

Batterer Intervention Program or Anger Management?

• <u>STATE CERTIFIED</u>	• <u>UNREGRULATED</u>
Usually ordered under supervised probation; BIP reports non-compliance which is then reported to courts	Often ordered without supervised probation; non-compliance may not be a violation and may not be viewed seriously
Minimum 26 weeks at 1.5 hours each: <i>More intensive. Allows time to examine underlying issues.</i>	Usually run from 4-12 weeks
Screen carefully Do Lethality Assessment. Unlikely to have “anger offenders” and not know it. Screen for substance abuse and refer for treatment if necessary	May not fully screen for DV; Do not do Lethality Assessment. May have DV offenders in program and not know it May not screen for substance abuse
Doesn't allow excuses, minimizations, denials, or blaming victim	Teaches an understanding of reasons and triggers.
Give tools to understand underlying need for Control	Give tools to control rage and teaches coping strategies
Curriculum follows <i>State Rules and Standards: Strict Guidelines</i>	No approved curriculum or best practices; several popular programs
More focus on worldviews that support battering behaviors, more confrontation <i>Hold batterer accountable</i> for behavior. <u>GOAL: VICTIM SAFETY</u>	More cognitive focus or clinical focus; less confrontation; often process-based <u>GOAL: To prevent , diffuse, or redirect anger</u>
Required to contact all available victims and involve them through education in process; their rights; resources	Only contact victim if there is direct serious threat on his/her life
Report threats to victim by contacting her/he, calling police, accessing DV resources and supports	Reports <i>only</i> what they deem serious threats, usually to police or psychiatric emergency evaluation
Addresses anger management problems in a bigger context-often as tool to control victim	Does not address DV/offender need to maintain power over victim

How can I tell if he needs a BIP or an Anger Management Program?

Batterer looks for or sets up provocation to use as an excuse for “losing it” or “getting pushed over the edge” and is often able to delay the acting out of the anger; thus controlled and premeditated	Batterer responds impulsively to provocation and therefore needs to manage his response
“Loss of temper” is strategic and often unrelated to trigger,	Loss of temper is immediate response to trigger, or provocation
Batterer often has plan for outcome of assault May threaten before hand and then carry it out as promised.	No strategy; no plan
“Loss of temper” is only, or most often directed at partner	“Loss of temper” is directed at anyone, both close to and unfamiliar to offender
Victims are often those whom the batterer has control over or is seeking control ; always an intimate partner or ex-partner	‘Victims may be anybody who is in close proximity or who has triggered their anger Ex: Road Rage