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# Challenging the Gendered Approach to IPV Research: Working with Perpetrators and Victims

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Sarah Wallace  
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# Aims of the Symposium

Challenge some of the current practice in this area:

Working with the Duluth model and solely male perpetrators

Working with female victims and neglecting men and LGBT

Discuss new research that questions traditional models and approaches

Elizabeth Bates: *Review of domestic violence perpetrator programmes within the UK*

Jenny Mackay: *Risk factors for female perpetrators of intimate partner violence and abuse: A systematic review*

Elizabeth Bates: *Hidden Victims: Men and their Experience of Domestic Violence (apologies Nick Smithers is unable to present)*

Sarah Wallace: *Male victims of domestic abuse: An exploration of needs*

# Review of Domestic Violence Perpetrator Programmes in the UK

Dr Elizabeth Bates  
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Dr Nicola Graham-Kevan, Lauren Bolam  
& Dr Abigail Thornton

# Overview

- To give a brief overview of the background literature
- Present findings of a review of UK domestic violence perpetrator programmes
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- To discuss the lack of research informed practice in this area
- To discuss the implications and future directions

# Feminist Theory and Literature

Cause of IPV is gender; it is a gendered crime

IPV is driven by patriarchal values and control

Not psychopathology or personality but socially and historically constructed control – patriarchy

IPV male perpetrators are different from other offenders

# How does it impact perpetrator interventions?

- Duluth: first multi-disciplinary program
- Re-education not treatment
- Men's violence understood as not "stemming from individual pathology, but rather from a socially reinforced sense of entitlement." (Paymar & Barnes, ND)

# The Duluth Model



- Pence & Paymar, (1993)
- Developed by activists with 5 battered women and 4 men
- IPV is men's use of patriarchal power and control - political



# Effectiveness

- Research shows it is unsuccessful – e.g. Babcock et al. (2004) meta-analysis ( $N=22$ ) found minimal effects.
- Effect sizes close to zero (Jewel & Wormith, 2010)
- Feminist researchers speak more favourably (e.g. Gondolf & Jones, 2001) – issues with evaluation design
- Others grounded in evidence based practice (e.g. Dutton & Corvo, 2007) are more critical and using different methods have demonstrated different outcomes

# What the Duluth Model ignores

- Risk factors (e.g. Moffitt et al., 2001)
- Overlap between IPV, aggression and control (e.g. Bates, Graham-Kevan & Archer, 2014)
- Sex parity and mutuality in IPV (e.g. Langhinrichsen-Rohling, et al., 2012)
- Perceptions of IPV (e.g. Harris & Cook, 1994)
- Same-sex relationships (e.g. Carvalho et al., 2011)

# Issues with evaluations of current DVPP

- Issues with entry criteria and retention/attrition
- Lack of attention to situation/contextual factors
- Often qualitative and only using victim data
- Lack of long-term follow up or lack of effect sizes reported
- Small sample sizes and a lack of a control group
- Duluth model experiences “immunity” from empirical evaluation

# Review of UK DVPP (part of larger review)

- Aim of the review was to conduct a review of current IPV perpetrator provision within these areas
- The objective of the review was to address the following key research question: what are the characteristics of IPV perpetrator intervention programs within the UK?
- This will include reviewing the population they serve (e.g. male or female; age range), source referral (e.g. court-mandated, voluntary/self-referred) and the program characteristics (e.g. curriculum informing the program).

# Method

- Questionnaire – developed in US with ADVIP
- Recruited from prison, probation, PCCs, online searches and charities
- Responses: 21 out of 218 contacted – 10%
- Further reviewed accreditation procedures within UK

# Key Findings (Descriptive)

- Noteworthy reluctance to engage: “Now I know the source of the research I do not wish to respond”
- Range of settings (e.g. groups) and skills (e.g. communication skills, managing emotions)
- Majority approach – CBT (85.7%) and Power/control (52.4%)
- Variation in length (12-52 sessions to 12-70 for high intensity)
- Males only (81%) and LGBTQ specific services (14.3%)
- Data: 95% did, 61.9% descriptive, only 28.6% recidivism rates and 23.8% external evaluations

# Key Findings from literature

- Correctional services Advice and Accreditation Panel
  - 1) Healthy Relationships problem thinking and attitudes
  - 2) Community DVP – community delivered
  - 3) Integrated domestic abuse programme – community based, more feminist
  - 4) Building better relationships – “next stage”
- Few reviews available
- Bloomfield & Dixon (2015)  $N = 6,695$  small but significant reductions in reoffending – many men still reoffended
- Bullock et al. (2010) – variety in delivery and data collection – only 40/2986 collected pre, post and follow up

# Key Findings from literature

- Respect accreditation
  - Based in feminist theory
  - Holds men solely responsible, choose violence due to gender based entitlement
  - “denial and minimisation of abusive behaviour or any justifications for abusive behaviour including the use of drugs or alcohol”
- Project Mirabal (Kelly & Westmarland, 2015)
  - Data from women – interviews or nominal data
  - No pre and post analysis, lack of clarity around sample size, no consideration of women’s behaviour, no effect sizes



# Key Findings from literature

- Dixon et al. (2012) critiqued Respect's mission statement
- Focused on key issues: gender as cause, majority of men's violence, women's violence if self-defensive, gender is most important risk factor
- Respect refused requests for an up to date mission statement
- Men's Advice Line

# Evidence Based Practice?

- Lack of evidence based practice – evidence is not informing DVPP
- Lack of methodologically rigorous evaluations – immune from the need
- Lack of available DVPP for women or LGBT community

# New Programmes – Inner Strength

- Trauma observed in children and in partner violent men and women
- Works on Emotional vocabulary, resilience, perspective taking, DBT - mindfulness, self soothing, radical acceptance, safe place. Trauma focused work, Functional assessment
- Large effect sizes: effect in improving emotional regulation and reducing more unhelpful forms of coping
- Preliminary findings suggest no evidence could be found to link any of the cohort with Domestic abuse reoffending since release
- Contact: Dr Nicola Graham-Kevan: [Ngraham-Kevan@uclan.ac.uk](mailto:Ngraham-Kevan@uclan.ac.uk)

## New Programmes – Up2U: Creating Healthy Relationships

- Intervention programme for people who admit to using abusive and/or violent behaviours in their intimate partner relationship
- Suitable for: Males, Females, same sex relationships
- Integrating research on attachment theory, trauma informed approached, emotional deregulation
- Learning from ‘What Works’ and Risk/Need/Responsivity
- Clear assessment of risk and need through motivational interviewing – 6 sessions of assessment and engagement

# Individual Needs

- Programme 6 – 40+ weeks
- 1-2-1 or group
- High intensity 2 sessions per week
- Modules
  - Thinking, Feeling and Behaviour
  - Relationships (Transactional Analysis)
  - Skills for Change (emotional regulation)
  - Skills for Change 2 (Complex Emotions)
  - Substance Misuse
  - Sexualised Behaviours
  - Stalking Behaviours

# Up2U – the story so far....

- 2015/16 data - 115 referrals
- Referrals: 80 M and 35 F
- Joint abuse
- Evaluation ongoing
- University of Portsmouth – Dr Dominic Pearson, Dr Claire Nee
- Evaluation Design – Multi-site
  - Random Control Trial
  - Process Evaluation

# Completer Comments

- Female:

–‘I have learned how important my children are to me and that I must put them first before entering a potential domestically abusive relationship. I understand that my main trigger is trust and being lied to, so I am now making every effort to be less defensive and let people in’

- Male:

–‘I am able to control my anger and change my negative thoughts into positive thoughts, I'm taking my time in making decisions and more patient with people’

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# Concluding Thoughts

- Evidence against men's control theory
- Still influential model in practice
- There is a need for change for:
  - More services for men
  - Intervention for women perpetrators
  - Perpetrator programmes grounded in evidence based practice and not politics



# Thank you for listening!

- Bates, E. A., Graham-Kevan, N., & Archer, J. (2014) Testing predictions from the male control theory of men's partner violence. *Aggressive Behavior*, 40 (1) 42-55
- Bates, E. A., Graham-Kevan, N., Bolam, L. T. & Thornton, A. J. (in press) Review of Domestic Violence Perpetrator Programs in the UK. *Partner Abuse*.
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