

Collection of good practices/treatment programs

Domestic violence

1 Introduction

The rationale behind developing an overview of perpetrator programmes on domestic violence within the prison and probation service is that the identification of relevant approaches can serve to inspire policymakers and practitioners elsewhere. This mapping is a result of the first expert group meeting on Domestic Violence in 2019. Domestic violence is a problem all over Europe and programmes developed in one EU country might be useful also for another country. There is a clear need for many EU countries to develop methods for dealing with domestic violence cases and perpetrators. The aim of this mapping is to encourage further development and cooperation in this important field. This overview therefore shall not be seen as a blueprint that can be applied anywhere, but rather to encourage innovation and analysis among potential users and beneficiaries. This collection aims further at bringing together policymakers, practitioners, beneficiaries and other experts that face similar challenges.

The aim of this specific format is to collect information about perpetrator programs and practices in the area of treatment of domestic violence offenders.

Guidance template (Please fill in one template for each programme that you deliver.)

	Explanation
Name of the perpetrator programme	Education groups for men who batter – The Duluth Model.
Owner/developer	Fundacja im. Stefana Batorego, Poland. Prison department under

Year	the Ministry of Justice of The Republic of Lithuania. It is based on the programme of the Domestic Abuse Intervention Project located in Duluth, Minnesota, USA. In Lithuania the programme started apply 2013, was approved 2016 and is still running mostly in probation service.
Geographical scope	Is delivered in the majority of the lithuanian probation departments all over Lithuania, and at the moment two (2) prisons and one (1) remand prison.
Key features of the perpetrator programme	<p>The specific aims of the programme are:</p> <ul style="list-style-type: none"> · help participants understand what violence is; · to get their own understanding of their violent acts against their loved ones; · recognize warning signs of violent behavior; · to develop a "security plan" to prevent the use of power and violence; · to acquire new skills for dealing with family conflicts without aggression; · to teach how to build a family partnership and use the help of others; · to teach the skills of expressing constructive feelings. <p>Programme is designed for 2 individual and 24 group sessions once a week. Group sessions are divided into 8 thematic blocks. Each block is assigned three sessions.</p> <p>The programme does not accept:</p> <ul style="list-style-type: none"> - mentally unhealthy; - problem gamblers; - individuals addicted to alcohol and drugs who have not completed their basic rehabilitation course; - persons who are not domestic violence offenders. <p>Group and individual sessions require two people group leaders (male and female). This prevents sessions from forming a so-called "men's club meeting", demonstrates the cooperation between a man and a woman and creates an opportunity to present a woman's point of view.</p>
Risk assessment	OASys, SARA, B-SAFER if offender is in prison or remand prison or if person is on probation in probation service (in Lithuania not all persons on probation register are sentenced to probation).
Target group	Low to high risk of re-offending, men and women (groups of men and women are separate). Participation may be voluntary or mandatory, include all forms of domestic violence. Program participants must be convicted of violence against an intimate partner.
Theory/Methodology used	The feminist theory underlying the Duluth Model is that men use violence within relationships to exercise power and control. This is illustrated by the "Power and Control Wheel," a graphic typically displayed as a poster in participating locations. According to the Duluth Model, "women and children are vulnerable to violence because of their unequal social, economic, and political status in society." Treatment of abusive men is focused on re-education, as "we do not see men's violence against women as stemming from individual pathology, but rather from a socially reinforced sense of entitlement." The program's philosophy is intended to help batterers

	work to change their attitudes and personal behaviour so they would learn to be nonviolent in any relationship.
Individual or group programme	Group format with two individual sessions.
Duration of the perpetrator programme	The program begins with first two individual sessions, during which a participant security plan is drawn up. Then 24 group sessions continued (once a week, in prison and probation). Risk level does not affect length of programme.
Victims safety	Clients must provide contact details of victim during the first individual session. During the programme, program leaders contact the victim as needed provides information about the progress of the participant. The victim may be invited to assess the progress of the client.
Monitoring and training	<ul style="list-style-type: none"> · Relevant academic education is optional. · Motivational Interviewing based program Behaviour-Conversation-Change training (4 days). · Training program Education groups for men who batter – The Duluth Model (3 days). · Supervision once every 6 months (continually).
Evaluation	Education groups for men who batter – The Duluth Model programme in Lithuania was evaluated 2015 by Lithuanian University of Health Sciences. Positive effects on changing violent behavior and reducing alcohol use. ⁱ
Transferability	Education groups for men who batter – The Duluth Model programme is adapted to a Lithuanian context. Programme is owned by Fundacja im. Stefana Batorego, Poland. Original manuals are written in Polish. Polish manual also is translated to Russian and Lithuanian languages. In Lithuania we use all these manuals, because we have all three participant groups.
Digitalisation	Programme manual is in digital form.
Volume	In 2018, 2117 persons participated in the programme, of which 1793 completed the programme.
Lessons learnt	It is very important to comply with the program requirements: the program must necessarily be conducted by a man and a woman; it is very important to get participants to do their homework and to do non-violent demonstration exercises. Only motivated clients are required to participate in the program, so several motivational interview sessions or a motivational program Behaviour-Conversation-Change are required before the program. Program supervisors need regular supervision at least once every 6 months and additional teamwork training. A broader presentation of the program to the local community and organizations working with victims of domestic violence is needed.
Current status	The programme is being developed with the involvement of municipal authorities and volunteers.
Other initiatives on	Clients with substance misuse problems, mental health issues or



Domestic violence?

other problems can have parallel support or treatment. Usually by external instances.

1

Intervencinės programos smurtautojams šeimoje. Veiksmingumo vertinimo tyrimo ATASKAITA. Kaunas: LSMU, 2015.

