Relationsvåldsprogrammet (RVP)

A new treatment programme for domestic violence offenders

David Ivarsson
Lic. psychologist
Programme development team

Tobias Bengtsson
- Social worker
- Investigator and Project Manager
- Treatment development

David Ivarsson
- Lic. psychologist
- Treatment programme training and supervision
- Treatment development
- Treatment programme testing

+ Our colleagues in treatment programme training and of course our treatment providers working with the programme
Treatment programmes

- Sentence planning adheres to Risk, Need and Responsivity (RNR)

- Treatment programmes – intensive work targeting specific criminogenic needs
  - Quality assurance – treatment provider training, treatment supervision and monitoring and certification process, quality management system
  - Accreditation – a scientific panel board reviews the programmes
  - Follow up and evaluation

- Supportive environment

"We strive towards providing the right effort, to the right client at the right time and with the right amount and intensity…..conducted in the right way under the right conditions"
Accreditation

- Accreditation process in three steps: 1) programme proposal, 2) accreditation, 3) evidence in the Swedish Prison and Probation Service

- Accreditation is conducted from six set criteria:
  - 1) a clear theoretical model of change,
  - 2) client selection
  - 3) expected change in dynamic risk factors
  - 4) intensity and responsivity
  - 5) treatment integrity
  - 6) evidence in the Swedish Prison and Probation Service
Background and current status (RVP) – treatment program for domestic violence offenders

- Individual treatment program
- Developed within the Swedish Prison and Probation Service
- Conducted both in probation and prison settings
- Pilot study 2015-2017
- Accredited in December 2017
- Planning for an efficacy study
Treatment for *partner abuse* – evidence today

- None or small treatment effects
- No evidence that a certain treatment is superior to others
- Hard to differentiate between treatment programs
- Methodological shortcomings. Difficult to draw conclusions and interpret studies
- Homogenous treatment - heterogeneous target group

(Babcock et al., 2004; Feder et al., 2008; Stover et al., 2009; Akoensi et al., 2011; Smedslund et al., 2011; Miller et al., 2013; Eckhardt et al., 2013; Arias et al., 2013)
Premises for the new programme

- Based on what is effective for other types of criminal behavior, (RNR and CBT)
- Focus on prominent risk factors for domestic abuse. Dynamic criminogenic needs, possible to affect through psychological treatment.
- Heterogeneous target group. Need for a flexible content and approach
- Gender inclusive
Target group

- Clients in prison and the probation service convicted for domestic violence towards one or several persons with whom they are related

- Related persons – current or earlier partners in hetero- or homosexual relationships, parents, children, siblings or other family relations

- All types of violence and other abuse that can occur in relationships (physical violence, sexual violence, psychological and emotional abuse)

- Gender inclusive
Treatment dose and intensity

| • Adjusted to the client according to RNR |
| • 25-40 sessions |
| • 1-2 session a week |
| • 60-90 minutes per session |
| • Assignments between sessions |

The treatment is considered complete when all phases and themes are finished.
Programme construction

- Strong focus on alliance, motivation and personal change
- Based on client specific, goal oriented and treatment guiding case formulation
- Structured – phases, session agenda, themes with specific change models
- Work with alcohol and/or drug use if related to domestic abuse
Treatment process outline

Phase I
Alliance, motivation and assessment

Phase II
Exploration and change of crimonogenic needs within the themes

Phase III
Future risk management and maintenance of change
Case formulation

Context analysis
- Mutual violence
- Harassment from partner
- Alcohol and drugs in the relationship
- Discontent and conflicts

Valued direction, Personal goals, Treatment goals, Strengths, motivation and resources

Emotion regulation

Jealousy/Extreme pre-occupation

Alcohol & drugs

Attitudes supporting violence

Self control

Criminogenic needs

Communication & conflict resolution skills

Anti social peers

Contributing background factors
- Depression, trauma, PTSS, ADHD, Personality disorders Attachment
General model of change

Alcohol/drugs

Relational patterns
- Communication
- Problem solving
- Leave/stay decisions

Emotional stability
- Emotional regulation
- Self control/
- Anger management
- Stress/life style

Attitudes
- Acceptance and values
- Why am I in a relation?
- Attitudes towards women, men and children
- Relational expectations

Alcohol/drugs
Theme: Relational patterns

Goals
- My goals
- Compromising
- Our common goals

Self respect
- Assertiveness
- Valued direction
- Leave/stay decisions

Relation
- Positive communication
- Reading the other
- Repairing
Alcohol and drugs

- Dialogue and exploration of consequences of the client´s use of alcohol and/or drugs and it´s impact on domestic violence behavior
- Acute stabilisation planning – temporary relapse prevention plan
- Alcohol and/or drug use calender (time-line follow back)
- Application of treatment strategies from the different themes
- Other treatment programs for substance abuse within the prison and probation service or referral to external complementary treatment providers, parallel to or after the programme
Case study: Male client 47 years
Thank you for your attention!

david.ivarsson@kriminalvarden.se