

**Rus Funk**  
Consulting

**Encouraging Men Who Batter to Change:  
The Role of Belief**

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Rev. Dr. Kilen Gray

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**Objectives**

- Develop a Practical understanding of a Coercive Control model of domestic violence
- Have a practical understanding of the implications for the social ecological model for group practice
- Explore the role of beliefs in men's abusive tactics
- Develop a working understanding of integrating examining beliefs in efforts with men who batter
- Describe ways to locate efforts to work with men who batter in broader community efforts to prevent domestic violence

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**Our Foundation**

- **Accountability**
  - ❖ To women or male partners
  - ❖ To women who have been abused more broadly
  - ❖ To *all* women
- **Safety**

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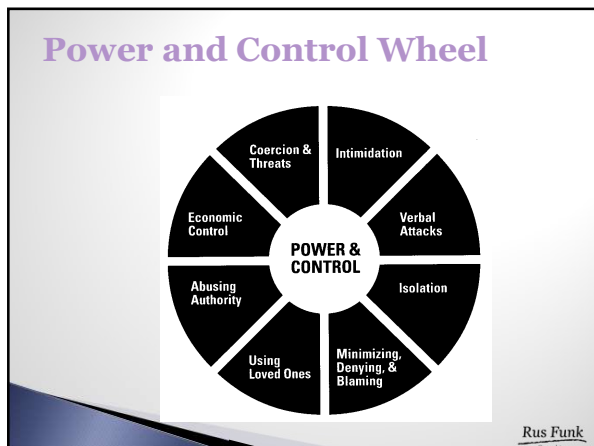
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### P/C Wheel in Context

- Created in the late 1970's by Ellen Pence and Michael Paymar
- Listening to battered women
  - ❑ Almost all were in marital relationships
  - ❑ Almost all had long-term severe histories of DV
- Creating as a means to understand, provide support and advocate on behalf of
- Context matters...

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### Limitations of P/C Wheel

- Focused on the experiences of women who came to a shelter
- Based on:
  - ❑ Women with histories of severe domestic violence
  - ❑ Women with long histories of DV
  - ❑ Therefore, describes entrenched DV dynamics
- Developed largely as a therapeutic tool, then adapted as an educational/training tool

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### Coercive Control (Stark, 2007)

- The frequency and routine nature of use of violent tactics
  - ❑ Designed to punish, hurt or control
  - ❑ Effects are cumulative
  - ❑ Frequency
  - ❑ AND – frequency and duration
  - ❑ “temporally diffuse”
  - ❑ Seemingly Un-patterned
- The personal nature of Coercive Control
- “Experimental” and evolving nature of the abuse

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### Context of Coercive Control (Stark, 2007; Bancroft, 2002)

- “Privileged Access”
  - ❑ Presumption of intimacy
  - ❑ Personal knowledge based on this intimacy
  - ❑ Claims of exclusive possession or “property rights”
  - ❑ Material benefits associated with property rights
  - ❑ Failure of outsiders to intervene
- Hidden nature of abusiveness
- Normalcy of coercive control
- Gender entrapment
  - ❑ Micro-managing how women enact gender
  - ❑ Degrading women back into gender rigid performance

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### What it takes to Perpetrate (Funk & Bundy, 2017)

- Develop inordinate lack of empathy
- Construct a system of justifications
- He has to have a vision of coercive control
- Feel social approval
- Trusts that he won't face sanctions...
 

...Supported by social systems

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### ...The Role of Beliefs

- Convictions about myself in relationship to others and the world
- Act as sensory filters guiding the brain's response
- Provide stability which tends to mitigate reception of new information
- Mental architecture of how we interpret the world
- The root of behavioral stability or change

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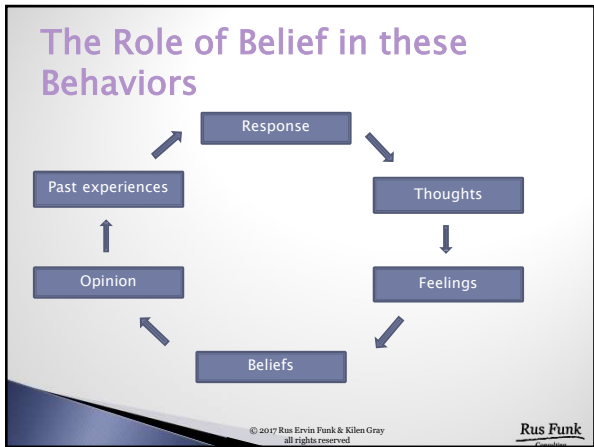
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### Early Signs of DV

- Efforts to assert control/dominance
- Imbalance of accountability
- Blame-shifting

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## Assessing for Asserting Control

- Criticism
- Anger and threats
- Over-protectionism and caring
- Denying perception
- Ignoring needs and opinions

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## Assessing for Imbalance of Accountability

- Defining mutual accountability
- Patterns of deference
- Who reports to whom for what
- Who apologizes and how
- What making amends looks like

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## Assessing for Blame-Shifting

- Define accepting responsibility
- Distinguishing between blame shifting and explaining other factors that contribute to behaviors

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**Further assessment**

- Cumulative affect
  - ☐ Of the victimizing impact
  - ☐ Of the controlling/perpetrating impact
- The degree of taking responsibility for the abuse/"relationship difficulties"

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**Using Beliefs to Support Men who Batter to Change**

- Explore origins of clients' belief(s)
- Explore the difference between "reality" and "truth"
- Invite clients to consider alternative possible realities
- Invite clients to consider their partner's reality
- Invite empathy with partner's belief system

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**Using Beliefs to Support Men who Batter to Change**

- Emphasis on freedom of choice
- Explore neuroscience of belief
- "De-value" emotional reality (no judgment zone)
- Draw connection with belief and resulting action

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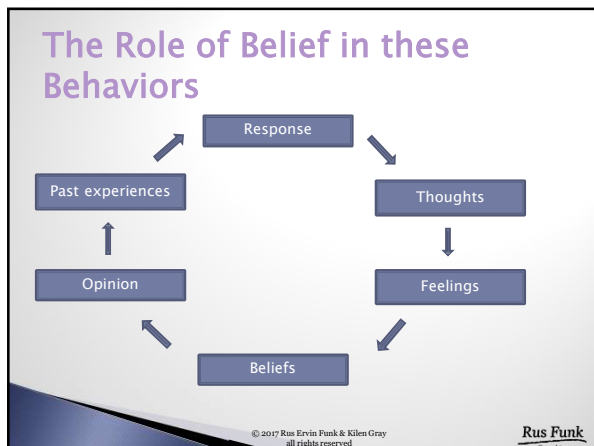
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### A Different Approach

- Collaborative rather than confrontational
- High accountability and victim safety valued
- Batterer is the focus, not the client
- An environment of client trust is premium

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### A Different Approach

- Space for “argument” is critical to belief transition
- Nurture provided for “crumbling idols”
- Work toward batterer identify with partner’s suffering
- Reconnect batterer with his/her humanity within the context of human interrelatedness

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### How Beliefs are Supported Across the Social Ecology

*Beliefs do not come from our own imaginations. They are set, influenced and supported by factors across the SE.*

- Relational (parents, peers)
- Organizational (faith community, school, n'hood)
- Community (community values/social norms)
- State/national/media (beliefs as laws, reflected in media messaging)

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### How men's abusive beliefs are supported across the SE

- "Male Peer Support" (Dekeseredy & Schwartz)
- School, places of worship
- Neighborhood, community
- Laws and legal practice
- Media messages

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### Using Community Accountability to Challenge Beliefs

- ID the “counter-beliefs” that exist (promoting respect for women, gender equality, etc.)
- Note how beliefs are re-enforced in different arenas of the SE
- Highlight these beliefs and messages
- Organize around them to strengthen and internalize

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### Integrating Prevention & Intervention

Preventing a *re-occurrence* of violence (intervention)

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Preventing violence *before* it occurs (primary prevention)

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Prevention continuum within each community

***Intervention and prevention should complement, not compete with, each other.***

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## Prevention vs. Intervention

### Prevention

preventing violence from initially occurring

- Focus on conditions that support GBV
- Focus on promoting conditions that inhibit GBV
- Promote behaviors you want others to adopt
- Create social conditions to support these behaviors

### Intervention

addressing the effects of violence after the violence has occurred and preventing a recurrence of violence

- Responding to GBV
- Recognizing GBV
- Highlighting extent of the problem or where to receive services

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## Prevention Continuum

Preventing violence

Responding to violence



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## Integration of Prevention

➤ Tertiary – keeping known rapists/batterers from raping/battering again:

- Intrapersonal – Relapse prevention
- Relational – Responsibility and accountability
- Organizational – Effective policies
- Community – Holding men accountable
- Socio-cultural – Changing social norms

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### Wholistic Batterers Intervention

- What friends and colleagues do to hold men who batter accountable
- What peer networks (such as the bowling team, the men's bible or Quoran study group, etc.) do to hold men who batter accountable
- What employers and faith leaders do to hold men who batter accountable
- What neighbors and community-groups do to hold men who batter accountable...

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### Integrating Prevention into BIP

- Organize a fundraiser for their local DV agency as a part of the program.
- Men in a BIP develop educational content for adolescent men on being a respectful/equitable dating partner.
- BIP facilitators transparently assist in organizing a Take Back the Night.
- Men who have been in the program facilitate beginner's groups.
- Men who are moving forward mentor male youth in shelters.

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### Thank-you!

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