

**Recommendations for
Family Violence Programming
for the
U.S. Navy**

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Introduction

This report is provided to the U.S. Navy under a subcontract with the National Institute of Corrections Academy. It is organized under the following categories:

- ***Matrix Overview: Selected Domestic violence Programs***

- Moral Reconciliation Therapy for Domestic Violence
- The Compassion Workshop
- The Duluth Model

- Other Programs

- ***Summary: A Program Addressing Violence in General***

- Men's Work

- ***Summary: Parenting Program***

- Helping Incarcerated Parents

- ***Use of Volunteers /Mentors in Family Violence Programs***

- Use of Volunteers

- "The Hiring of Ex-Offenders in Domestic Violence Programs"

- ***Conclusion: Recommendations for Navy Programming***

Overview of Selected Family Violence Programs

	<i>Moral Reconation Therapy-Correctional Counseling, Inc.</i>	<i>The Compassion Workshop</i>	<i>Domestic Abuse Intervention Project--Duluth Model</i>
Appropriate for all aspects of family violence	Yes	Yes	Yes, but emphasizes ³ violence toward women
Appropriate for incarcerated offenders	Yes	Perhaps. Not designed for this population.	Perhaps. Not designed for this population.
Structured curriculum	Yes	Yes	Yes
Open-ended	Yes	No	No
Short term	Yes-24 sessions	Yes- 12, intensive, two-hour, didactic and skill-building sessions, 44 homework assignments	Yes
Demonstrated success	Yes	Yes-evaluation studies show up to 80% violence free	Yes, although such information is scanty.
Experience with military personnel	Yes	Yes	Yes

1. Moral Reconciliation Therapy for Domestic Violence Perpetrators

Theory

Moral Reconciliation Therapy is a systematic treatment strategy designed to enhance ego, social moral and positive behavioral growth in a progressive, step-by-step fashion. It is based on the assumption that fully functioning, reasonably content, happy persons have a strong sense of identity and that their behavior and relationships are based on relatively high moral judgment levels. The therapist strives to reeducate clients socially, morally, and behaviorally and to instill appropriate goals, motivation, and values. Moral Reconciliation Therapy (MRT) has evolved in response to the needs of client populations who are considered resistant to treatment.

The MRT system assumes that clients enter treatment with low levels of moral development, strong narcissism, low ego/identity strength, poor self-concept, low self-esteem, inability to delay gratification, relatively strong defense mechanisms, and relatively strong resistance to change and treatment. The MRT approach has been used successfully in a variety of settings and for a variety of clients, including domestic violence perpetrators. The system was developed in the mid- 1980s and has had substantial outcomes research published. The program has been shown to reduce recidivism rates by 25% to 60%. It focuses on the perpetrator, not the victim. The client takes the workbook with him when he leaves the facility.

Program Design

Moral Reconciliation Therapy is conducted in open-ended groups, typically meeting once or twice a week. Clients complete tasks and exercises outside of group and present their work in group. A trained facilitator passes clients' work according to objective guidelines and criteria outlined in training. The domestic violence program for offenders includes 21 sessions.

Additional Comments

- The MRT system was initially used principally for substance abusers. However, it is increasingly being used with domestic violence offenders.
- MRT was developed by Correctional Counseling, Inc., which offers regular training in domestic violence programming.

Contact Information

Dr. Ken Robinson
Correctional Counseling, Inc
3155 Hickory Hill Road Suite 104
Memphis TN 38115
(901) 360-1564

2. The Compassion Workshop.

Theory

The Compassion Workshop is derived from principles of attachment, affect, and individuation theories. It uses compassion for self and loved ones as an incompatible response strategy for dissipating anger and anxiety arousal. The primary target of intervention is the sense of self as attachment figure, defined as the experience of the self in actual or imagined interaction with loved ones. Underlying the treatment model is an assumption that all abuse begins with a failure of compassion. Self-empowerment through treatment relieves self-doubt, feelings of powerlessness, and a weakened sense of self.

Program Design

The Compassion Workshop consists of a series of six treatment modules. In combination, the six modules have been adapted for structured group treatment of serious (ie., violent and overtly psychologically damaging) child, intimate partner, and elder abusers. Providers must agree to administer the appropriate Conflict Tactics Scale to victims every three months following treatment for the first year of delivery and annually thereafter.

The Compassion Workshop claims a breadth of application to problems ranging from social withdrawal to extreme violence against loved ones, because these acts all begin with a failure of self-compassion. Treatment sessions cover large amounts of cognitive, affective, and behavioral material in **12** weeks, with 44 written homework assignments. Sessions run two hours.

Results of a study of 143 court-ordered abusers in Prince George's County, Maryland, found that after one year, they are 87% violence-free and 78% verbal aggression-free, based on reports of the victim, as measured by the Conflict Tactics Scale.

Additional Comments

- Experience with the military--A summary of outcomes of a Compassion Workshop with military personnel done at Ft. Myers is attached. It should a significant 80% freedom from violence at one year follow-up. The Navy's Family Advocacy Group is considering implementation of the Compassion Workshop as a weekend prevention workshop to be held immediately *after* basic training. The workshop would include spouses.
- This a fairly new, rather radical approach to family violence. However, its results suggest great promise. However, it might be difficult to implement with incarcerated offenders.

Contact Information

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3. Domestic Abuse Intervention Project

Theory

The Domestic Abuse Intervention Project, often called simply “the Duluth model,” is a comprehensive, community-based program. Its treatment approach is based on the philosophy that violence is a choice and that, as a learned behavior, it can be unlearned and alternative, more constructive behaviors learned in its place. Treatment takes a pro-feminist stance toward domestic violence perpetrators. It assumes that violence is, in essence, male. It sees battering as tool of male control of women in intimate relationships. It focuses on male sex role socialization and how it shapes men’s abusive behaviors. It addresses the need for anger control or dissipation techniques and notes the relationship of power and control to the use of violence.

Program Design

The Domestic Abuse Intervention Project is perhaps the best-known program in the U.S. addressing the problem of domestic violence. Treatment is only aspect of the Project, which has four elements: providing victims of abuse with protection; bringing domestic abusers into the court system to deter, punish, and rehabilitate them; imposing and enforcing legal sanctions; and providing treatment to help batterers change their abusive behavior. The program is designed for offenders in the community rather than those who are incarcerated. It emphasizes a cooperative systems approach involving a shared victim safety philosophy, case flow monitoring, feedback, and information-sharing among participating criminal justice agencies.

Treatment is group therapy emphasizing a cognitive-behavioral approach. Length of treatment varies from 24-36 weeks. The program is facilitated by a group of peers who use the Duluth Wheel map of violent and non-violent behavior to help participants identify their own violent behaviors, who consistently remind participants of their responsibility for violence, and who model alternative behaviors and alternative solutions.

Additional Comments

- Variations of the Duluth Model have been used with military participants.
- This model is most likely not appropriate for Miramar programming; it is included here primarily because it is the best-known program

Contact Information

Michael Pay mar
Domestic Abuse Intervention Project
206 West Fourth Street, Room 201
Duluth, MN 55806
(218) 722-2781

Other Family Violence Programs

The following family violence programs are among others that have also been reviewed. They are all strong programs, but, for various reasons, were not selected as among the three to examine for potential implementation. Basic information on these programs is attached; additional information is available directly from the programs.

- National Curriculum & Training Institute, Inc.-NCTI's Program for Domestic Violence uses a group process format and a structured curriculum. It can be used either as a prevention program or for domestic violence offenders, but it was not specifically designed for resistant offenders. No evaluation information was provided (Materials attached.)
- Amend--Similar philosophy to Duluth Model. For men voluntarily seeking or court-order to end abuse behavior. A community program. (Materials attached)
- Emerge--Another feminist-based intervention. Its first stage is an eight-week program the second is recommended for at least 9 months. Programming is in the community. The program was established in 1977, and is the longest-lived in the nation. (Materials attached)

Programming Addressing Different Typologies of Violent Offenders

Addressing the general problem of violent offenders is a high priority for Miramar. Research suggests, however, that no single program can fulfill the need for strong programming specifically for family violence offenders and also address other typologies of violent offenders. Therefore, the best approach would appear to be the provision of separate programs for family violence and general violence.

Men's Work: How to Stop the violence

The Men's Work program seems to provide more than a general "anger management" program to address the problem of violence. Although it addresses violence toward intimates, it also seems to focus on more generalized violence issues. Developed by Hazelden and based on the success of the Oakland Men's Group model, the program focuses on changing unhealthy attitudes of men.

The Men's Work program offers multiple formats and a comprehensive approach. It addresses such issues as:

- physical emotional, and sexual abuse;
- anger
- power
- communications skills
- non-abusive parenting.

The complete Men's Work curriculum includes:

- Growing Up Male: Identifying Violence in My Life
- Anger, Power, Violence, and Drugs: Breaking the Connection
- Becoming Whole: Learning New Roles, Making New Choices
- Men's Work Video and Audio
- Men's Work Facilitator's Guide
- Men's Work: How to Stop the Violence that Tears Our Lives Apart

Copies of workbooks 1-3 are attached, along with information on ordering materials.

Con tact Information

Hazelden Publishing and Education
P.O. Box 266
Center City, MN 55012-0266
(800)328-9000

Parenting Programs

A brief review of parenting programs highlighted in the December 1995 issue of *Corrections Today* identified the following program as a potential model for Miramar's proposed parenting program.

Project HIP-Helping Incarcerated Parents

This program was developed by the Maine Correctional Center. It addresses effective parenting skills, including self-esteem, communication, effective discipline, and emotional and social development. Characteristics of the program:

- The curriculum is structured and systematic.
- The program is an 8-week course, with sessions 90 minutes long.
- In order to get a certificate of completion, participants must attend every session.
- Parenting I is specifically designed for parents with children under 12 years of age.
- Parenting II is for parents with older children.
- A replication manual is available.

Contact Information

Project HIP-Helping Incarcerated Parents

17 Mallison Falls Rd

Windham, Maine 04082

(207) 893- 7000

Use of Volunteers/Mentors in Family Violence Programs

A review of the literature identified no programs that use volunteers specifically to work with family violence offenders. To obtain some useful general information on using volunteers, however, Miramar is advised to contact the MC Information Center for either of the following publications:

- *Volunteers in Corrections*. State of Connecticut Volunteer Handbook.
- *Volunteer Services: Policies and Procedures*. Utah Department of Corrections.

Contact Information: MC Information Center, (800) 995-6429

“The Hiring of Ex-Offenders in Domestic Violence Programs”

A copy of the 1981 manual, “The Hiring of Ex-Offenders in Domestic Violence Programs,” is attached. It is based on a year-long study that gathered policies, procedures, and information gathered from responding agencies that use ex-offenders to provide their services. It provides information on how ex-offenders may be used as either volunteers or staff the special circumstances that are necessary, and how ex-offenders may be recruited for involvement in family violence programs.

The structure of the Navy suggests the potential for identifying through the Family Advocacy Program those who have previously had problems related to family violence. In this case, if the clinical services staff chooses, Miramar might be able to draw on these resources as mentors for those participating in its family violence program. The attached publication provides some guidance for using ex-offenders in such programs.

Recommendations

The following recommendations are based on:

- A review of the Literature,
- A meeting with Miramar clinical services staff Family Advocacy Program representatives, and other representatives of Navy Corrections on September 17,
- Interviews with program providers, and
- An analysis of materials and information sent by program providers.

The recommendations, to be discussed via audioconference at a later date, are as follows:

1. The first choice for family violence programming is the Moral Reconciliation Therapy program provided by Correctional Counseling, Inc. The program is appropriate for both spouse abuse and child abuse. Two other programs to consider--although they would have to be altered to focus on an incarcerated population--are the Compassion Workshop or the Duluth Model
2. The program recommended for consideration to address the general issue of violence is Men's Work: How to Stop the Violence.
- 3.. A model parenting program for consideration is Project HIP: Helping Incarcerated Parents.
4. No information is available on the use of volunteers for family violence programs. However, a "how-to" manual on the use of ex-offenders in such programs is attached. Such an approach seems particularly appropriate to the Navy.
5. The Family Advocacy Program and Miramar should work together to identify appropriate, cooperative approaches that could be jointly implemented on the issue of family violence. One suggestion is that the Family Advocacy Program could work with the families of those being treated for family violence in the brig. In addition, records now sent to a central registry could be tapped by Mirar to identify offenders with a past history of family violence.