## Perpetrator Treatment vs. Anger Management

<table>
<thead>
<tr>
<th>Domestic Violence Treatment</th>
<th>Anger Management</th>
</tr>
</thead>
<tbody>
<tr>
<td>• State Certification Required</td>
<td>• No Certification</td>
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</table>

**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.

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<th>Anger Management</th>
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<td>• Control and express anger appropriately.</td>
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**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.