Intimate Partner Violence: Theory, Typology, and Clinical Considerations Across the Diagnostic Spectrum

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Introductions

- Brief Presenter Introductions
  - Greg Bohall, Psy.D, C.R.C., MAC, ICADC, CADC-II
  - Mary-Jo Bautista, Psy.D.

- Audience Introductions
  - Who is joining us today?
  - Interested in the topic?

Agenda

- Aggression and Violence
- Risk Factors and Warning Behaviors
- Theories of Crime and Current U.S. Snapshot of Crime
- The Intervention Impasse
- Psychopathology vs RNR
- Family Violence Perspectives
- Intimate Partner Violence
- Definition and Scope of the Problem
- IPV Typologies
- Overview of Interventions
- Key Connections
- Conclusion
The Algebra of Aggression

Four domains that influence the likelihood that an individual will engage in criminal violence:

1. Instigation: Sum of internal influences that support violent behaviors (feelings, thoughts, motivations)
2. Inhibition: Sum of internal influences that make it less likely that the individual will exhibit violent behaviors
3. Habit Strength: Describes the history of violent and nonviolent behavior
4. Situation: Non-internal factors (location, drugs/alcohol, social)

Violent behavior is very complex and multifaceted

Modes of Violence

Affective Violence
- Intense arousal that functions moments before the violence occurs
- Instantaneous, reactive, immediate, and intense
- Internal or external perceived threat
- Goal is to neutralize the threat
- Aggression can be easily displaced

Most physical IPV is affective

Predatory Violence
- Planned, purposeful, focused on a target
- Not reactive to a perceived threat
- Aggressive behavior
- No displacement of target
- Goals can vary

Risk Factors for Violence

Mills, Kroner, & Hemmati (2007) analysis of HCR-20 and VRAG items

- Young age at first violent incident
- Relationship instability and lack of personal support
- Lack of insight, negative attitudes, impulsivity
- Stress
- Prior supervision failure and noncompliance with remediation attempts
- Unresponsive to treatment
- Early maladjustment
- Separation from parents under the age of 16
- Alcohol abuse
Warning Behaviors and Targeted Violence

1. Pathway warning behavior
   - Planning, researching, preparing or implementing an attack
   - Behaviors indicative of increasing pathologic preoccupation with an individual or a cause

2. Fixation warning behavior
   - Psychological desire to be a "pseudo-commando"
   - Have a "warrior mentality"
   - Closely associate with weapons or other military/law enforcement paraphernalia
   - Identify with previous attackers/assassins

3. Identification warning behavior
   - Psychological desire to be a "pseudo-commando"
   - Have a "warrior mentality"
   - Closely associate with weapons or other military/law enforcement paraphernalia
   - Identify with previous attackers/assassins

4. Novel aggression warning behavior
   - Act of violence unrelated to targeted violence
   - Committed for the first time
   - Seen as a way to test their ability to complete the actual violent act

5. Energy burst warning behavior
   - Increase in frequency or variety of activities related to the target
     - Even if relatively innocuous
   - Usually days or weeks before targeted attack

6. Leakage warning behavior
   - Communication to a third party of the intent to do harm/attack

7. Last resort warning behavior
   - Subject feels trapped
   - No alternative to violence
   - Subject believes this is the last resort
   - Experiences depression and desperation

8. Directly communicated threat warning behavior
   - Communication of direct threat to the target or law enforcement beforehand
   - Intent to damage/injure/kill intended target
The Complexity of Crime

- Crime as a multifaceted construct
  - Individual dimensions
    - Lifespan, diversity/multicultural, victim, offender, mental health
  - Social constructions of crime
    - Law, media portrayal, public knowledge, public attitudes
  - Crime type
    - Violent, white-collar, substance-related, crimes for gain
  - Reactions to crime
    - Prevention efforts, offender/victim intervention, police oversight, sentencing and/or use of incarceration

Theories of Crime

- Anomie Theory
  - Crime is an outcome of defective social regulation
  - Individuals deviate as authority figures offer few controls or moral direction
  - Tends to emphasize punitive measure as opposed to moral direction
  - Restorative justice, clinical intervention, rehabilitation
  - Ex: Authority figure engages in illegal act and expects citizens not to

- Control Theory
  - Individuals engage in criminal activity because it is profitable, enjoyable, and serves a purpose
  - Key component is that there are reasons as to why individuals commit crimes

- Rational Choice Theory
  - Crime is influenced by criminal penalties associated with act
  - Targets are carefully selected before deciding on a course of action
  - Cost-benefit analysis
  - Predatory, premeditated, calculated as opposed to reactive

- Routine Activities Theory
  - Crime is etched in everyday life
  - Time, space, target, and guardians are considered
  - Since individuals have routines, this impacts how, when, where, and to whom crime may occur
  - Focus is on reviewing different routine activities that create opportunities for crime
Snapshot of Current Crime in the U.S.
- Federal Bureau of Investigation (2017)
- Uniform Crime Report from 2015
- 10.8 million arrests were made
- Top three arrest types
  - Drug abuse violations (1.5 million)
  - Larceny-theft (0.2 million)
  - Driving under the influence (1.1 million)
- By year-end 2015:
  - 6.7 million individuals were being supervised by corrections
  - 2.1 million incarcerated
  - 4.7 million in community supervision

The Intervention Impasse
- Psychopathology Perspective
  - Prevalence of mental health difficulties in criminal justice populations
  - Association between mental health and offending outcomes
  - Mental health variables (traits and diagnosis) are meaningfully related to offending
  - Therefore, are a useful predictor of offending
  - By addressing mental health concerns recidivism can be reduced

The Intervention Impasse
- Criminal Rehabilitation (RNR Model)
  - Risk
    - Risk level and prediction
    - Matching level of service to risk level
  - Need
    - Targets of service are matched with criminogenic needs
    - "Central Effect"
    - Responsivity
    - Style and mode of service is matched to learning styles and abilities of offender
  - Professional Override
    - Considering RNR, decisions are made
The Intervention Impasse

- Mental illness in and of itself is not a predictor of violence.
  - Substance use is responsible for much of the increased risk attributable to mental disorder.
- Since mental health is not a risk factor for offending, why bother?
- Minimal communication between the two perspectives.
- Research has not benefitted from sharing results and conceptualizations.
- Minimal research examining predictive validity of clinical variables alongside criminological predictors.

Directions for research:

- Increase general clarity in the research on mental health and offending.
- Call for an integrated approach between the two perspectives.
- Improve dialogue/communication between approaches.
- Mental health as a responsivity in the RNR model.

Family Violence Research

1. Sociological Research
   - Survey large numbers of people inquiring about their experiences with interpersonal violence.
   - Relationships between experiences and variables such as age, gender, and SES.
2. Criminological Research
   - Focus on family crime.
   - Analyze large banks of crime statistics (UCR).
   - Examine the role of prosecutor in IPV cases or comparing police response to IPV.
3. Psychological/Psychiatric
   - Clinical samples receiving an intervention and outcomes.
   - Oftentimes diagnostically driven.
   - Individual vs. group.
Family Violence Research

4. Social Work
- Examine a social issue
- Often times system-based
- Ex: Effects of poverty on rates of abuse, functioning of child protective services, or how to best identify elder abuse

5. Public Health
- Tend to conduct epidemiological studies
  - Focus on prevalence and incidence data
  - Ex: Nature of victims' injuries or the role of healthcare providers in prevention of IPV

Intimate Partner Violence

- Self-reported experience of physical and/or sexual violence by a current or former partner since the age of 15
  - Stalking and psychological aggression were later added
  - United States
    - 20-30% of women will be physically assaulted by their partner
    - 5-10% of children will witness a parent being assaulted
  - Complexities of IPV cases include complicated perpetrator and victim psychosocial and psychiatric histories
    - Substance use, witnessing family violence, personality disorders, experiencing childhood abuse, etc.

IPV Perpetrator Typologies

- Coercive controlling
  - Perpetrator uses physical/emotional violence to control, intimidate, coerce victim
  - Violent resistance
  - Victim resists coercive controlling violence with retaliatory violence
  - Situational couple violence
    - Variety of causes stem from couple’s inability to manage anger, resolve conflict, effectively communicate
    - Includes episodes of violence stemming from stressors (e.g., marital difficulties, financial strain)
  - Separation-induced violence
    - Separation/divorce is a catalyst for violent acts
    - No history of violence
    - Unexpected and uncharacteristic
Primary Intervention: The Duluth Model

- Developed by Domestic Abuse Intervention Program (DAIP)
- Rooted in feminist and sociocultural concepts of domination and control
- IPV is used as a means for men to exhibit power and control
- Prominent tool is the Power and Control Wheel
  - Delineates how men use male privilege, emotional and economic abuse, violence, intimidation, and isolation
- Focuses on coordination of community responses
- Empower and protect survivors and hold perpetrators accountable
- Mostly educational but does use some cognitive-behavioral techniques
- Most commonly used intervention in North America for men who are court-sanctioned for treatment for a domestic assault type arrest

Primary Intervention: The Duluth Model

- Development was by "a small group of activists in the battered women's movement"
- Designed for use by paraprofessionals as opposed to qualified professionals
- Lack of scientific evidence in the model's creation
- Multicultural concerns
- Duluth Model is narrow in scope
- Narrow use of information in the social sciences
- Simplistic explanation of violence as patriarchal view of male needing to establish power and control

Primary Intervention: The Duluth Model

- Pender (2012) - Association for Specialists in Group Work (ASGW)
- Duluth Model does not require facilitators to have a professional/graduate degree
- Governing body, continuing education, and competency concerns
- No program evaluation criteria
- Used solely for men with no consideration for women or same sex couples
- Limited in terms of treating diverse populations
Unchartered Waters: Couple-Focused Intervention

- **Controversial approach**
  - 72% of states label systems therapy as inappropriate, more than likely due to feminist advocacy efforts.
  - Expands the treatment focus to include marital dynamics and the whole family system as a context for IPV.
  - Improves communication and allows therapists to model nonviolent behavior.
  - Treatment is suitable when:
    - Violence is at a low level.
    - Victim is not fearful.
    - Couple wants to stay together.
  - Ongoing debate whether couple's therapy is appropriate or should only focus on the behavior of the batterer.

- IPV perpetrator typology
  - Situational couple violence:
    - Variety of causes stem from couple's inability to manage anger, resolve conflict, effectively communicate.
    - Situational violence causes more physical violence.
  - Most common type of IPV.

- Primary philosophic objections to couple's treatment:
  - Blames the victim and relieves perpetrator of responsibility of their acts.
  - Simplistic and outdated understanding of systems models.
  - Conjunct treatment endangers victims.
  - No supporting data of increased physical danger to victim in couples treatment when IPV is the focus of treatment.

- Among couples who report physical violence in the relationship, at least 45% report mutual violence.
- Although controversial in the IPV arena, dyadic interventions have been shown to be effective in reducing IPV.
- Male-to-female and female-to-male IPV was significantly reduced among volunteer, intact, married couples after 14 weeks of couples therapy.
- Dyadic interventions have achieved lowered attrition and improved IPV outcomes.
- Despite these accolades, couple-focused interventions for IPV are significantly understudied.
The State of Perpetrator Intervention

A majority of programs implement a psychoeducational component

Approximately half are based on a variation of a psychoeducational feminist model

Little effort is made to assign clients to programs based on assessment needs

90% of clients go into a “one-size-fits-all” treatment approach

31% of programs follow established ethical guidelines of mental health programs

15% of states have a licensure requirement for BIPs

Stover, Meadows, & Kaufman (2009) Meta-analysis

Experimental study, sample size of at least 20 per group, and outcome variable measures recidivism or violence severity

The Duluth Model, mandatory arrest, and group CBT

All three have minimal ability to break the cycle of violence

Hot dates demonstrate severe impact above mandatory arrest

1 in 3 cases will recidivate within 6 months

Overall, lack of support for long-term effectiveness of these interventions

Blanket policies requiring specific treatments are ineffective

Assessment of individual needs allows for improved treatment recommendations.

Key Connections

- Complexity of violence
- IPV is more effective
- Crime is multifaceted
- Understanding from different theories
- Intervention Impasse
- Psychopathology vs. RNR
- Mental health not a predictor of crime
- IPV
- Stalking recently added (predatory)
- IPV Typology
- Definition of insanity?
Key Connections

- "Batterer Intervention Programs" or BIPs: Refrain from use of "batterer"
- Person-centered language
- Ethical considerations denigrates the population
- IPV is a heterogeneous phenomenon
- Historically a political understanding
- Slowly moving to a scientific understanding
- Couple-focused interventions as an emerging practice
- Research

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References

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