



The Source For Batterer Intervention in Michigan since 2004

# REFLECTING FORWARD

**BISC-MI**  
**21st Annual Conference**  
 November 2nd, 3rd and 4th, 2016

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## Conference Faculty



**TED GERMAN**

Ted German, Ph.D., has been working with abusers and issues related to intimate partner violence for twenty-nine years. He has worked at EmERGE for a total of 20 years and has been EmERGE Director of Training for the past 14 years. Ted has conducted trainings in more than 17 states and 7 countries. In addition to his training duties, Ted currently facilitates one group for heterosexual men, supervises multiple other heterosexual groups and is part of the overall EmERGE management team. In recent years, Ted has also helped develop the EmERGE program for heterosexual women who use force and has direct counseling experience with some of these women. Ted has also been an evaluation consultant on a domestic violence education project, done doctoral level research on the relationship between peer support, family support and domestic violence perpetration and worked on a dating violence intervention project in coordination with a program for survivors in Cambridge MA.  
[Full bio at conference website](#)

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## Conference Faculty



**SUSAN CAYOUILLE**

Susan Cayouette, Ed.D., is Co-Executive Director of EmERGE: Counseling and Education to Stop Domestic Violence, located in Cambridge, Massachusetts. Dr. Cayouette has been a group counselor and clinical supervisor at EmERGE for 30 years and she developed the batterer intervention group for lesbian/bisexual abusers. She has also worked with heterosexual women who use force and has developed services for men and women who need anger management for non-intimate partner abuse. She was a mental health clinician prior to working at EmERGE and also worked at Help for Abused Women and Children, a battered women's shelter in Salem, Massachusetts for 5 years. She received a doctorate in education from Boston University in 1986 and her dissertation was on "The Recovery Process of Battered Women". She has lectured in the United States and abroad on work with victims and perpetrators of domestic violence. Her writings on domestic violence have been published in several books and professional journals. Dr. Cayouette is co-author of the EmERGE Program Manual on Group Interventions for Batterers. She lives in Salem, Massachusetts with her daughters, Elizabeth, 16 and Sarah, 13 and she dreads October in Salem.  
[Full bio at conference website](#)

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## Heterosexual Women who Use Force AND LGBTQ Abusers: Impact on Male Heterosexual BIP Groups

Susan Cayouette  
Ted German  
Erika Robinson  
Emerge

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## OVERVIEW

What we've learned from heterosexual women and LGBTQ abusers and its impact on heterosexual male groups:

- Assessment
- Running Groups
- Remaining Challenges
- Q & A

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## HOW WE GOT HERE

- 1994 began running lesbian groups; 2000 began running gay groups
- 2006 began anger management
- 2008 began discussing “women who slap”
- 2008 het women in anger management
- 2014 het women in abuser 1:1
- 2016 het women in abuser groups

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## Basic Assumptions

- Most heterosexual DV is heterosexual men abusing heterosexual women
- Many women who are referred are not abusers who need BIP

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## ASSESSMENT

### WORKING WITH HET WOMEN AND LGBTQ GROUP MEMBERS

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## WAYS TO ASSESS ABUSERS

- Self report
- Intake tools
- Police reports
- Child abuse reports
- Psychological testing
- Partner contacts
- Attend 8 week Intake Group
- Ongoing group process

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## WHO IS THE ABUSER?

- Self Defense
- Abuse reactive and proportionality
- Situational violence
- Other uses for violence: exert control now, protection of child, payback

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## Options for Abuse Reactive or Self Defending Het Women

- Possible Intervention: Battered women's support group if the court would allow it
- Possible Intervention: Anger management to address use of force in abuse reactive and possibly self-defense

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## Anger Management Curriculum for Battered Women Who Use Force

- Should have a curriculum rather than free-flowing group
- Should look at issues of respect, self-talk, and self-care
- Should look at consequence of women using violence or abusive behavior in heterosexual relationships
- Should include safety planning
- Should direct to battered women's services

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## What we learned from women's & LGBTQ BIP groups

- They've been victims in many ways other than domestic violence
- They may be abusers who respond in ways that hurt or control their partners
- They use many of the physical and emotional tactics of abuse that men use and more
- They may have been the victims of domestic violence previously, or now

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## More things we've learned:

- May be oppressed due to race, gender, sexual identity, & other "isms" and it needs to be acknowledged
- Women may use mental health system more than het men
- They may have learned tactics of survival and use them against non-abusive partners
- They may have complex life problems

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## Differences Between LGBTQ and Het Women Who Use Force

- Additional effects of homophobia and internalized self hatred for LGBTQ
- LGBTQ more difficult to get help as an abused person

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## RUNNING HETEROSEXUAL WOMEN'S GROUPS

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## APPROACHES WITH HETEROSEXUAL WOMEN

- Bringing them back to the abuse
- Responding to their psychological experience and language (therapy and feelings)
- More boundary violations to address and teach about

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## SPECIFIC ADDITIONAL LESSONS IN HET GROUPS

- Boundaries
- Elements of Skillful Communication
- Elements for Creating Achievable Goals
- Vista curriculum

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## Batterer Intervention Curriculum

### What's different for women?

- Power dynamic
- Entitlement
- His response to her violence
- May be victim and perpetrator

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## CASE EXAMPLE

- "Jessica" – caucasian, 30's divorced, no children, self-employed, Master's degree

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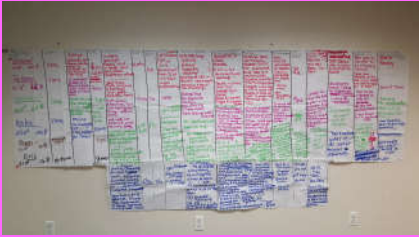
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## RELATIONSHIP HISTORY



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## RUNNING LGBTQ GROUPS

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## WHAT WE DO IN LGBTQ GROUPS

- Validate their history of being abused
- Bring them back to their abuse of a partner
- Try to be helpful about ongoing life problems through referrals
- Do relationship histories, parenting mini-lessons
- Discuss boundaries problems

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## LGBTQ LESSONS

- Emerge curriculum plus
- Relationship Histories
- Oppression/Internalized Self Hatred
- Self-care
- Boundaries: role plays and listening/validation practice

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## LGBTQ CASE STUDIES

- Jane—36, partnered, white, state worker, no other reported abuse prior; recently raped
- Bill—32 partnered, white, disabled, abused as a child, reportedly abused by partner, alcoholic, talented artist

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## IMPACT ON MALE HETEROSEXUAL GROUPS

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## CHANGES IN ASSESSMENT

- Don't assume we have the abuser in front of us
- Assessment is critical and complicated
- More aware of the diversity of abusive behavior: intimate terrorist to situational continuum
- Perpetrator and/or victim?

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## CHANGES RUNNING GROUPS

- Respond to complexities of het men's problems
- Still demand accountability and primary focus on their abuse, regardless of complexities
- Encourage them to voice their negative thoughts/self talk
- Unselfish self-care

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## REMAINING CHALLENGES

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**CHALLENGES**

- Mutual abuse
- Non-physical abuse by women and men
- Victim in one, perpetrator in another
- Abuse reactive for het men?
- Context and intent: necessary ingredients to call it abuse?

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**CHALLENGES**

- Situational violence, and does it exist
- Should men or women who are situationally violent receive a different form of counseling?
- What to do if he/she's not an abuser?
- What would a systemic response to women's use of force in intimate partner relationships look like?

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**CHALLENGES:  
Abuse Reactive—Batterer or  
Trauma Informed?**

- Victim of DV responds with mean, hurtful or controlling behavior, possibly violence
- Can the DV be in the past: week, month, year?
- Does the DV have to be with that male partner?
- Does other trauma explain and excuse violence towards a male partner who triggers memories, abusive or not. Applied to both?

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**OPPRESSION ANALYSIS**

- We disagree with gender symmetrists: most DV is heterosexual men on heterosexual women
- Do het men always have more power than het women? What about other oppressions?
- Can men be abuse reactive?
- As women become empowered, is there more opportunity for het women abuse?

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Battered Intervention Services Coalition of Michigan  
The Source For Battered Intervention in Michigan Since 2004

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