

Tri-County Batterer Intervention Provider Network Meeting Minutes – 12-19-06

Present: Regina Rosann (ARMS), Jacquie Pancoast (ChangePoint, Inc.), Cindy Lyndin, Brad Peterson (A New Life Christian Counseling), Diana Groener and Chris Huffine (Allies in Change Counseling Center), Elsie Garland (Mult. County Juvenile Justice), Don Voeks (G.I.V.E.),

Minutes by Jacquie Pancoast, edited by Chris Huffine

TOPIC – DIFFERENCES BETWEEN ANGER MANAGEMENT PROGRAMS AND BATTERER'S INTERVENTION PROGRAMS

Chris Huffine distributed several flyers which compared differences in the emphasis of anger management intervention with Batterer's Intervention, and are available upon request.

What is Anger Management?

- impulse control
- managing behaviors
- avoids accountability
- having an internal change in your thinking process that changes behaviors

Definition: About managing anger (the emotion)

Elsie listed five feelings connected with anger that she often tells clients: fear, pain, feeling diminished, thwarted from a goal. Or someone (you value) is being harmed, threatened.

Anger can be a core emotion or a companion emotion.

Who is being referred to anger management? Individuals are being referred by courts, Probation Officers and Judges.

Most anger issues which are being addressed are the inappropriate behavior that an individual connects with "feeling" angry which is expressed abusively.

Anger management is basic coping skills, while batterer's intervention is more intensive, more encompassing.

There is an issue with the lack of communication between those teaching anger management and those providing batterer's intervention. Suggestion was made that more creative and engaging attempts to educate those that are teaching anger management would be a worthwhile goal.

Chris reported that he supervised graduate students offering anger management groups through the Psychological Services Center for several years. He immediately taught them how to screen for power and control issues as well as how to incorporate some of that material into a traditional anger management curriculum. Over the time he was supervising, only a small handful of men who were referred did NOT have power and control issues. His semi-rhetorical question: what adult men ARE appropriate for short-term anger management? He believes very few.

Question was raised as to how one decides who is appropriate for a short term anger management program versus a longer intervention program.

Group discussion took place regarding an individual's definition of anger: primary emotion versus secondary emotion. It was suggested that anger can be both at different times.

secondary emotion. It was presented that anger can be both at different times.

Anger can be expressed outwardly, but also experienced internally, resulting in health concerns.

The group ran out of time before talking much about how to do outreach to individuals offering short term anger management to make them more aware of domestic violence and power and control issues and how to screen for them within their referrals.