

Tri-County Batterer Intervention Provider Network Meeting minutes 7/27/99

Present: Guruseva Mason (Transition Projects), Chris Huffine (Men's Resource Center), Marc Hess (Multnomah County ACJ), Vivien Bliss (Solutions), Virginia Lopez (AYUDA Community Services), Michael Davis (ChangePoint), Songcha Bowman (Multi-cultural Counseling Services).  
Marc facilitated the meeting and Songcha took notes.

Educational Topic:

Chris presented the Relapse Prevention Plan that is being used by the Men's Resource Center. His opinion was that chemical dependency dynamics & batterers Intervention tied together well (often). He explained the recovery and relapse process. The recovery process is proactive and emphasizes accountability self/others' well being, managing finances, being responsible, etc. Relapse is depicted as reactive: the first step is denial; turning away from feelings; social break down (isolation/non disclosing); impaired decision making; loss of control; loss of routine; use of A-D (dry-drunk is sober but no behavioral change).

Virginia brought "Counseling for Relapse Prevention," by Terence Gorski and Miller. Chris recommended Gorski's Relapse Dynamics and explained the Change process (stages): increase stress; denial reactivation; behavior change; social breakdown; loss of structure; loss of judgment; loss of control; and \*option reduction (suicide, crazy, drink instead).

Chris emphasized that it requires a solid practice program in order to avoid relapse or to catch its signs.

Guruseva saw the idea of relapse applied to abusive and controlling behavior as problematic for him. The concern was using the disease model and the possibility of using relapse as an excuse for abuse. "I can't help it I'm in relapse".

Chris made it clear that "relapse is inevitable but abuse is not excusable," and the relapse prevention plan should be used only with men who are doing the program but will not work with new men in the program.

The meeting adjourned at noon.

Submitted by Songcha Bowman  
Distributed by Marc Hess.