GROUP TREATMENT OF LATINO PARTNER-ABUSIVE MEN

Christauia Welland, Psy.D. Health Transformations
Partners for Change Conference
Oklahoma City, OK
Sept. 13, 2018

WHAT IS THE SIN GOLPES MODEL?

- Spanish-language treatment and psychoeducation model in wide use in the USA, Mexico and Latin America since 2002.
- Proven cultural adaptation of the Wexler STOP Domestic Violence Model by David Wexler, Ph.D.
- Sin Golpes can be used for court-ordered clients from 16 - 52 weeks.
- It is also used for other groups (female offenders, LGBT offenders, prevention groups for youth, & community-based organizations).

LATINO DEMOGRAPHICS, USA

Latino population in 2016: 17.8% of total US population
57.5 million
Mexican descent in 2016: 63% of total Latino population
36.2 million

LATINO POPULATION OF CALIFORNIA, 2016 39.1%
LATINO POPULATION OF OKLAHOMA, 2016 10.6%

Bureau of the Census 2017
LIFETIME AND 12 MONTH PREVALENCE OF RAPE, PHYSICAL VIOLENCE, AND/OR STALKING VICTIMIZATION BY AN INTIMATE PARTNER — U.S. WOMEN, NISVS 2010

<table>
<thead>
<tr>
<th></th>
<th>Hispanic</th>
<th>12 Month</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rape</strong></td>
<td>9.4%</td>
<td>8%</td>
</tr>
<tr>
<td><strong>Physical violence</strong></td>
<td>32.9%</td>
<td>35%</td>
</tr>
<tr>
<td><strong>Stalking</strong></td>
<td>10.7%</td>
<td>11%</td>
</tr>
<tr>
<td><strong>Rape, physical violence, and/or stalking</strong></td>
<td>35.8%</td>
<td>37%</td>
</tr>
<tr>
<td>w/ IPV-related impact</td>
<td>28.8%</td>
<td></td>
</tr>
</tbody>
</table>

LIFETIME AND 12 MONTH PREVALENCE OF RAPE, PHYSICAL VIOLENCE, AND/OR STALKING VICTIMIZATION BY AN INTIMATE PARTNER — U.S. MEN, NISVS 2010

<table>
<thead>
<tr>
<th></th>
<th>Hispanic</th>
<th>12 Month</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rape</strong></td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td><strong>Physical violence</strong></td>
<td>28.2%</td>
<td>27%</td>
</tr>
<tr>
<td><strong>Stalking</strong></td>
<td>2.1%</td>
<td>*</td>
</tr>
<tr>
<td><strong>Rape, physical violence, and/or stalking</strong></td>
<td>28.5%</td>
<td>27%</td>
</tr>
<tr>
<td>w/ IPV-related impact</td>
<td>9.9%</td>
<td></td>
</tr>
</tbody>
</table>

PREVALENCE OF IPV, MEXICO (ENVIM, 2010)

- Prevalence with current partner, Any male to female IPV, (ENVIM, 2010) 33%
- Lifetime prevalence with any partner, Any male to female IPV, (ENVIM, 2010) 43%
- Lifetime prevalence of any violence, (ENVIM, 2010) 60%
- 12 month prevalence of male to female physical violence, IPV, (ENVIM, 2010) 17%
**LATINO OFFENDER SURVEY RESULTS**
- 89% of men in Spanish IPV groups in SD were of Mexican origin
- 49% of respondents had an 8th grade education or less
- 40% of the men had witnessed IPV in their family of origin
- 51% of respondents reported being physically abused by their parents
- 70% of respondents lived below the poverty line
- 44% were intoxicated during the IPV incident
- 57% of the men's children were either present in the room or in the house at the time of the violent incident

*Welland 1999*
Violent men (VM) had significantly more alcohol problems than control group, similar to general population of abusers.

VM had significantly more drug problems.

VM had significantly lower self-esteem.

VM had significantly lower marital satisfaction.

VM had significantly more trauma symptoms.

Welland et al, 2005

VM had significantly higher levels of insecure or fearful attachment to their partners.

Non-violent men were significantly more involved in fostering family unity and values with their children.

There were no other significant differences in family or gender roles among groups.

Welland et al, 2005

VM had experienced significantly more psychological abuse from their mothers.

VM had been significantly more physically injured by their fathers.

These results correspond to research on the abusive personality; abuse, shaming and insecure attachment as trajectories to the formation of partner abusive men (Dutton, 1998).
FOCUS OF QUALITATIVE RESEARCH

1. Demographic and risk factor profile of partner abusive Latino men in the San Diego region
2. Their subjective experience of intimate partner violence
3. Their subjective experience of court-ordered intimate partner violence treatment groups
4. Elements of Latino culture to be included in therapy programs for partner abusive Latino men

Welland, 2010

EFFECTIVE APPROACHES TO WORKING WITH ABUSIVE LATINO MEN

- Effective Teaching Style: Clarity & Structure
- Ineffective Teaching Style: Authoritarian & Unfocused
- Effective Therapeutic Style: Friendliness & Empathy
- Ineffective Therapeutic Style: Confrontational & Blaming
- Ethnic Group of Therapist

Welland, 1999

PREFERRED THERAPIST BEHAVIORS

- Clinical style: Self-confident, friendly, personal touch, patient, open
- Therapeutic skills: Self-disclosure, attention, sense of humor, pacing with the client, positive reinforcement
THERAPIST INTERVENTIONS

So someone else comes along and says, "No, maybe you're wrong, it's not like that. Let's look at another way... You could do this." It's like you just reject it at that moment, but if you look at the other side, you think, "Wow, I like what this person's saying better than the way that I am and the way I behave." I learned this way of thinking from Maria. She explained it in a way that made it easy to accept. She tried to help us understand what she was saying in every way.

Leonardo

INEFFECTIVE TECNIQUE

She would criticize us a lot, we debated machismo a lot. I think she could have used a better strategy to make us think and debate, instead of the way she did it. Because the way it is, the men just see her as a feminist. And it shouldn't be like that. It's better if we can focus on that we are equal.

Ceferrino

OFFENSIVE STEREOTYPING

I felt like they think that the Mexican man is very different from either of them. That they're all machos, all drunks; they apply those stereotypes of Mexican men to all of us. It's like they hear the words "Mexican man", and a big movie screen goes up: drunk, womanizer, all that, like they don't have any other picture. They don't know that there are all kinds of men in Mexico, like all over the world, a bit of everything. It was like they were saying it like an attack or a put down, like despising us. I would have liked them to know the culture with more depth.

Blas
IMPLICATIONS FOR THERAPISTS

- Knowledge and appreciation of Latino cultures, as well as Spanish fluency
- Structured, clear methodology
- Personal traits: simpatía, respect, personalismo, patience and openness
- Awareness of probable fear/ignorance of feminism
- Positive reinforcement of clients’ treatment gains
- Awareness of possible presence of trauma history and symptoms

TREATMENT IMPLICATIONS

- Respectful attitude of agency staff
- Provision of list of economic and social resources
- Adequate orientation to therapeutic process
- Evaluation for alcoholism and resultant treatment
- No-cost groups for women and child survivors

AGUANTANDO (ENDURING) AS KEY TO UNDERSTANDING LATINA VICTIMS AND EXPECTATIONS OF OFFENDERS

- Aguantando was pivotal in understanding the process
- Reasons to aguantar (endure)
  - Personal & religious beliefs
  - Importance of family
  - Need of children for their father
  - Need for income from partner

Coffin-Romig, N. A., 1997
THE LATINA PERSPECTIVE ON IPV

Cultural issues identified:
- Maintenance of family unit at the expense of the victim
- Allowing someone else to make decisions for them, especially partner
- Financial dependence on partner
- Reliance on extended family for support, with needs of family taking precedence over individual


THE LATINA PERSPECTIVE ON IPV

Woman’s role as defined by participants in the study:
- Home is her domain - she is to maintain relationships and preserve peace
- Be respectful and submissive to husband
- Perception of religious faith may discourage separation
- Internal struggle may prevent taking first step

PARTICIPANTS’ JUSTIFICATION FOR VIOLENT BEHAVIOR

- Normalization of Violence
- Traditional Gender Roles, especially Machismo
- Psychological Dysfunction related to Early Trauma
- Maladaptive Coping Skills (e.g., Alcohol)
- Environmental stress (finances, immigration, etc.)

Weland, 1999
**SELF-REPORTED TREATMENT OUTCOMES FOR LATINO MALE PERPETRATORS**

- Improved communication skills
- Ability to manage anger
- Greater flexibility in gender roles; understanding and "trying on" gender equality
- Overcoming addiction to alcohol
- Learning to be nurturing fathers
- Learning to be "a different kind of man"

*Wellek, 1999*

**FIND A WAY TO GET THEM THERE AND:**

- With a respectful and well-trained group leader.
- A cohesive and supportive group of their peers.
- A research-based program designed to focus on the main objectives of IPV treatment.
- The therapy will "do its magic" for most, if not all, of the members.

**TREATMENT GOALS: ABUSERS**

- Eradicate violent, coercive and intimidating behavior towards the partner.
- Learn to take responsibility for one's own behavior.
- Model and create empathy.
- Teach anger management.
- Increase self-esteem.
- Replace maladaptive conflict resolution skills with constructive, non-violent skills.
- Learn "a new way of being a man"
- Prevent the intergenerational cycle of violence.
**SIN GOLPES**  
CULTURAL TREATMENT MODEL FOR LATINO MEN IN TREATMENT FOR IPV  
- Cultural adaptations based on qualitative and quantitative research  
- Four year pilot study, with several groups contributing to the material  
- Cultural adaptations incorporated into the Wexler model, STOP Domestic Violence

**CULTURALLY-SPECIFIC TREATMENT COMPONENTS DERIVED FROM THE RESEARCH STUDY**  
- Parent Education  
- Discussion of Rigid Male Gender Roles, especially Machismo  
- Discrimination against Latinos and Women  
- Immigration Difficulties  
- Sexual Abuse in Relationships  
- Spirituality and Prevention of Domestic Violence

**THEORETICAL APPROACH A) COGNITIVE-BEHAVIORAL**  
- Self-management deficits  
- Communication skills deficits  
- Distorted Cognitions  
- Negative Attributions  
- Pessimism & Rumination  
- Maladaptive stress management & substance abuse
WHY A COGNITIVE-BEHAVIORAL APPROACH?

Once relationship skills such as open communication and assertiveness are taught, and cognitive distortions that perpetuate negative thinking and behavior have been explored and replaced, violence becomes one option among many, instead of the sole coping mechanism available when faced with conflict.

COMMUNICATING RESPECT

The men (or women) in our programs deserve respect—not for the actions they have taken—but rather for the individual stories that have led them to act desperately and destructively. Many of the men in our groups, like all of us, have become overwhelmed by emotions they had difficulty handling. And they lacked the skills to handle them in a constructive and proactive manner.

David Wexler, 2013

THEORETICAL APPROACH
B) SELF PSYCHOLOGY/CLIENT-CENTERED/ATTACHMENT

- Damaged Identity
- Helplessness & Powerlessness
- Fragmentation of the Self
- Narcissistic Injury
- Seeks Self-Object Experience/ Cohesion
- Displaced Shame & Rage
THEORETICAL APPROACH C) HUMAN RIGHTS EDUCATION

- Universal human rights of men, women and children
- Focus on mutual respect between genders
- Opposition to discrimination
- Tolerance for change
- Spiritual life and Respect
- Non-violent discipline of children

PROTECTIVE FACTORS: LATINO CULTURES

- Positive aspects of male gender role (caballerismo)
- Familismo
- Respeto
- Spiritual Values

PARENT EDUCATION

I learned that the obligations that parents have are not just the obligations of the wife. And my responsibility is not just to bring money home. There are many other responsibilities we have as parents. We should be close to our children, close to them. I liked that she taught me another way to be a man. To be a better father... Learning how to communicate with my wife and children has been very important to me.

Leonardo
PARENT EDUCATION

- Expectations of indigenous culture (Aztec) for fathers
- Effects of exposure to violence on children
- Non-violent discipline and how to use it with children
- How to be a supportive, affectionate father
- How to work with one's partner to raise children
- "Children's Corner": frequent exposure to topic of parenting
- How to ask for your child's forgiveness

MACHISMO

A macho man is always right. If you say, "This is red," he'll say, "No, it's white." Even if it isn't. What he says has to be right, and there's no power on earth that can contradict him. He believes he's the ultimate, he even believes himself. Even if it's a lie. He knows it's a lie, but he'll never say so... It's very difficult for his wife and children to live with him. The wife will probably get in the habit of doing whatever he wants so as not to have problems with him. Because the macho man isn't going to say, "Oh sorry, forgive me!" if he's wrong. He would never say that, or accept responsibility for some mistake he's made.

Leonardo

MACHISMO

- Exaltation of male physical superiority and brute force, unjust power relations
- Strength, aggression, sexual prowess, heavy drinking, power
- Versus positive male gender role:
  - Caballerismo: Honor, respectability, respect, courage, responsibility, protection

C. Falicov, M. Gallardo
MACHISMO

- Therapeutic model: tolerant, gradual, avoidance of stereotyping
- Use of quotes from study, frequent discussion and reflection
- Use of material from Mexican Commission for Human Rights

DISCRIMINATION

I think once we talked about discrimination against women in group, and it made me think a lot. Why do we do that to them? It doesn’t make sense. They have the same feelings that any one of us has. After that I tried to give her more support, more respect. I was thinking, ‘She feels the same things that I feel.’

Blas

- Exploration and validation of their experience
- Definitions and information regarding their rights
- Use as a bridge to empathize with discrimination against women
IMMIGRATION

I've heard a lot of men in the class say, “Ever since I brought my wife here, my wife totally changed. She was no longer the woman I knew when we lived in Mexico. As soon as she got her papers, she wasn’t worth a damn.” Like one guy says, “When my wife lived in Tijuana she was really good. As soon as she got her papers, she changed completely. Her way of behaving, of thinking - like, she used to do whatever I said, we had no problems. Now that she’s here, I don’t know what to do.”

Ignacio

IMMIGRATION AND CONFLICT

✓ Exploration of changes in gender roles in modern world, especially as immigrants
✓ Definitions, quotations from study and discussion
✓ Challenges to masculine gender identity (fear and insecurity)

SEXUAL ABUSE

We've never talked about sex and domestic violence. But it's a reality. I even did it. She didn't want sex and I used to force her. I think we need to talk about that. Men just don't get it by themselves. There are lots of ways to talk about sex with the men in the group, even if it's a female counselor. Even though she needs to keep her distance... it's too important to leave it out.

Celerino
SEXUAL ABUSE

- Recognition of the problem
- Use of quotations from study participants and discussion
- Use of material from Mexican Commission for Human Rights
- Explanation of legal ramifications

SPIRITUALITY IN THE SIN GOLPES MODEL: A CULTURAL INNOVATION

- Decision to Change
- The Hero’s Journey: Quetzalcoatl
- Current Perspectives of Judeo-Christian Religions on IPV
- Spiritual Resources in their community
- Learning to Forgive others
- Asking Forgiveness from the family

SPIRITUALITY

- Decision to Change
- The Hero’s Journey: Quetzalcoatl
- Current Perspectives of Judeo-Christian Religions on IPV
- Spiritual Resources in their community
- Learning to Forgive others
- Asking Forgiveness from the family
"The treatment program we begin today is like a journey that we are going to take together. Maybe you would never have chosen to take this journey, but now that you are on it, you can decide to get something good out of the experience. We can also see our whole life as a journey, a voyage of development and growth towards physical, intellectual, emotional, and spiritual maturity. This process usually calls for personal sacrifice, because that is how we bring to light a new way of being.”

Sin Golpes, session 1

“Maybe you just realize for yourself, and take responsibility and decide to change, if you want to change. Because a lot of us think that we’re fine, we don’t need this, but in reality we do. The need to change - that decision you take yourself. Not because of anyone else. It’s the need to be different. You have to decide for yourself.”

Ignacio

“I would have liked us to talk about some religion. Because when you’re going to make a change you need to hold onto something. You have to have a solid foundation, whatever it is. Whether it’s the program or something else, it would be helpful to bring in some religion, to talk about the spiritual side. Our therapist never talked about religion. I felt like he wasn’t very open to that, that he wasn’t very respectful about that. I think it would be very useful to talk about what we believe as human beings.”

Rogelio
EFFECTS OF DOMESTIC VIOLENCE ON THE OFFENDER

- Incarceration
- Loss of employment
- Increased substance abuse
- Isolation and depression
- Existential diminishment
- Loss of love and trust of family
- Distance in relationship with children
- Distance in relationship with God

Welland, 1999

TODAY'S PERPETRATOR IS OFTEN YESTERDAY'S VICTIM: CHILD ABUSE AND NEGLECT IN THE FAMILY OF ORIGIN

- Male abusers produce higher scores on measures of psychopathology than control groups.
- They often have symptoms of posttraumatic stress disorder related to childhood experience of and exposure to violence.
- This trauma affects their sense of self, their ability to trust, and their view of the world, and affects their ability to withstand real or perceived stressors.

Welland & Ribner, 2007

LEARNING FROM PARENTS

- Learning violent behavior through modeling by adults, especially parents, is the basic tenet of social learning theory as applied to IPV.
- As Rogelio stated:
  - “I learned that from my father. That you have to hit women to teach them that you’re a man... You use force because, to start with, you have that tradition that that’s the way to educate her. By force. To the wife, but also to your children. To both. That’s the mentality you have. That’s the way you teach people, by hitting them, shoving them, and shouting at them.”

Welland & Ribner, 2007
HEALING & RECOVERY, NOT JUST RETRAINING

- Because the abuse that men perpetrate is often patterned on the abuse they suffered as children, many researchers and clinicians suggest that retraining is inadequate as a means to change.
- Abusers need healing and recovery, like any other victim, before they can stop using the coping patterns affected by their own victimization.

UNDERSTANDING WITHOUT EXCUSING

- We need to balance the recognition of many of our clients' status as past victims with their current status as perpetrators.
- This can be done without ever insinuating that their past experience excuses their present behavior.
- Not to recognize past trauma and empathize with it is to risk never building rapport with these men.
- Thus we lose the opportunity to make a profound difference in their lives and in the lives of their families.
WHAT DO ABUSERS HAVE IN COMMON?

- Approval of violence and force
- Distortion of causes of behavior theirs and others
- Assumption that partner has negative intent
- Less able to use reasoning
- Higher level of arousal in conflict situations
- More generalized anger and hostility
- Labeling many negative emotions (hurt, jealousy, fear) as anger
- More likely to be unemployed
- More likely to abuse substances
- More likely to have witnessed family violence in childhood
- Wexler, 2013. The STOP Domestic Violence Program

TWO BROAD CATEGORIES OF ABUSERS

INTIMATE PARTNER TERRORISM
- Primary abuser almost always male
- Abuse more frequent and severe, especially emotional abuse
- Systematic use of "coercive control"
- Abused partner afraid, demoralized, feels trapped

SITUATIONAL COUPLE VIOLENCE
- Not characterized by "coercive control"
- May be initiated equally by men or women
- Johnson & Ferraro, 2000; Johnson, 2008

TYPOLOGY OF MALE PERPETRATORS: NOT ALL ARE ALIKE!

- Generally violent aggressor
- Family only
- Low level antisocial
- Borderline/Dysphoric

Holtzworth-Munroe, 2000
**WHY IS THIS USEFUL INFORMATION TO HAVE?**

- Helps to assess the abuser for most appropriate treatment; not all abusers respond equally to treatment.
- Helps when interviewing those who have been or are being abused, to assess issues of risk and danger.
- Makes our counsel carry more weight, e.g., if we understand better what the abuser/abused person is experiencing.
- Provides direction for prevention efforts.

**FACING THE CONSEQUENCES OF ABUSING**

- Mistreating a woman and being violent doesn’t lead to anything good. They’re things that, instead of taking us to a happier place, to union with each other, we’re throwing ourselves away. We lose what’s most important to us. I was like that until my eyes were opened, when this problem happened. Because I’ve talked to my wife since then, and she has told me how I was, how I killed the love she had for me bit by bit, and the affection. All those things made me think, they opened my eyes.

“Blas”
Welland, 1999

**MOTIVATION FOR TREATMENT AMONG PARTNER-ABusive MEN IN MEXICO**

What types of incentives or coercion were used to motivate men to attend the treatment groups?

- First, they were motivated by the ruling imposed by the judge.
- Later, it was the welcome and the understanding of the therapist and the group.
- Finally, they were motivated by seeing that they really had changed their interpersonal relationships, especially with their spouse and children.

Report, State of Durango, Mexico, 2013
WHY SHOULD WE TREAT THE ABUSER?

• To protect the rights, safety, and well-being of the abused and the children in the family
• To rehabilitate and heal the abuser
• To prevent the intergenerational cycle of violence
• The person with the problem is the one who needs to change if there is to be real change in the family

Christauria Welland, Psy.D

THE GROUP: A SAFE PLACE TO HEAL AND CHANGE

- Leonardo understood that an important part of his personal change came in making a contribution to other men.
- So I said to him, “If you don’t talk we can’t help you. That’s what we’re here for; we’re members of the same group.” First he said one word, then he began to tell all his problems, and he began to cry. Everyone was listening and people got really surprised and quiet. The other guys helped him, to know how to solve his problem. And after a while you could see he was really relieved and he started to laugh with the others.

GRADUATES FROM THE GROUP HAVE A LOT TO SHARE

I talk a lot with my brothers and sisters. I’m teaching them, like how to talk and how to listen to someone. I would encourage them to talk about their problems and then find a way to help them. I really feel like I have a lot of valuable information to share. I am proud of myself, of what I am doing. I’m keeping my resolutions and changing my life. So I feel proud of myself as a person.

Rogelio
BECOMING AGENTS OF CHANGE

- Being in the group can empower violent men to change themselves and to be agents of change in their social circle.
- "Normalizing" the violence they have grown up with, not justifying it, can be a step toward recognition that they can help break the cycle of intergenerational violence in their families.
- They can model adaptive skills to their partners and children, and intervene or share their knowledge with relatives and friends.

REQUIREMENTS FOR EFFECTIVENESS FOR COURT-ORDERED TREATMENT

- Previous or simultaneous treatment if alcohol or drugs are a problem
- Protection for the abused partner and the children
- Respect for the abuser, without diminishing his responsibility
- Group treatment for greater efficacy
- Support from law enforcement, so the abuser will attend treatment, and penalties if the abuser reoffends.

"AA" AS ADJUNCT TO TREATMENT FOR ABUSERS

- Alcoholics Anonymous, a 12-step program, can save many from a lifetime of alcoholism and imminent self-destruction, as well as give hope to their families.
- The group format, the structured belief-system, the spiritual orientation, and the support offered are a good fit for many abusers mandated to AA as well as IPV treatment.
- Some were sent to other mandated programs when AA had failed to produce results on previous occasions.
LESSONS FROM THE FIELD

- If your client is still drinking in a problematic way, he will not benefit from therapy and the violence is likely to continue, if not during his treatment, than in subsequent months or years.
- Take the time to verify his behavior with his partner.
- All of the men in our pilot program who relapsed, even though the number was small, did so under the influence of alcohol.

MOTIVATION! BEING A BETTER FATHER

Ceferino brightened as he described his relationship to his children:

"I love them very much. I want them to live in a healthy environment, to grow up in a different world from the one I lived in. I want the best for them in every way. I'm not rich, but whatever I have in my pocket I give them. I try to give my family what my own family never gave me."

MOTIVATION: INTRINSIC & EXTRINSIC

- Understanding the cause of behavior and motivating factors is key to changing or improving outcomes.
INTRINSIC MOTIVATION

Intrinsic = internal. When you are intrinsically motivated, you pursue a course or skill development solely for the satisfaction of learning, and you are determined to strive inwardly in order to be competent. There is no external inducement.

E.g., an abuser comes to the realization that he/she has to change and be a better person/spouse/parent.

EXTRINSIC MOTIVATION

Extrinsic = external. This type of motivation is all around us; society provides us with many examples. When you are motivated to behave, achieve, learn or do based on a desired outcome, or to avoid undesirable outcomes, you are being extrinsically motivated.

E.g., An abuser goes to treatment so as not to go to jail, or seeks help so that he/she will be able to stay with or have contact with his/her partner and children.

THE STAGES OF CHANGE

1. Precontemplation:
   The person is unaware of the need to change and/or has no intention of changing.

2. Contemplation:
   The person has the intention to change soon, but ambivalence about changing can cause them to keep putting off taking action.
THE STAGES OF CHANGE

3. Preparation
The person is ready to start taking action soon, and takes small steps. They may tell their friends and family that they want to change their behavior.

4. Action
People at this stage have changed their behavior recently and need to work hard to keep moving ahead and to fight urges to slip back.

THE STAGES OF CHANGE

5. Maintenance:
The person has changed their behavior but needs to cultivate awareness of temptations and seek support to maintain their new behavior.

6. Relapse
Individuals who attempt to quit highly addictive behaviors such as drug, alcohol, and tobacco use are at very high risk of relapse. This stage is not part of DV treatment, since from the beginning the goal is to avoid hurting one’s family again.

Prochaska & DiClemente, 1984

CONTENT AND PROCESS

- An evidence-based program using cognitive-behavioral and self psychology theories
TREATMENT OF THE ABUSER

The compassionate and effective therapist understands that abuse is a symptom of a human being living a maladaptive pattern of behavior, as a result of negative life experiences within a violent society. The abuser must learn to take responsibility for and change his behavior, but the therapist is aware of and incorporates knowledge of ecosystemic factors into the treatment and psychoeducation.

TREATMENT OF THE ABUSER

BALANCE:
The recognition that many abusers are past victims as well as current perpetrators. This never includes excusing their present behavior.

Not to recognize and empathize with their past is to risk never building rapport with these men. Thus we lose the opportunity to make a profound difference in their lives and in the lives of their families.


WEXLER PROGRAMS IN ENGLISH
(minus the spirituality section, etc.)
APPROACHING DIFFICULT TOPICS

- Discussing gender roles in the group is a delicate balancing act, requiring experience and knowledge of the clients' resistance.
- The men in our study resented the macho stereotypes that they felt some therapists imposed on them. Yet, they frequently admitted that machismo was a pervasive problem in their relationship and culture.
- Our technique is to let them talk about it among themselves, and to use the quotations from the men in our study to introduce the topic and stimulate changes in perception.
- "Veterans" in the group are also an excellent source of insight and new behaviors for new clients.

PASSING THE CLIENTS' TESTS

- Clients often have the expectation that their therapist feels contempt for their machista beliefs. Thus it is important to "pass their tests" and not fall into stereotyping.
- Sometimes we use a paradoxical intervention, taking the side of the machista man in a discussion and allowing the men to argue against it.
- A grave therapeutic error is to appear to be an angry "feminista," which will cause the group to shut down self-disclosure out of fear of saying the wrong thing. We prefer to let them challenge each other.

20 SESSIONS FOR SHORTER COURT-ORDERED PROGRAMS

1. Quetzalcoatl
2. The House of Abuse
3. Time Out
4. Anger & Aggression
5. Alcohol & Violence
6. Self-Talk
7. Put Downs
8. Responsibility
9. Masculinity Traps
10. Masculinity Traps (continued)
20 SESSIONS FOR SHORTER COURT-ORDERED PROGRAMS
p. xxiii

11. Jealousy and Misinterpretations
12. Sex
13. Children
14. What Kind of Father do I Want to Be?
15. Expressing Feelings
16. Empathy Training
17. Conflict with Respect
18. The 4 Horsemen of the Apocalypse
19. Spiritual Life
20. Forgiveness is a Decision

PAX IN FAMILIA

www.paxinfamilia.org
An international Catholic ministry dedicated to peace, and to the prevention of violence and abuse in Catholic families.
Focus on research, publications, and international training to dioceses, seminaries, parishes, catechists and lay ministers on effective pastoral responses to and prevention of family violence, and how to educate Catholic youth and couples for peace.
Session on responses to IPV from faith-based organizations today at 1:30 pm. Material available.

ACKNOWLEDGEMENTS

David Wexler, Ph.D. & the Relationship Training Institute
Lisa Carrasco, Office for Family Life, Archdiocese of Oklahoma City
Partners for Change Conference Committee