, L., & Westmarland, N. (2019). 'It's a work in progress': Men's accounts of gender and change in their use of coercive control. *Journal of Gender-Based Violence*, 3(3), 267-282. doi: 10.1332/239868019X15627570242850

Dutton, M. A., & Goodman, L. A. (2005). Coercion in intimate partner violence: Toward a new conceptualization. *Sex Roles*, 52(11/12), 743-756. doi: 10.1007/s11199-005-4196-6

Hamberger, L. K., Larsen, S. E., & Lehrner, A. (2017). Coercive control in intimate partner violence. *Aggression and Violent Behavior*, 37, 1-11. doi: 10.1016/j.avb.2017.08.003

❖ **There are a wide-range of controlling behaviors (e.g., gas lighting, abuse, blaming).**

- Evans, P. (2003). *Controlling people: How to recognize, understand, and deal with people who try to control you*. Avon, MA: Adams Media.
- Lehmann, P., Simmons, C. A., & Pillai, V. K. (2012). The validation of the checklist of controlling behaviors (CCB): Assessing coercive control in abusive relationships. *Violence Against Women, 18*(8), 913-933. doi: 10.1177/1077801212456522
- Pence, E., & Paymar, M. (2011). *Creating a Process of Change for Men Who Batter, Revised Edition: The Duluth curriculum*.
- Simmons, C. A., & Lehmann, P. (2007). Exploring the link between pet abuse and controlling behaviors in violent relationships. *Journal of Interpersonal Violence, 22*(9), 1211-1222. doi: 10.1177/0886260507303734
- Stark, E. (2009). Rethinking coercive control. *Violence Against Women, 15*(12), 1509-1525. doi: 10.1177/1077801209347452
- Stark, E. (2009). *Coercive control: How men entrap women in personal life*. Oxford University Press.
-

Power Over v Personal Power

❖ **The concept of power over, especially with a partner, contributes to the perpetration of abusive and controlling behaviors.**

- Brennan, G. M., & Baskin-Sommers, A. R. (2020). Aggressive realism: More efficient processing of anger in physically aggressive individuals. *Psychological Science, 31*(5), 568-581. doi: 10.1177/0956797620904157
- Caldwell, J. E., Swan, S. C., & Woodbrown, V. D. (2012). Gender differences in intimate partner violence outcomes. *Psychology of Violence, 2*(1), 42-57. doi: 10.1037/a0026296
- Evans, P. (1996). *The Verbally Abusive Relationship*. Massachusetts: Adams Media Corporation.
- Holtzworth-Munroe, A., & Hutchinson, G. (1993). Attributing negative intent to wife behavior: The attributions of maritally violent versus nonviolent men. *Journal of Abnormal Psychology, 102*(2), 206-211.

❖ **Being in the power over stance can reduce recognition of the needs of others.**

- Brennan, G. M., & Baskin-Sommers, A. R. (2020). Aggressive realism: More efficient processing of anger in physically aggressive individuals. *Psychological Science, 31*(5), 568-581. doi: 10.1177/0956797620904157

Hogeveen, J., Inzlicht, M., & Obhi, S. S. (2013). Power changes how the brain responds to others. *Journal of Experimental Psychology: General*, 143(2), 755-762. doi: 10.1037/a0033477

Pro-Abuse Beliefs

❖ Individuals who engage in abusive and controlling behaviors have beliefs they use to give themselves permission to be abusive.

Abramsky, T., Watts, C. H., Garcia-Moreno, C., Devries, K., Kiss, L., Ellsberg, M., Jansen, H. A., & Heise, L. (2011). What factors are associated with recent intimate partner violence? Findings from the WHO multi-country study on women's health and domestic violence. *BMC Public Health*, 11(109), 1-17. doi: 10.1186/1471-2458-11-109

Jory, B., Anderson, D., & Greer, C. (1997). Intimate justice: Confronting issues of accountability, respect, and freedom in treatment for abuse and violence, *Journal of Marital and Family Therapy*, 23(4), 399-419.

Lynch, K. R., Jewell, J. A., Golding, J. M., & Kembel, H. B. (2016). Associations between sexual behavior norm beliefs in relationships and intimate partner rape judgments. *Violence Against Women*, 23(4), 426-451. doi: 10.1177/1077801216642871

Neighbors, C., Walker, D. D., Mbilinyi, L. F., O'Rourke, A., Edleson, J. L., Zegree, J., & Roffman, R. A. (2010). Normative misperceptions of abuse among perpetrators of intimate partner violence. *Violence Against Women*, 16(4), 370-386. doi: 10.1177/1077801210363608

Silverman, J. G., & Williamson, G. M. (1997). Social ecology and entitlements involved in battering by heterosexual college males: Contributions of family and peers. *Violence and Victims*, 12(2), 147-164.

Wood, J. T. (2004). Monsters and victims: Male felons' accounts of intimate partner violence. *Journal of Social and Personal Relationships*, 21(5), 555-576. doi: 10.1177/0265407504045887

❖ Pro-abuse beliefs can perpetuate and escalate abusive and controlling behaviors.

Dobash, R. E., & Dobash, R. P. (2011). What were they thinking? Men who murder an intimate partner. *Violence Against Women*, 17(1), 111-134. doi: 10.1177/1077801210391219

Stages of Change

- ❖ **Style of intervention needs to match where an individual client is in their personal change process.**

- Alexander, P. C., Morris, E., Tracy, A., & Frye, A. (2010). Stages of change and the group treatment of batterers: A randomized clinical trial. *Violence and Victims*, 25(5), 571-587. doi: 10.1891/0886-6708.25.5.571
- Begun, A. L., Shelley, G., Strodthoff, T., & Short, L. (2001). Adopting a stages of change approach for individuals who are violent with their intimate partners. *Journal of Aggression, Maltreatment, & Trauma*, 5(2), 105-127. doi: 10.1300/J146v05n02_07
- Eckhardt, C. I., Babcock, J., & Homack, S. (2004). Partner assaultive men and the stages and processes of change. *Journal of Family Violence*, 19(2), 81-93.
- Eckhardt, C. I., Murphy, C., & Sprunger, J. G. (2014). Interventions for perpetrators of intimate partner violence. *Psychiatric Times*, 31(8).
- Murphy, C. M., & Maiuro, R. D. (2008). Understanding and facilitating the change process in perpetrators and victims of intimate partner violence: Summary and commentary. *Violence and Victims*, 23(4), 525-536. doi: 10.1891/0886-6708.23.4.525
- Prochaska, J. O., DiClemente, C. C., & Norcross, J. C. (1992). In search of how people change: Applications to addictive behaviors. *American Psychologist*, 47(9), 1102-1114.
-

Shame

- ❖ **Feeling shame can make it difficult to process emotions, be accountable for behaviors, change behaviors, and have self-compassion and can lead to an increase in violence and externalizing behaviors.**

- Dutton, D. G., van Ginkel, C., & Starzomski, A. (1995). The role of shame and guilt in the intergenerational transmission of abusiveness. *Violence and Victims*, 10(2), 121-131.
- Gruber, D., Hansen, L., Soaper, K., & Kivisto, A. J. (2014). The role of shame in general, intimate, and sexual violence perpetration. In K. G. Lockhart (Ed.), *Psychology of Shame: New Research*. New York: Nova Science.
- Harper, F. W. K., Austin, A. G., Cercone, J. J., & Arias, I. (2005). The role of shame, anger, and affect regulation in men's perpetration of psychological abuse in dating relationships. *Journal of Interpersonal Violence*, 20(12), 1648-1662. doi: 10.1177/0886260505278717

- Hundt, N. E., & Holohan, D. R. (2012). The role of shame in distinguishing perpetrators of intimate partner violence in U.S. veterans. *Journal of Traumatic Stress, 25*, 191-197. doi: 10.1002/jts.21688
- Kivisto, A. J., Kivist, K. L., Moore, T. M., & Rhatigan, D. L. (2011). Antisociality and intimate partner violence: The facilitating role of shame. *Violence and Victims, 26*(6), 758-773. doi: 10.1891/0886-6708.26.6.758
- Lawrence, A. E., & Taft, C. T. (2013). Shame, posttraumatic stress disorder, and intimate partner violence perpetration. *Aggression and Violent Behavior, 18*, 191-194. doi: 10.1016/j.avb.2012.10.002
-

Mood Altering Substances

❖ Alcohol and substance use can escalate, but do not cause, abusive and controlling behaviors.

- Abramsky, T., Watts, C. H., Garcia-Moreno, C., Devries, K., Kiss, L., Ellsberg, M., Jansen, H. A., & Heise, L. (2011). What factors are associated with recent intimate partner violence? Findings from the WHO multi-country study on women's health and domestic violence. *BMC Public Health, 11*(109), 1-17. doi: 10.1186/1471-2458-11-109
- Chermack, S. T., Fuller, B. E., & Blow, F. C. (2000). Predictors of expressed partner and non-partner violence among patients in substance abuse treatment. *Drug and Alcohol Dependence, 58*, 43-54.
- Easton, C. J., & Crane, C. A. (2016). Interventions to reduce intimate partner violence perpetration among people with substance use disorders. *International Review of Psychiatry, 28*(5), 533-543. doi: 10.1080/09540261.2016.1227307
- Eckhardt, C. I., Murphy, C., & Sprunger, J. G. (2014). Interventions for perpetrators of intimate partner violence. *Psychiatric Times, 31*(8).
- Field, C. A., Caetano, R., & Nelson, R. (2004). Alcohol and violence related cognitive risk factors associated with the perpetration of intimate partner violence. *Journal of Family Violence, 19*(4), 249-253.
- Jordan, C. E., Logan, T. K., Walker, R., & Nigoff, A. (2003). Stalking: An examination of the criminal justice response. *Journal of Interpersonal Violence, 18*(2), 148-165. doi: 10.1177/0886260502238732

Klostermann, K., Mignone, T., & Chen, R. (2009). Subtypes of alcohol and intimate partner violence: A latent class analysis. *Violence and Victims*, 24(5), 563-576. doi: 10.1891/0886-6708.24.5.563

Meloy, J. R., Rivers, L., Siegel, L., Gothard, S., Naimark, D., & Nicolini, J. R. (2000). A replication study of obsessional followers and offenders with mental disorders. *Journal of Forensic Science*, 45(1), 147-152.

Roberts, K. A. (2005). Women's experience of violence during stalking by former romantic partners: Factors predictive of stalking violence. *Violence Against Women*, 11(1), 89-114. doi: 10.1177/1077801204271096

❖ **Addressing and treating substance abuse issues is vital in helping stop domestic violence.**

Corvo, K., & Carpernter, E. H. (2000). Effects of parental substance abuse on current levels of domestic violence: A possible elaboration of intergenerational processes. *Journal of Family Violence*, 15(2), 123-135.

Easton, C., Swan, S., & Sinha, R. (2000). Motivation to change substance use among offenders of domestic violence. *Journal of Substance Abuse Treatment*, 19, 1-5.

Noticing, Managing, and Regulating Their Emotional Arousal

❖ **Anger is often a secondary emotion and is expressed in place of more vulnerable emotions (e.g., fear, shame, sadness, etc.)**

Kivisto, A. J., Kivist, K. L., Moore, T. M., & Rhatigan, D. L. (2011). Antisociality and intimate partner violence: The facilitating role of shame. *Violence and Victims*, 26(6), 758-773. doi: 10.1891/0886-6708.26.6.758

Nadeau, M. M., Balsan, M. J., & Rochlen, A. B. (2016). Men's depression: Endorsed experiences and expressions. *Psychology of Men & Masculinity*, 17, 328-335. doi: 10.1037/men0000027

❖ **Practicing mindfulness can increase an individual's ability to regulate their emotions.**

Grecucci, A., Pappaianni, E., Siugzdaite, R., Theuninck, A., & Job, R. (2015). Mindful emotion regulation: exploring the neurocognitive mechanisms behind mindfulness. *BioMed research international*, 2015, 1-9. doi: 10.1155/2015/670724

Hill, C. L. M., & Updegraff, J. A. (2012). Mindfulness and its relationship to emotional regulation. *Emotion*, 12(1), 81-90. doi: 10.1037/a0026355

Reese, E. D., Zielinski, M. J., & Veilleux, J. C. (2015). Facets of mindfulness mediate behavioral inhibition systems and emotion dysregulation. *Personality and Individual Differences*, 72, 41-46. doi: 10.1016/j.paid.2014.08.008

Denial Process and Defense Mechanisms

❖ **Defense mechanisms, including denial, are used to avoid distressing emotional states and can distort the individual's view of a situation.**

Bowins, B. (2004). Psychological defense mechanisms: A new perspective. *The American Journal of Psychoanalysis*, 64(1), 1-26.

Fischer, A. R., & Good, G. E. (1997). Men and psychotherapy: An investigation of alexithymia, intimacy, and masculine gender roles. *Psychotherapy*, 34(2), 160-170.

Henning, K., & Holdford, R. (2006). Minimization, denial, and victim blaming by batterers: How much does the truth matter? *Criminal Justice and Behavior*, 33(1), 110-130. doi: 10.1177/0093854805282322

Kivisto, A. J., Kivist, K. L., Moore, T. M., & Rhatigan, D. L. (2011). Antisociality and intimate partner violence: The facilitating role of shame. *Violence and Victims*, 26(6), 758-773. doi: 10.1891/0886-6708.26.6.758

❖ **Avoidance of negative experiences can decrease effective communication and increase reactivity during a conflict.**

Dobash, R. E., & Dobash, R. P. (2011). What were they thinking? Men who murder an intimate partner. *Violence Against Women*, 17(1), 111-134. doi: 10.1177/1077801210391219

Kuster, M., Bernecker, K., Backes, S., Brandstatter, V., Nussbeck, F., Bradbury, T. N., Martin, M., Sutter-Stickel, D., & Bodenmann, G. (2015). Avoidance orientation and the escalation of negative communication in intimate relationships. *Journal of Personality and Social Psychology*, 109(2), 262-275. doi: 10.1037/pspi0000025

Scott, K., & Straus, M. (2007). Denial, minimization, partner blaming, and intimate aggression in dating partners. *Journal of Interpersonal Violence*, 22(7), 851-871. doi: 10.1177/0886260507301227

Externalizing Behaviors

- ❖ **Externalizing, which is a driver of abusive and controlling behavior, occurs largely due to poor self-management and self-awareness, especially regarding an individual's emotional state and blame of others.**

Davey, L., Day, A., & Howells, K. (2005). Anger, over-control and serious violent offending. *Aggression and Violent Offending*, 10, 624-635. doi: 10.1016/j.avb.2004.12.002

Kan, M. L., & Feinberg, M. E. (2010). Measurement and correlates of intimate partner violence among expectant first-time parents. *Violence and Victims*, 25(3), 319-331. doi: 10.1891/0886-6708.25.3.319

Kivisto, A. J., Kivist, K. L., Moore, T. M., & Rhatigan, D. L. (2011). Antisociality and intimate partner violence: The facilitating role of shame. *Violence and Victims*, 26(6), 758-773. doi: 10.1891/0886-6708.26.6.758

Moore, T. M., Stuart, G. L., McNulty, J. K., Addis, M. E., Cordova, J. V., & Temple, J. R. (2008). Domains of masculine gender role stress and intimate partner violence in a clinical sample of violent men. *Psychology of Men & Masculinity*, 9(2), 82-29. doi: 10.1037/1524-9220.9.2.82

Palermo, G., Smith, M. B., Jenzten, J. M., Henry, T. E., Konicek, P. J., Peterson, G. F., Singh, R. P., & Witeck, M. J. (1997). Murder-suicide of the jealous paranoia type: A multicenter statistical pilot study. *The American Journal of Forensic Medicine and Pathology*, 18(4), 374-383.

Scott, K., & Straus, M. (2007). Denial, minimization, partner blaming, and intimate aggression in dating partners. *Journal of Interpersonal Violence*, 22(7), 851-871. doi: 10.1177/0886260507301227

Impact of Abuse

- ❖ **Approximately one third of women have experienced domestic violence in their lifetime.**

Smith, S. G., Chen, J., Basile, K. C., Gilbert, L. K., Merrick, M. T., Patel, N., Walling, M., & Jain, A. (2017). The national intimate partner and sexual violence survey (NISVS): 2010-2012 state report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

World Health Organization. (2013). Global and regional estimates of violence against women: Prevalence and health effects of intimate partner violence and non-partner sexual violence. Geneva, Switzerland.

❖ **The consequences of domestic violence are broad and far-reaching, including economic and social impact.**

Adams, A. E., & Beeble, M. L. (2019). Intimate partner violence and psychological well-being: Examining the effect of economic abuse on women's quality of life. *Psychology of Violence*, 9(5), 517-525.

Pico-Alfonso, M. A., Garcia-Linares, M. I., Celda-Navarro, N., Blanco-Ros, C., Echeburua, E., & Martinez, M. (2006). The impact of physical, psychological, and sexual intimate male partner violence on women's mental health: Depressive symptoms, posttraumatic stress disorder, state anxiety, and suicide. *Journal of Women's Health*, 15(5), 599-611.

World Health Organization. (2004). The economic dimensions of interpersonal violence. Geneva, Switzerland.

❖ **Women who have been in abusive and controlling relationships endorse both short-term and long-term, psychological concerns (e.g., depressions, suicidal thoughts, posttraumatic stress) and physical complaints.**

Adams, A. E., & Beeble, M. L. (2019). Intimate partner violence and psychological well-being: Examining the effect of economic abuse on women's quality of life. *Psychology of Violence*, 9(5), 517-525.

Dutton, M. A., Green, B. L., Kaltman, S. I., Roesch, D. M., Zeffiro, T. A., & Krause, E. D. (2006). Intimate partner violence, PTSD, and adverse health outcomes. *Journal of Interpersonal Violence*, 21(7), 955-968. doi: 10.1177/0886260506289178

McFarlane, J., Malecha, A., Gist, J., Watson, K., Batten, E., Hall, I., & Smith, S. (2005). Intimate partner sexual assault against women and associated victim substance use, suicidality, and risk factors for femicide. *Issues in Mental Health Nursing*, 26, 953-967. doi: 10.1080/01612840500248262

Mechanic, M. B., Weaver, T. L., & Resick, P. A. (2008). Mental health consequences of intimate partner abuse: A multidimensional assessment of four different forms of abuse. *Violence Against Women*, 14(6), 634-654. doi: 10.1177/1077801208319283

Moore, S., & D'Aoust, K. (2001). *Swallowing the hurt: Exploring the links between anorexia, bulimia and violence against women and girls*. National Clearinghouse on Family Violence.

Pico-Alfonso, M. A., Garcia-Linares, M. I., Celda-Navarro, N., Blanco-Ros, C., Echeburua, E., & Martinez, M. (2006). The impact physical, psychological, and sexual intimate male partner violence on women's mental health: Depressive symptoms, posttraumatic stress disorder, state anxiety, and suicide. *Journal of Women's Health*, 15(5), 599-611.

❖ **Abuse of children, with or without physical abuse and including children witnessing domestic violence in the home, has immediate and long-term negative consequences.**

Abramsky, T., Watts, C. H., Garcia-Moreno, C., Devries, K., Kiss, L., Ellsberg, M., Jansen, H. A., & Heise, L. (2011). What factors are associated with recent intimate partner violence? Findings from the WHO multi-country study on women's health and domestic violence. *BMC Public Health*, 11(109), 1-17. doi: 10.1186/1471-2458-11-109

Holt, S., Buckley, H., & Whelan, S. (2008). The impact of exposure to domestic violence on children and young people: A review of the literature. *Child Abuse & Neglect*, 32, 797-810. doi: 10.1016/j.chiabu.2008.02.004

Howell, K. H., Barnes, S. E., Miller, L. E., & Graham-Bermann, S. A. (2016). Developmental variations in the impact of intimate partner violence exposure during childhood. *Journal of Injury and Violence Research*, 8(1), 43-57. doi: 10.5249/jivr.v8i1.663

McGuigan, W. M., & Pratt, C. C. (2001). The predictive impact domestic violence on three types of child maltreatment. *Child Abuse & Neglect*, 25, 869-883.

Mikolajczak, M., Gross, J. J., & Roskam, I. (2019). Parental burnout: What is it, and why does it matter? *Clinical Psychological Science*, 7(6), 1319-1329. doi: 10.1177/2167702619858430

Smith Slep, A. M., Hayman, R. E., & Snarr, J. D. (2011). Child emotional aggression and abuse: Definitions and prevalence. *Child Abuse & Neglect*, 35, 783-796. doi: 10.1016/j.chiabu.2011.07.002

Taillieu, T. L., Brownridge, D. A., Sareen, J., & Afifi, T. O. (2016). Childhood emotional maltreatment and mental disorders: Results from a nationally representative adult sample from the United States. *Child Abuse & Neglect*, 59, 1-12. doi: 10.1016/j.chiabu.2016.07.005

Trickett, P. K., Mennen, F. E., Kim, K., & Sang, J. (2009). Emotional abuse in a sample of multiply maltreated, urban young adolescents: Issues of definition and identification. *Child Abuse & Neglect*, 33, 27-35. doi: 10.1016/j.chiabu.2008.12.003

Yates, T. M. (2007). The developmental consequences of child emotional abuse: A neurodevelopmental perspective. *Journal of Emotional Abuse*, 7, 9-34. doi: 10.1016/j.chiabu.2011.07.002

Narcissism/Grandiosity/Egotism

❖ **Levels of narcissism and entitlement are positively correlated with violence against women.**

Busch, N. B., Bell, H., Hotaling, N., & Monto, M. A. (2002). Male customers of prostituted women: Exploring perceptions of entitlement to power and control and implications for violent behavior toward women. *Violence Against Women*, 8(9), 1093-1112.

Golec de Zavala, A., & Lantos, D. (2020). Collective narcissism and its social consequences: The bad and the ugly. *Current Directions in Psychological Science*, 29(3), 273-278. doi: 10.1177/0963721420917703

Gondolf, E. W. (1999). MCMI-III results for batterer program participants in four cities: Less “pathological” than expected. *Journal of Family Violence*, 14(1), 1-17.

Ryan, K. M., Weikel, K., & Sprechini, G. (2008). Gender differences in narcissism and courtship violence in dating couples. *Sex Roles*, 58, 802-813. doi: 10.1007/s11199-008-9403-9

Silverman, J. G., & Williamson, G. M. (1997). Social ecology and entitlements involved in battering by heterosexual college males: Contributions of family and peers. *Violence and Victims*, 12(2), 147-65. doi: 10.1891/0886-6708.12.2.147

❖ **Recognition of the needs of others is reduced in individuals with narcissistic traits (e.g., self-absorption and grandiosity).**

Brislin, S. J., & Patrick, C. J. (2019). Callousness and affective face processing: Clarifying the neural basis of behavioral-recognition deficits through the use of brain event-related potentials. *Clinical Psychological Science*, 7(6), 1389-1402. doi: 10.1177/2167702619856342

Hogeveen, J., Inzlicht, M., & Obhi, S. S. (2013). Power changes how the brain responds to others. *Journal of Experimental Psychology: General*, 143(2), 755-762. doi: 10.1037/a0033477

Obhi, S. S., Hogeveen, J., Giacomini, M., & Jordan, C. H. (2013). Automatic imitation is reduced in narcissists. *Journal of Experimental Psychology: Human Perception and Performance*, 39(1), 1-9.

Parenting

❖ Corporal punishment can cause psychological distress in children.

- Gershoff, E. T. (2002). Corporal punishment by parents and associated child behaviors and experiences: A meta-analytic and theoretical review. *Psychological Bulletin*, 128(4), 539–579.
- Gershoff, E. T., Goodman, G. S., Miller-Perrin, C., Holden, G. W., Jackson, Y., & Kazdin, A. E. (2019). There is still no evidence that physical punishment is effective or beneficial: Reply to Larzelere, Gunnoe, Ferguson, and Roberts (2019) and Rohner and Melendez-Rhodes (2019). *American Psychologist*, 74(4), 503-505. doi: 10.1037/amp0000474
- Gershoff, E. T., & Grogan-Kaylor, A. (2016). Spanking and child outcomes: Old controversies and new meta-analyses. *Journal of Family Psychology*, 30(4), 453-469. doi: 10.1037/fam0000191
- Graham, R. A., & Weems, C. F. (2015). Identifying moderators of the link between parent and child anxiety sensitivity: The roles of gender, positive parenting, and corporal punishment. *Journal of Abnormal Child*, 6(2), 217-229. doi: 10.1891/1946-6560.6.2.217
- Turner, H. A., & Finkelhor, D. (1996). Corporal punishment as a stressor among youth. *Journal of Marriage and the Family*, 58, 155–166.
- ### ❖ Negative consequences (e.g., losing access to a favored activity) are more effective than punishment (e.g., spanking) when disciplining a child.
- Dadds, M. R., & Tully, L. A. (2019). What is it to discipline a child: What should it be? A reanalysis of time-out from the perspective of child mental health, attachment, and trauma. *American Psychologist*, 74(7), 794-808. doi: 10.1037/amp0000449
- Gershoff, E. T. (2002). Corporal punishment by parents and associated child behaviors and experiences: A meta-analytic and theoretical review. *Psychological Bulletin*, 128(4), 539–579.
- Grusec, J. E., Danyliuk, T., Kil, H., & O'Neill, D. (2017). Perspectives on parent discipline and child outcomes. *International Journal of Behavioral Development*, 41(4), 465-471. doi: 10.1177/0165025416681538
- Turner, H. A., & Finkelhor, D. (1996). Corporal punishment as a stressor among youth. *Journal of Marriage and the Family*, 58, 155–166.

Physiological Self-Observation

❖ Physiological changes occur when individuals become escalated.

Babcock, J. C., & Potthoff, A. L. (2020). Effects of angry rumination and distraction in intimate partner violent men. *Journal of Interpersonal Violence*, pp. 1-22. doi: 10.1177/0886260519897336

Tavris, Carol. (1989). *Anger: The misunderstood emotion*. New York, NY: Simon & Schuster.

Mindfulness/Non-Judgmental Self-Awareness

❖ Mindfulness training can increase nonjudgmental self-awareness of one's emotional and physiological states.

Carpenter, J. K., Sanford, J., & Hofmann, S. G. (2019). The effects of a brief mindfulness training on distress tolerance and stress reactivity. *Behavior Therapy*, 50, 630-645.

Kirschner, H., Kuyken, W., Wright, K., Roberts, H., Brejcha, C., & Karl, A. (2019). Soothing your heart and feeling connected: A new experimental paradigm to study the benefits of self-compassion. *Clinical Psychological Science*, 7(3), 545-565. doi: 10.1177/2167702618812438

Melbourne Academic Mindfulness Interest Group. (2006). Mindfulness-based psychotherapies: A review of conceptual foundations, empirical evidence and practical considerations. *Australian and New Zealand Journal of Psychiatry*, 40, 285-294.

Neff, K. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2, 85-101. doi: 10.1080/15298860390129863

Empathy

❖ The level of empathy between partners is linked to relationship satisfaction.

Cohen, S., Schulz, M. S., Weiss, E., & Waldinger, R. J. (2012). Eye of the beholder: The individual and dyadic contributions of empathic accuracy and perceived empathic effort to relationship satisfaction. *Journal of Family Psychology*, 26(2), 236-245. doi: 10.1037/a0027488

❖ It is important to include education on empathy and compassion during treatment.

McLeod, M. (2015). Educating the heart. Retrieved from <https://www.lionsroar.com/educating-the-heart/>

van Berkhout, E. T., & Malouff, J. M. (2015). The efficacy of empathy training: A meta-analysis of randomized controlled trials. *Journal of Counseling Psychology*, 63(1), 32-41. doi: 10.1037/cou0000093

Conflict Resolution

- ❖ **It is important for collaborative relationships to resolve conflict using a “win-win” approach whenever possible.**

Fisher, Roger, & Ury, W. (1991). *Getting to yes: Negotiating agreement without giving in*. New York: Penguin Books.

Communication Skills

- ❖ **Having good communication skills (e.g., conflict resolution skills) is related to higher relationship satisfaction.**

Burleson, B. R., Kunkel, A. W., Samter, W., & Werking, K. J. (1996). Men's and women's evaluations of communication skills in personal relationships: When sex differences make a difference – and when they don't. *Journal of Social and Personal Relationships*, 13(2), 201-224.

Egeci, I. S., & Gencoz, T. (2006). Factors associated with relationships satisfaction: Importance of communication skills. *Contemporary Family Therapy*, 28, 383-391. doi: 10.1007/s10591-006-9010-2

Hawkins, A. J., Willoughby, B. J., & Doherty, W. J. (2012). Reasons for divorce and openness to marital reconciliation. *Journal of Divorce & Remarriage*, 53(6), 453-463. doi: 10.1080/10502556.2012.682898

Time-Outs

- ❖ **An effective time-out includes mindfulness and self-soothing techniques.**

Babcock, J. C., & Potthoff, A. L. (2020). Effects of angry rumination and distraction in intimate partner violent men. *Journal of Interpersonal Violence*, pp. 1-22. doi: 10.1177/0886260519897336

- Gondolf, E. W. (2002). *Batterer intervention systems: Issues, outcomes, and recommendations*. Sage Publishing.
- Grecucci, A., Pappaianni, E., Siugzdaite, R., Theuninck, A., & Job, R. (2015). Mindful emotion regulation: exploring the neurocognitive mechanisms behind mindfulness. *BioMed research international*, 2015, 1-9. doi: 10.1155/2015/670724
- Hill, C. L. M., & Updegraff, J. A. (2012). Mindfulness and its relationship to emotional regulation. *Emotion*, 12(1), 81-90. doi: 10.1037/a0026355
- Reese, E. D., Zielinski, M. J., & Veilleux, J. C. (2015). Facets of mindfulness mediate behavioral inhibition systems and emotion dysregulation. *Personality and Individual Differences*, 72, 41-46. doi: 10.1016/j.paid.2014.08.008
-

Accountability

- ❖ **Taking responsibility for their actions (i.e., accountability) is an important part of success in treatment programs.**

- Henning, K., & Holdford, R. (2006). Minimization, denial, and victim blaming by batterers: How much does the truth matter? *Criminal Justice and Behavior*, 33(1), 110-130. doi: 10.1177/0093854805282322
- Jory, B., Anderson, D., & Greer, C. (1997). Intimate justice: Confronting issues of accountability, respect, and freedom in treatment for abuse and violence, *Journal of Marital and Family Therapy*, 23(4), 399-419.
-

Self-Compassion

- ❖ **Self-compassion involves acknowledging that experiences and emotions affect you and discovering what you need to take care of yourself so it does not become abusive and controlling behaviors to those around you.**

- Clay, R. A. (2016). Don't cry over spilled milk – The research on why it's important to give yourself a break. *American Psychological Association*, 47(8), 70-74. Retrieved from <https://www.apa.org/education/ce/1360415>
- Kirschner, H., Kuyken, W., Wright, K., Roberts, H., Brejcha, C., & Karl, A. (2019). Soothing your heart and feeling connected: A new experimental paradigm to study the benefits of self-compassion. *Clinical Psychological Science*, 7(3), 545-565. doi: 10.1177/2167702618812438

Neff, K. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2, 85-101. doi: 10.1080/15298860390129863

Making an Accountable Apology

- ❖ **A sincere expression of remorse is vital for relationship satisfaction and partner forgiveness.**

Schumann, K. (2012). Does love mean never having to say you're sorry? Associations between relationship satisfaction, perceived apology sincerity, and forgiveness. *Journal of Social and Personal Relationships*, 29(7), 997-1010. doi: 10.1177/0265407512448277

Intimacy

- ❖ **Male socialization can increase fear of intimacy**

Fischer, A. R., & Good, G. E. (1997). Men and psychotherapy: An investigation of alexithymia, intimacy, and masculine gender roles. *Psychotherapy*, 34(2), 160-170.

Couples Therapy

- ❖ **It is important for treatment providers to be able to identify abusive relationships so that the appropriate treatment can be recommended.**

Bograd, M., & Mederos, F. (1999). Battering and couples therapy: Universal screening and selection of treatment modality. *Journal of Marital and Family Therapy*, 25, 291-312.

Cascardi, M., Langhinrichsen, J., & Vivian, D. (1992). Marital aggression: Impact, injury, and health correlates for husbands and wives. *Archives of Internal Medicine*, 152, 1178-1184.

Gauthier, L. M., & Levendosky, A. A. (1996). Assessment and treatment of couples with abusive male partners: Guidelines for therapists. *Psychotherapy*, 33(3), 403-417.

Gottman, J. M., & Tabares, A. (2017). The effects of briefly interrupting marital conflict. *Journal of Marital and Family Therapy*, 44(1), 61-72. doi: 10.1111/jmft/12243

Hansen, M., Harway, M., & Cervantes, N. (1991). Therapists' perceptions of severity in cases of family violence. *Violence and Victims*, 6(3), 225-235.

- Harris, G. E. (2006). Conjoint therapy and domestic violence: Treating the individuals and the relationship. *Counseling Psychology Quarterly*, 19(4), 373-379. doi: 10.1080/09515070601029533
- Jackson-Gilfort, A., Mitrani, V. B., & Szapocznik, J. (2000). Conjoint couple's therapy in preventing violence in low income African American couples: A case report. *Journal of Family Psychotherapy*, 11(4), 37-59.
- McCollum, E. E., & Stith, S. M. (2008). Couples treatment for interpersonal violence: A review of outcome research literature and current clinical practices. *Violence and Victims*, 23(2), 187-201. doi: 10.1891/0886-6708.23.2.187
- Stith, S. M., & McCollum, E. E. (2011). Conjoint treatment of couples who have experienced intimate partner violence. *Aggression and Violent Behavior*, 16, 312-318. doi: 10.1016/j.avb.2011.04.012
- ❖ **Couples therapy is not appropriate and can even be detrimental for most abusive relationships.**
- Bograd, M. (1984). Family systems approaches to wife battering: A feminist critique. *American Journal of Orthopsychiatry*, 54(4), 558-568.
- Gauthier, L. M., & Levendosky, A. A. (1996). Assessment and treatment of couples with abusive male partners: Guidelines for therapists. *Psychotherapy*, 33(3), 403-417.
- Gondolf, E. W. (2012). *The Future of Batterer Programs: Reassessing Evidence-Based Practice*. Boston: Northeastern University Press.
- Gondolf, E. W. (2012). Physical tactics of female partners against male batterer program participants. *Violence Against Women*, 18(9), 1027-1044. doi: 10.1177/1077801212460755
- Harris, G. E. (2006). Conjoint therapy and domestic violence: Treating the individuals and the relationship. *Counseling Psychology Quarterly*, 19(4), 373-379. doi: 10.1080/09515070601029533
- Stith, S. M., & McCollum, E. E. (2011). Conjoint treatment of couples who have experienced intimate partner violence. *Aggression and Violent Behavior*, 16, 312-318. doi: 10.1016/j.avb.2011.04.012

Psychopathy and DV

- ❖ **Individuals who perpetrate abuse and have psychopathic traits require different treatment methods than other perpetrators of abuse.**

- DeLisi, M., Umphress, Z. R., & Vaughn, M. G. (2009). The criminology of the amygdala. *Criminal Justice and Behavior*, 36(11), 1241-1252. doi: 10.1177/0093854809343119
- Hancock, J. T., Woodworth, M. T., & Porter, S. (2013). Hungry like the wolf: A word-pattern analysis of the language of psychopaths. *Legal and Criminological Psychology*, 18(1), 102-114. doi: 10.1111/j.2044-8333.2011.02025.x
- Huss, M. T., Covell, C. N., & Langhinrichsen-Rohling, J. (2006). Clinical implications for the assessment and treatment of antisocial and psychopathic domestic violence perpetrators. *Journal of Aggression, Maltreatment, & Trauma*, 13(1), 59-85. doi: 10.1300/J146v13n01_04
- Huss, M. T., & Langhinrichsen-Rohling, J. (2000). Identification of the psychopathic batterer: The clinical, legal, and policy implications. *Aggression and Violent Behavior*, 5(4), 403-422. doi: 10.1016/S1359-1789(98)00038-X
- Rice, M. E. (1997). Violent offender research and implications for the criminal justice system. *American Psychologist*, 52(4), 414-423.
- Rock, R. C., Sellbom, M., Ben-Porath, Y. S., & Salekin, R. T. (2012). Concurrent and predictive validity of psychopathy in a batterers' intervention sample. *Law and Human Behavior*, pp. 1-10. doi: 10.1037/lhb0000006
- Skeem, J. L., Monahan, J., & Mulvey, E. P. (2002). Psychopathy, treatment involvement, and subsequent violence among civil psychiatric patients. *Law and Human Behavior*, 26(6), 577-603.
- Wong, S., & Hare, R. (2010). *Guidelines for a psychopathy treatment program*. North Tonawanda, NY: Multi-Health Systems, Inc.

Journals

- ❖ **Having exercises group members can do outside of group, can increase the effectiveness of treatment.**

- McCloskey, M. S., Noblett, K. L., Deffenbacher, J. L., Gollan, J. K., & Coccaro, E. F. (2008). Cognitive-behavioral therapy for intermittent explosive disorder: A pilot randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 76(5), 876-886. doi: 10.1037/0022-006X.76.5.876

Treatment for Domestic Violence

❖ **Attending an intervention program for abusive and controlling behavior reduces recidivism rates compared to those who do not attend an intervention program.**

Coulter, M., & VandeWeerd, C. (2009). Reducing domestic violence and other criminal recidivism: Effectiveness of multilevel batterers intervention program. *Violence and Victims*, 24(2), 139-152. doi: 10.1891/0886-6708.24.2.139

Gannon, T. A., Olver, M. E., Mallion, J. S., & James, M. (2019). Does specialized psychological treatment for offending reduce recidivism? A meta-analysis examining staff and program variables as predictors of treatment effectiveness. *Clinical Psychology Review*, 73, 1-18. doi: 10.1016/j.cpr.2019.101752

Gondolf, E. W. (2012). *The future of batterer programs: Reassessing evidence-based practice*. Northeastern University Press.

Kelly, L., & Westmarland, N. (2015). Domestic violence perpetrator programmes: Steps toward change. *Project Mirabal Final Report*. London and Durham: London Metropolitan University and Durham University.

Murphy, C. M., Musser, P. H., & Maton, K. I. (1998). Coordinated community intervention for domestic abusers: Intervention system involvement and criminal recidivism. *Journal of Family Violence*, 13(3), 263-284.

O'Connor, A., Morris, H., Panayiotidis, A., Cooke, V., & Skouteris, H. (2020). Rapid review of men's behavior change programs. *Trauma, Violence, & Abuse*, pp. 1-18. doi: 10.1177/1524838020906527

❖ **Even in a group setting, the program needs to be tailored to the individual (e.g., type of violence and stage of change) in order to improve the outcome of treatment.**

Aaron, S. M., & Beaulaurier, R. L. (2017). The need for emphasis on batterer intervention programs. *Trauma, Violence, & Abuse*, 18(4), 425-432. doi: 10.1177/1524838015622440

Browne, K. O., Saunders, D. G., & Staecker, K. M. (1997). Process-psychodynamic groups for men who batter: A brief treatment model. *Families in Society*, 78(3), 265-271.

Corvo, K., Dutton, D., & Chen, W. (2008). Toward evidence-based practice with domestic violence perpetrators. *Journal of Aggression, Maltreatment, & Trauma*, 16(2), 111-130. doi: 10.1080/10926770801921246

- ❖ **A coordinated community response (e.g., promoting programs, funding programs, and referrals from courts) to domestic violence is vital for positive outcomes for survivors and perpetrators engaging in effective treatment.**

Austin, J. B., & Dankwort, J. (1999). Standard for batterer programs: A review and analysis. *Journal of Interpersonal Violence, 14*(2), 152-168.

Campbell, M., Neil, J. A., Jaffe, P. G., & Kelly, T. (2010). Engaging abusive men in seeking community intervention: A critical research & practice priority. *Journal of Family Violence, 25*(4), 413-422. doi: 10.1007/s10896-010-9302-z

Gondolf, E. W. (2002). *Batterer intervention systems: Issues, outcomes, and recommendations*. Sage Publishing.

Gondolf, E. W. (2012). *The future of batterer programs: Reassessing evidence-based practice*. Northeastern University Press.

Murphy, C. M., Musser, P. H., & Maton, K. I. (1998). Coordinated community intervention for domestic abusers: Intervention system involvement and criminal recidivism. *Journal of Family Violence, 13*(3), 263-284.

Anger Management

- ❖ **Anger management identifies anger and a lack of control of that anger as the reason for abuse; however, there are societal and cultural factors outside of anger that perpetuate abusive behavior that must be addressed in treatment.**

Gondolf, E. W., & Russell, D. (1986). The case against anger control treatment programs for batterers. *Response to the Victimization of Women and Children, 9*(3), 2-5.

Loza, W., & Loza-Fanous, A. (1999a). Anger and prediction of violent and nonviolent offenders' recidivism. *Journal of Interpersonal Violence, 14*(10), 1014-1029.

Loza, W., & Loza-Fanous, A. (1999b). The fallacy of reducing rape and violent recidivism by treating anger. *International Journal of Offender Therapy and Comparative Criminology, 43*(4), 492-502.

- ❖ **Anger management programs have limited effectiveness.**

Hamelin, J., Travis, R., & Sturmey, P. (2013). Anger management and intellectual disabilities: A Systemic review. *Journal of Mental Health Research in Intellectual Disabilities, 6*, 60-70. doi: 10.1080/19315864.2011.637661

Novaco, R. W. (1997). Remediating anger and aggression with violent offenders. *Legal and Criminological Psychology, 2*, 77-88.