

Our Treatment Philosophy

At **Lee Psychological Services**, we believe that batterers use abuse to gain power and control over their intimate partners. Abuse is behavior that physically harms or creates fear in the victim. A batterer often prevents his/her intimate partner from doing what he/she wants to do.

People often think of domestic violence as physical abuse. Physical abuse does include shoving, slapping, choking, kicking, using weapons, and murder. Domestic violence also includes many more behaviors: sexual, emotional, verbal, and economic abuse.

Many people who have come to **moMENTum** report that they have not only been physically abusive, but have been quite emotionally, verbally or psychologically abusive. Even though these forms of abuse are not physical in nature, group members are challenged to recognize that they are still harmful and destroy relationships.

Batterers are not “out of control” as the result of poor anger management, stress, or substance abuse. They have learned to use abuse to get what they want. The good news is that, because abuse is learned behavior, it can be unlearned.

If You Are An Abuser:

- Get help to end your violent behavior. Hurting the people you love will cost you their trust as well as your own self-respect. You may lose your loved ones permanently. No one likes to be violent or to get hurt.
- Realize that you can change. Others have gone through this and found ways to stop their violent behavior. Their lives and relationships with those they love have gotten better.
- When you come into treatment, be honest with the group about your history of violence. Tell the group leader that your violent behaviors are the ones you want to change. Don't wait until a judge requires you to go to treatment.

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Domestic Violence Treatment Program

MOmENTUM

Characteristics of a Male Batterer

- Reports having been physically or psychologically abused as a child.
- His Mother was battered by his father.
- He loses his temper frequently and more easily than seem necessary.
- He drinks alcohol and/or uses drugs excessively at times.
- He displays an unusual amount of jealousy when his partner is not around.
- He has rigid ideas of what people should do that are determined by male or female sex role or stereotypes.
- He is uncomfortable in expressing feelings like fear, anxiety, embarrassment, disappointment, and tenderness.
- He becomes enraged when you do not listen to him.
- He appears to have a dual personality.



Characteristics of Healthy Relationships	Characteristics of Abusive Relationships
<p>PARTNERSHIPS</p> <ul style="list-style-type: none"> • Joint decision making • Shared responsibilities <p>ECONOMIC EQUALITY</p> <ul style="list-style-type: none"> • Freedom to decide issues of work, school and money <p>EMOTIONAL HONESTY</p> <ul style="list-style-type: none"> • Feel safe to admit and share fears and insecurities <p>SEXUAL RESPECT</p> <ul style="list-style-type: none"> • Accept that “no” means “no” <p>PHYSICAL SAFETY</p> <ul style="list-style-type: none"> • Respect partner’s physical Space • Express self nonviolently <p>SUPPORTIVE, TRUSTING</p> <ul style="list-style-type: none"> • Listen and understand • Value partner’s opinions <p>RESPECTFUL</p> <ul style="list-style-type: none"> • Respect right to differing feelings, friend and activities • Support partner’s goals 	<p>DOMINATION</p> <ul style="list-style-type: none"> • Abuser decides • Servant/master <p>ECONOMIC CONTROL</p> <ul style="list-style-type: none"> • Deny job freedom • Withhold money <p>EMOTIONAL MANIPULATION</p> <ul style="list-style-type: none"> • Use jealousy, passion, stress and frustration to justify actions <p>SEXUAL ABUSE</p> <ul style="list-style-type: none"> • Force partner to do things against his/her will <p>PHYSICAL ABUSE</p> <ul style="list-style-type: none"> • Hit, choke, kick, pinch, pull hair, poke, twist arm, trip, bite, restrain, use weapons <p>CONTROLLING</p> <ul style="list-style-type: none"> • Name calling, mind games • Isolate partner from friends, loved ones <p>INTIMIDATING</p> <ul style="list-style-type: none"> • Charming in public, menacing in private • Destroying property or pets

10 Treatment Objectives:

1. Provide confidential environment for recovery
2. Understand and break through denial then reduce shame
3. Understand domestic violence as a learned behavior.
4. Identify familial violence and explore root cause of current behavior.
5. Develop a safety plan
6. Help men to become more responsible parents.
7. Work through coupleship and family issues
8. Examine dependency issues
9. Resolve early childhood abuse
10. Develop problem solving skills

Group Therapy Objectives

- Men coming to moMENTum are asked to recognize how they have chosen such behavior as a pattern in their relationships and how those choices harm others.
- moMENTum teaches that domestic violence is a learned behavior, not a disease or a sickness.
- moMENTum supports grassroots and institutional efforts to stop partner violence, sexual assault and child abuse.
- moMENTum recognizes that other oppressive life circumstances such as racism, poverty and homophobia create a climate that contributes to partner violence.