

## PERPETRATOR TREATMENT VS. ANGER MANAGEMENT

### Domestic Violence Treatment

- State Certification Required

#### **Goal:**

- End violent and abusive behavior;
- Increase victim safety;
- Hold batterer accountable.

#### **Assessment:**

- Complete mental health evaluation and referral;
- Chemical dependency screening and referral;
- Confidential information from victim and/or current partner.

#### **Focus of Treatment:**

- Identification of physical, sexual and psychological abuse;
- Batterer held accountable for all abusive behaviors;
- Confrontation of denial, minimization and victim blaming; examination of societal and personal beliefs that support violence;
- Impact of battering on family; non-violent, non-controlling relationship skills;
- Change belief systems which support the use of violence in intimate relationships.

#### **Length of Treatment:**

- Minimum 12 months by law.

### Anger Management

- No Certification

#### **Goal:**

- Control and express anger appropriately.

#### **Assessment:**

- Optional

#### **Focus of Treatment**

- Skills in the awareness and appropriate expression of anger and other emotions;
- Communication skills;
- Conflict resolution skills;
- Stress management.

#### **Length of Treatment:**

- Determined by provider.