

2. DOMESTIC VIOLENCE

Introduction – This session explores the client’s violent and/or abusive behaviour towards his partner (i.e., domestic violence). The session provides key information about types of behaviour that constitute domestic violence and about the effects of domestic violence on the victim and the client, as well as who the victim and who the perpetrator usually is. The session also gives information on the Cycle of Violence, and the regulation on domestic violence. It gives orientation on what the client can do to start addressing the issues of domestic violence.

Overall learning outcomes

<p>Knowledge –</p> <ul style="list-style-type: none"> ■ Understanding the concept of domestic violence, its causes, different forms, its effects and the cycle of violence ■ Understanding that domestic violence is a criminal act and that the abuser is 100% responsible for his action ■ Understanding the characteristics of an abuser and the victim ■ Knowledge about the laws that regulate domestic violence 	<p>Knowledge –</p> <ul style="list-style-type: none"> ■ Understanding the concept of domestic violence, its causes, different forms, its effects and the cycle of violence ■ Understanding that domestic violence is a criminal act and that the abuser is 100% responsible for his action ■ Understanding the characteristics of an abuser and the victim ■ Knowledge about the laws that regulate domestic violence 	<p>Skill –</p> <ul style="list-style-type: none"> ■ Ability to identify what types of behaviour constitute domestic violence ■ Ability to identify the consequences of violent behaviour ■ Ability to explain why domestic violence cannot be justified
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COUNSELLING ACTIVITY 1: Understanding domestic violence

Introduction – Through this activity, the counsellor helps the client to understand what domestic violence is, how to identify the different forms of violence and how his behaviour constitutes domestic violence.

Specific learning outcomes

<p>Knowledge –</p> <ul style="list-style-type: none"> ■ Knowledge about what behaviour constitutes domestic violence. ■ Knowledge about different forms of domestic violence. 	<p>Attitude –</p> <ul style="list-style-type: none"> ■ Acknowledge that all forms of violence are unacceptable 	<p>Skill –</p> <ul style="list-style-type: none"> ■ Ability to identify what types of behaviour constitute to domestic violence ■ Ability to recognise his own abusive behaviour
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Time – 20 minutes

Method – Discussion (making some lists about the client’s answers)

Have a look at the visuals of different types of abuse (physical, verbal, sexual, emotional, psychological, spiritual and economic) pasted on the counselling room wall. (*Hand-out 1: Beliefs about men and violence and Hand-out 2: Forms of Domestic Violence/Abuse.*)

TOOLKIT FOR MEN
MALE COUNSELLING
IN THE CONTEXT OF
INTIMATE PARTNER
VIOLENCE

BELIEFS ABOUT MEN AND VIOLENCE

HAND-OUT
01

1. We have all experienced violence.
2. Violence hurts everyone, the victim(s), the perpetrators and society.
3. Everyone has a right to be who they are and live in peace.
4. Nobody “deserves” to be beaten. Abuse does not justify more abuse.
5. We are always responsible for our behavior and actions.
6. People choose to be violent. People can choose non-violence.
7. There are usually non-violent options to deal effectively with conflict.
8. Men are not “naturally” violent. We learn to be that way.
9. Violent beliefs and attitudes influence violent behavior.
10. Children are very vulnerable to images of abuse and violence.
11. Children who experience violence are at greater risk of becoming abusers themselves.
12. Men have a special responsibility to confront and stop abuse.
13. Violence cuts across all racial, social and class lines.
14. Domestic violence is a widespread problem in our society.
15. Domestic violence is hidden by secrecy, denial and shame.
16. Talking openly about violence and abuse can be healing.
17. People can change. Violence can be un-learned.
18. Stopping violence helps children, women **and** men.

Adapted from *Moving Forward Programme*
Men's Resource Centre for Change
Amherst, Massachusetts

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FORMS OF DOMESTIC VIOLENCE/ ABUSE

HAND-OUT
02

All forms of domestic abuse have one purpose: to gain and maintain control over the victim.

PHYSICAL ABUSE is abuse involving contact intended to cause feelings of intimidation, pain, injury, or other physical suffering or bodily harm.

Physical abuse includes hitting, slapping, punching, choking, pushing, and other types of contact that result in physical injury to the victim. Physical abuse can also include behaviors such as denying the victim of medical care when needed, depriving the victim of sleep or other functions necessary to live, or forcing the victim to engage in drug/alcohol use against his/her will. It can also include inflicting physical injury onto other targets, such as children or pets, in order to cause psychological harm to the victim.

SEXUAL ABUSE is any situation in which force is used to obtain participation in unwanted sexual activity. Forced sex, even by a spouse or intimate partner with whom consensual sex is usually performed, is also considered as sexual abuse. Categories of sexual abuse include:

- Use of physical force to compel a person to engage in a sexual act against his or her will, whether or not the act is completed;
- Attempted or completed sex act involving a person who is unable to understand the nature or condition of the act, unable to decline participation, or unable to communicate unwillingness to engage in the sexual act, e.g. because of underage immaturity, illness, disability, or the influence of alcohol or other drugs, or because of intimidation or pressure.

EMOTIONAL ABUSE (also called psychological abuse or mental abuse) can include humiliating the victim privately or publicly, controlling what the victim can and cannot do, withholding information from the victim, deliberately doing something to make the victim feel diminished or embarrassed, isolating the victim from friends and family, implicitly blackmailing the victim by harming others when the victim expresses independence or happiness, or denying the victim access to money or other basic resources and necessities.

VERBAL ABUSE is a form of abusive behavior involving the use of language. Abusers may ignore, ridicule, disrespect, and criticize others consistently; manipulate words; purposefully humiliate; falsely accuse; manipulate people to submit to undesirable behavior; make others feel unwanted and unloved; threaten economically; place the blame and cause of the abuse on others; isolate victims from support systems; harass; demonstrate Jekyll and Hyde behaviors, either in terms of sudden rages or behavioral changes, or where there is a very different “face” shown to the outside world vs. with victim.

While oral communication is the most common form of verbal abuse, **it includes abusive words in written form.**

ECONOMIC ABUSE is when the abuser has control over the victim's money and other economic resources. In its extreme (and usual) form, this involves putting the victim on a strict “allowance”, withholding money at will and forcing the victim to beg for the money until the abuser gives them some money. It is common for the victim to receive less money as the abuse continues.

Discussion and questions –

- STEP 1:** Can you tell me exactly what happened the last time that you and your partner had conflict in your relationship? The very last incident that you can recall?
- STEP 2:** List the answers and prompt the client for more information in case he gives too little. If he does not speak about other types, mention this to him. For example, ask him if he was swearing at her, raising his voice, pointing fingers, etc. Use a flipchart sheet for the list if you can. This will help when you want to draw the Cycle of Violence later in Activity 2.
- STEP 3:** What do you know about domestic violence? Listen to and acknowledge his answers. Tell him that you will now help him to identify which behaviour constitutes domestic violence.
- STEP 4:** From the list of his behaviours, mention the first behaviour/action and ask him where he thinks this behaviour/action might match one of the seven types of abuse. For example, if he was swearing at his partner, see if he matches this swearing with verbal abuse. Then ask him how he thinks his partner might have felt when he used those ugly words? Could she have felt hurt by this? If he says “yes”, ask him whether this could be emotional abuse as well.
- STEP 5:** Follow the above process until all the behaviours on the list are covered.
- STEP 6:** At the end of the exercise, explain to the client that all the behaviours towards his partner that he has mentioned constitute what counsellors and the law call abusive behaviour and that this constitutes domestic violence. It is an abuse of power, which is never allowed.

Conclusion – Ask the client what he understood from this activity. His violent behaviour is what society calls domestic violence or gender-based violence or intimate partner violence. Domestic violence can be perpetrated in many ways. Irrespective of what form it takes, it remains unacceptable. Domestic Violence is not a private matter.

NOTE: If the client doesn't mention domestic violence in his description of conflict, then the counsellor can ask him to describe his most violent incident and/or use the result from the intake session in this discussion.

COUNSELLING ACTIVITY 2: Cycle of Violence

Introduction – The focus of this activity is to help the client to understand the causes of domestic violence. Some causes mentioned by people are myths (false stories) used to justify the use of violence. Domestic violence is a repetitive form of violence, illustrated by the “Cycle of Violence” – the cycle can be depicted as the weather (sunshine = honeymoon phase; cloudy = tension building phase; lightning/thunderstorm = the violent incident, with circular arrows linking the different stages). This will guide the client to recognise that domestic violence occurs in repetitive cycles, and to understand the effects of his violent behaviour on his family.

Specific learning outcomes

Knowledge –

- Knowledge about the Cycle of Violence
- Understanding the effects of domestic violence on himself and his family

Attitude –

- Acknowledging that violent behaviour is a choice
- Acknowledging that there's no excuse for violent behaviour
- Acknowledging that violent behaviour has a negative effect on his family

Skills –

- Ability to recognise and break the Cycle of Violence
- Ability to identify the effects of Domestic Violence

Time – 30 minutes

Method – Discussion, list of general causes of domestic violence and list of local myths, handouts, Cycle of Violence.

Discussion on the following questions –

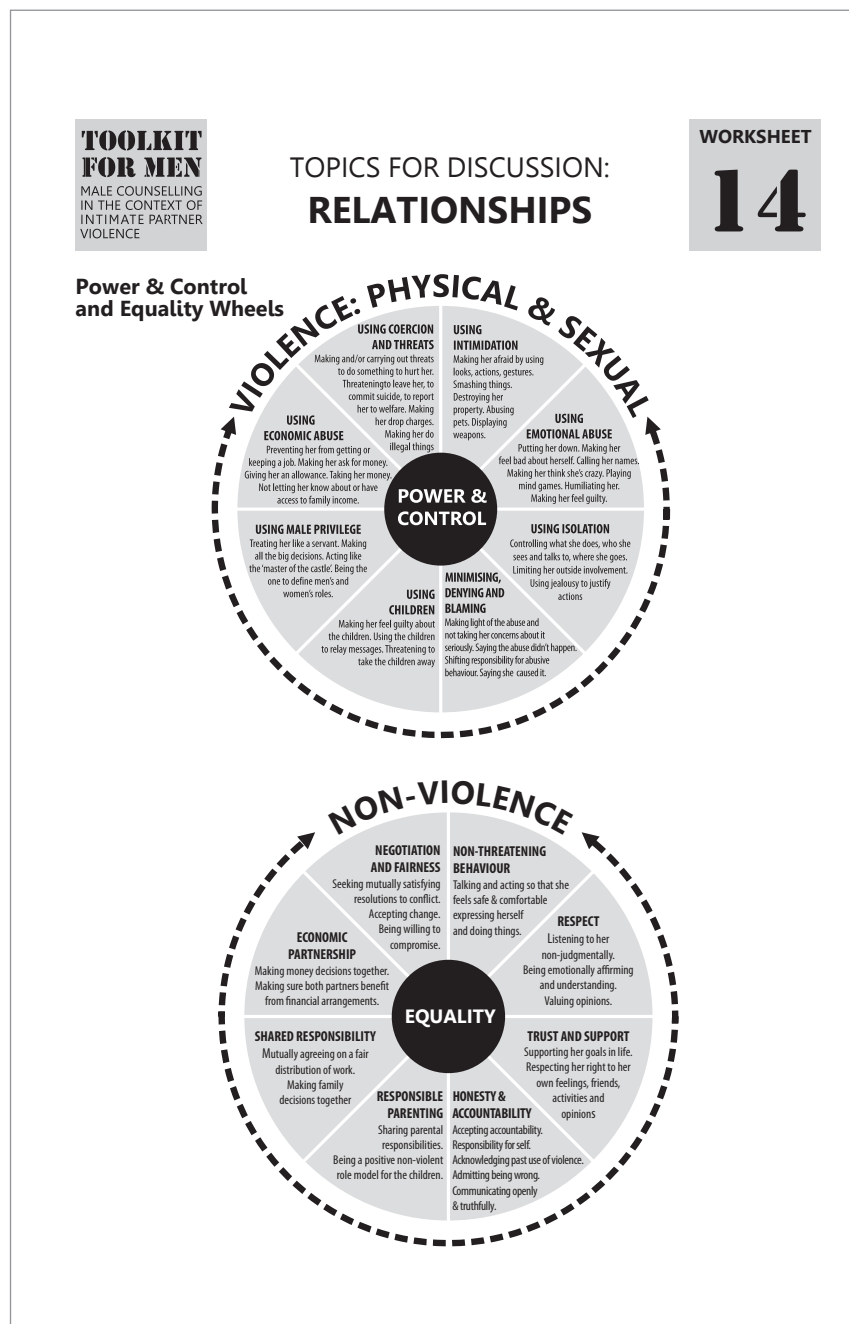
- STEP 1:** Ask the client what he thinks the causes of domestic violence are.
- STEP 2:** Tell the client that we are now going to look at what happened before, during, and after a violent incident, using the last incident that he described in Activity 1. Review the Cycle of Violence diagram (*See disc, Worksheet 10: Cycle of Violence*). The idea here is to match what the client says to the various stages in the Cycle of Violence. Fill in the chart as you go along.
- STEP 3:** Now we are going to look at what we mean when we say that violence happens in cycles. Ask questions such as: Can you tell me whether there has been more than one violent episode between you and your partner? We don't want numbers – this is just to demonstrate the repetitiveness of the cycle. How long was there an absence of violence (honeymoon phase) before tension started building up again (tension-building phase) and then eventually ended in a violent episode? Check for things like minor irritations and changes in the atmosphere in the home that happen in the tension build-up stage. Make sure that the client understands the cycle.

STEP 4: Do you think that your family (your partner and your children) are affected by your abusive behaviour? Explore the behaviour of his children at home and at school – whether they show any fear of him, avoid contact with him. Ask about their results at school. Ask about his relationship with his partner. How does he feel after his abusive behaviour? Does he feel relieved, sorry, uncomfortable, ashamed and guilty?

STEP 5: Can you show me on the cycle, where it could and should be broken? (Hopefully, he can do this.) Ask how he will break.

NOTE: The honeymoon phase does not necessarily mean that the couple is back on honeymoon or resuming a loving relationship – it can simply be an absence of violence. The power and control wheel must be explained clearly and carefully to the client. Counsellors must be aware not to reinforce power and control (See disc *Worksheet 14: Power & Control and Equality Wheels* and below). When a client behaves in a certain way, it evokes an immediate response from the victim – in other words, his behaviour is “rewarded” immediately. This behaviour is then likely to be repeated and the same responses elicited. If the power wheel indicates, for example, that “withholding financial support” (economic abuse) is used as a mechanism to exert and maintain power and control, then the client will continue using this because it results in “rewards” for him. In other words, he gains from being in control – it works for him, so why would he release this power?

Conclusion – Please can you tell me what you got out of this activity? Make sure that the client fully understand the causes of domestic violence, including the misunderstandings, especially about the myths related to the causes of domestic violence. He should understand that, no matter what the justifications are, the use of violence is his choice that he is 100% responsible. We have also been looking at the cycle of violence, and a link has been made to the time-out technique in order to stop the violence. In this session we looked at the impact of violence not only for the partner, but also for the children – which should make the client make more aware of how far-reaching the consequences are.



COUNSELLING ACTIVITY 3: Domestic violence from a legal perspective

Introduction – In this activity, the counsellor helps the client to understand that domestic violence is against the law and that (in addition to the consequences in Activity 2) he will face legal consequences for his abusive behaviour. Domestic violence is no longer seen as a private issue, but a topic in the public arena.

Specific learning outcomes

Knowledge –

- Understanding that domestic violence is a criminal act in terms of the law

Attitude –

- Accepting that he will be held 100% responsible for his actions
- Accepting that there are other options to using violence to resolve conflict

Skill –

- Ability to recognise the legal consequences of his violent behaviour

Time – 20 minutes

Method – Discussion questions and a copy of the Domestic Violence Act 116/1998 (SA) or Elimination of Domestic Violence Law (Law No. 23/2004 - Indonesian Law)

Questions to be discussed –

STEP 1: Do you know that there are laws on domestic violence in this country?

STEP 2: Briefly, in easy-to-understand language, explain to the client what the law says about domestic violence, as well as what the consequences are for people who are found guilty of domestic violence (prison sentence, etc.). Link this legal consequence to the effects of domestic violence on the partner and children (partner can leave/divorce him; children will lose respect for him; if he is employed, he could lose his job; friends could be upset with him, etc.). So it's not just the legal consequences that are serious, but also the social, emotional and economic consequences.

STEP 3: Ask him if he has any questions. Does he understand the seriousness of domestic violence?

Conclusion – Summarise the content covered in this session. The most important lesson is to understand that domestic violence is a criminal act for which he can be taken to court. Besides legal consequences, the social, emotional and economic consequences were addressed – for himself, as well as for his family.

Homework – Read the following:

Hand-out 2: Different forms of Domestic Violence

Worksheet 10: Cycle of Violence Model

Worksheet 14: Power Wheel

The Limitations of the Cycle of Violence Model in explaining Domestic Violence:

The Cycle of Violence has been used widely as a model for understanding violent behaviour and, while it has been useful in moving away from old notions about violence being caused by communication problems in a relationship, it does have limitations.

- Even though the cycle of violence occurs in most violent relationships, the time between each violent episode may vary from days to weeks and months.
- Not all women experience violence in this way. Many women do not experience a “Honeymoon Phase”.
- It focuses only on the violent incident itself and does not take into account that controlling behaviour may be occurring all the time.
- It also fails to take into account all the other forms of domestic abuse such as sexual, verbal, psychological, spiritual, economic or social factors that contribute to a violent relationship.
- It leads to a focus of intervention where the abuser is taught to control his violent behaviour through anger management. This does not address the underlying attitudes and beliefs about the status of women.

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TOPICS FOR DISCUSSION: CYCLE OF VIOLENCE

WORKSHEET
10

The cycle of violence, developed by Lenore Walker in 1979, is a three-stage framework that can be used to understand the cyclical behaviour of victims and perpetrators of domestic violence. This model is revised here to include five stages.

The Five Stages in the Cycle of Violence:

STAGE 1: Build-up Phase – Tension builds within the perpetrator for various reasons (such as family pressures, work stresses or his own thought patterns) and his behaviour becomes more aggressive and intense regardless of how hard the victim tries to calm him. Other individuals and couples have a range of reactions to this tension which do not include the use of violence. Because of his physical strength and his realistic and frightening threats to hurt her, the woman feels that she is under her husband's control. His verbal attacks weaken her even further.

STAGE 2: Explosion Phase – A violent outburst occurs. These outbursts are likely to intensify over time. After the assault, the husband enters the...

STAGE 3: Remorse/Forgiveness Phase – He may feel ashamed or guilty and afraid of the consequences. However, he will usually deny or understate the violence and refuse to take responsibility for his actions. He may claim that she is responsible for the violence because she provoked him, because she deserved it or because he was out of control and did not realise what he was doing. Unfortunately, the woman often believes this “reasoning” because to admit otherwise would be to acknowledge the potentially dangerous situation she (and perhaps the children) are living in.

STAGE 4: Pursuit Phase – If she leaves him or withdraws physically or emotionally following the violent incident, he will usually try extremely hard to win her back. This is also known as the “Buy-Back” Phase because he will try to buy back his partner by showering her with extravagant gifts, being loving and attentive, and promising that he will never hurt her again. She may return, wanting to believe that he has changed. If she still refuses to go back, he may resort to threats and more violence. He may threaten to make life as difficult as possible for her regarding their property, finance, children, relatives, etc. This is the time at which most domestic murders occur and she may return out of fear. Alternatively, he may act helpless, saying that he cannot cope without her and threaten suicide if she does not come back to him. Many women return, feeling needed or that they must protect him from harming himself. The couple move into the...

STAGE 5: Honeymoon/Romantic Ideal Phase – If a reconciliation occurs (having come so close to separation and destruction) the couple may experience a very intense, intimate relationship where neither wants to remember the pain of the violence and earlier difficulties are denied. He may be communicative and responsive to her needs and she hopes – or believes – that he has changed. Unfortunately, in violent relationships, the cycle inevitably continues as the underlying issue of control reappears and the relationship weakens again under the growing weight of tensions.

