



香港家庭福利會
Hong Kong Family Welfare Society

**Batterer Intervention Programme and
Outcome Management in Hong Kong**

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Mrs. Shirley Tang Tsang Kar Yee
Senior Social Work Practitioner



Imago Project

Group Therapy for Male Abusers

- Profile of Respondents
 1. From 1995 to 2003 – 5 treatment groups
 2. 17 men interviewed (1998 & 2000)
 3. Aged 30-55
 4. All had children, 58% partner were housewives



Objectives

- Stop abusive behaviour
- Change of abusive belief
- Skills training in anger control



Theory Driven Approach

- Belief System Theory and CBT employed to identify & challenge abusive belief

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Assessment Based Approach

- Data collection – pre & post test
 - Conflict Tactic Scale (2)
- Drop out rate
- Reports by caseworkers (one and a half year follow up)
- Evaluation by respondents
 - Change of abusive belief
 - Able to identify disrespectful and respectful belief
 - Competent in anger control
 - Positive self image



Reasons for Help Seeking

- Unmotivated, unless family breakdown
 - Wanted wife back
 - Seek advice, support
 - Learning skills in controlling anger
 - Learn parenting skills
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- Understand the psychology of men and their perception of violence is helpful to design intervention strategies and themes



Types & Severity of Violence

- 70.6% verbal/psychological abuse
- 58.8% physical assault
- 5.9% sexual abuse

- * 70.6% severe abusers



Characteristic of abusers

- Family batterers only, no psychopathology, no criminal record, not anti-social
- Risk factors-viol., stress, poor social support, couple conflict
- unmotivated
- resistance - self protective process in the form of minimization, justification & blaming



Design Issue

- Abuser type match with treatment
 - Length (2 yrs – 2 months)
 - Theme (risk factors)
 - Fail to benefit (witness viol when young, alcoholic, longer history of viol.,)
 - - variety , longer treatment –ethical issue
 - Confrontation style of worker (motivated, less violent)



Programme Design

- Time : Friday evenings
- Sessions: 8 + Pre & Post group + reunion
- Venue: easily assessible - along MTR line
- Seed member: graduate from previous group to help facilitate change
- Male and female facilitator and researcher
- Semi structured- more cohesion, stronger support, more self disclosure, less advising



Programme content

- Engagement- sharing of personal stress
- Psycho educational mini input
- Understanding of violence & confrontation of abusive beliefs and attitudes
- skills training in time out, relaxation, identification of anger provoking thoughts
- respectful listening
- peaceful separation



Imago's Special Features

- Pre group interview
- Preset goals that match with treatment
- Semi structured – for handling their needs
- Criterion sampling – selection criteria
- Interview guide- for standardization
- 1 and a half year follow up on success
- Assessment – Pre & Post test
- Seed member participation



Success

- Criteria of success
 - Stop violence towards partner in 1 and a half year follow up period
- Evidence of success
 - based on caseworkers' report
 - based on report of respondents: change of abusive beliefs, more competent in anger control, more positive self-image
- Success in ending violence-78.6%



Effectiveness

CTS(2)

- Physical assault
 - Sexual coercion
 - Injury
 - Psychological aggression
- Effectiveness
 - Decrease in physical assault 4.84 to .31
 - Decrease in psychological abuse 10.46 to 3.92
 - Sexual not significant, but have reduction
 - Success in ending violence-78.6%



Drop out Rate

- Some overseas groups could be 1/3, 1/2 or even 2/3 dropout rate
- Implication ?
 - Premature Disengagement
 - Can predict treatment outcome
- How to tackle?
 - Pre-group interview to engage
 - Don't challenge responsibility too early
 - Model/Theme tailor made & re-modify to address risk factors
- Imago - Drop out rate 17.6%



Treatment Issues

- Measurement of Success- victim report of the batterers behaviour.
 - Still have contact although separated, need to aware of threats, emotional abuse, harassment or not relevant if no contact.
- Action by women during treatment– women threat to arrest him, divorce (men may use viol. due to fear)
- Treatment manuals for leaders needed
- Give feedback of helpfulness at the end of each sessions



Victim & Children Safety

- Contact caseworker and not victim directly
- Inform victim that abuser in treatment doesn't make them safer
- Safety plan and risk management should not be overlooked



Parallel Women and Children Group

- Women Group
 - Emotional support
 - Safety plan
 - Empowerment
- Children Group
 - Emotions expressions
 - Say no to violence



Critical Incidents

- Press us to locate wife after she left home
 - Don't kick him around to diff. agencies or isolate him
 - Refer to caseworker, focus him back to group
 - Role play with him what he wants to say if he sees her (decrease habitual pattern of threats/viol. or demand and obedience in problem solving
 - Induce hope and need to accept the difference in timing, coping between him and wife
 - quick fix may not work in long term relationship



Recommendation

- Family of origin – abusive background
- Mandatory counselling and proactive outreach service – Recruitment issue
- Second stage with a variety of programmes
- Parallel groups for abusers, victim & children
- Policy change; family violence court...



Summary

**Men's programmes alone will not
end violent against women !**