Evaluating Cognitive Change in Batterer Intervention Program Participants: 
*You Can Only Manage What You Measure*

Nada Yorke, LCSW 
Yorke Consulting

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**Introduction / Objectives**

Speaker background 
Participant experience 

Objectives: 
- Review measurement instruments to assess program effectiveness and participant’s cognitive changes 
- Review victim-centered/ trauma-informed curriculum using evidence-informed interventions

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**Challenges for Batterer Intervention Programs**

Offender Typologies 
Attachment Issues 
Past Trauma Experience 
Victim Involvement 
Financial Constraints 
Co-occurring Substance Abuse 
What is “Change”—How do we know it’s “working”? 

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Common Issues in Batterer Intervention Programs

Participants enroll with HIGH levels of denial and LOW levels of acceptance of personal responsibility for the violence they have committed.

Research shows HIGH drop-out rates and HIGH levels of reoffending, even after program completion.

Lack of continuity and consistency among program—training, curriculum, time frames.

No established definition of "success".

Others???

Prison /Community Pilot Project

Prison Pilot Project

- No voluntary dropouts
- Desire to continue program
- Statistically significant reductions in denial and increased personal responsibility

Community Pilot Project

- 90% retention at 90-days
- 68% graduation rate after 52-weeks
- Zero new arrests for DV 18-months post graduation (vs 30% for non-graduates)
Participant Cognitive / Behavior Change

Objective Measurements
- Recognition & Personal Responsibility Scale (RPRS)
- Criminal Thinking Scales (TCU-CTS)
- University of Rhode Island Change Assessment (URICA)

Subjective Measurements
- Participant Program Evaluation
- Process Group/Facilitator Evaluation
- Recidivism Follow-up
- Arrests vs. Convictions
- Victim Reports

Objective Measurement Goals

RPRS—focuses on levels of denial and acceptance of personal responsibility
5 categories—goal for scores to increase (diminishing level of denial)
Need to develop confidential code / Discreet collection of assessments

CTS—focuses on criminal thinking
6 categories—Scores increase or decrease depending on category
Reverse scoring used

URICA—focuses on motivation levels
4 categories—scores increase/decrease depending on category

Recognition & Personal Responsibility Scale (RPRS)

Based on the Abusive Behavior Inventory (Shepherd & Campbell, 1992).
36 Questions-Designed to measure psychological and physical abuse with victims.
Redesigned to measure levels of denial and minimization among batterers. Added a few questions based on experience as a victim advocate—combined some questions and reworded others.

Used to measure program effectiveness in helping batterers reduce denial and increase acceptance of personal responsibility. BEST USED ANONYMOUSLY
Criminal Thinking Scales (TCU)

Six Subscales
A. Entitlement
B. Justification*
C. Power Orientation*
D. Cold Heartedness *
E. Criminal Rationalization
F. Personal Irresponsibility *

Available in Spanish

University of Rhode Island Change Assessment (URICA)

32-item assessment
Various versions for drug/alcohol, psychology, etc. / Available in Spanish

4 categories
A. Precontemplation
B. Contemplation
C. Action
D. Maintenance

Additional Measurements

Subjective Measurements:
  Participant Program Evaluation
  Process Group/Facilitator Evaluation

Recidivism Follow-up
  Arrests vs. Convictions
  Victim Reports

What else???
Evidence-Informed Interventions

Cognitive-Behavioral Interventions
  Connecting Thoughts, Feelings, Behaviors
Motivational Interviewing
  Readiness to Change Model
Dialectical Behavioral Interventions
  Mindfulness / Self-Soothing
Trauma-Informed Design
  ACE’s / Resiliency / Solution-Focused Homework

Effective Program Design

Opportunities to Maximize Healthy Socialization
  Room set-up / Group activities
Identify the Negative—Teach to the Positive
  Power & Control Wheel / Equality Wheel
*No Shame* Zone
  Shame vs Guilt—unintended consequences
Acknowledge Past Grief /Loss /Trauma experiences
  Increase personal awareness & increase victim empathy
Meaningful Homework
  Solution-focused vs Worksheets

Retention & Engagement

Adult Learning Principles
  Learning Preferences
  Bloom’s Taxonomy
  R.I.D.E.M
  Brain Science Principles

Batterer Typologies
  Physiological Responses / Violence Motivation

Financial Barriers
  Strategies to Reduce (Jail Programs / Private-Government Grants, et al)