### ASSESSMENT PART B

#### TOOLKIT FOR MEN

**BEHAVIOUR MONITORING BOX**

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<thead>
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<th>Topic</th>
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<tbody>
<tr>
<td>TOPIC 1: ASSESSMENT &amp; INTAKE</td>
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<td>TOPIC 2: DOMESTIC/INTIMATE PARTNER VIOLENCE</td>
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<td>TOPIC 3: ANGER/STRESS MANAGEMENT</td>
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<td>TOPIC 4: COMMUNICATION</td>
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#### COUNSELLING SESSION PROCESS NOTES

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
<th>Techniques</th>
<th>Feedback</th>
<th>Content</th>
<th>Factors</th>
<th>Stage of Change</th>
<th>Thoughts Expressed</th>
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</table>

#### CLIENT DATABASE

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Gender</th>
<th>Address</th>
<th>Phone</th>
<th>Initial</th>
<th>Stage</th>
<th>Current Stage</th>
<th>Techniques</th>
<th>Assessment</th>
<th>Exit Reason</th>
</tr>
</thead>
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### FORMS TO USE:

- **Assessment 1A:** Client Referral
- **Assessment 1B:** Partner Assessment
- **Contract 3:** Client Contract
- **Contract 4:** Confidentiality Policy
- **Assessment 1C:** Risk Assessment
- **Assessment 1D:** Safety Plan
- **Assessment 1E:** Client Assessment
- **Assessment 1F:** Aggression Questionnaire
- **Assessment 1G:** Gender Equitable Men Scale
- **Assessment 1H:** Substance Dependency Assessment
- **Assessment 1I:** Behaviour Monitoring Box
- **M & E 1:** Assessment
- **Database Form 1:** Forms for Counselling Session
- **Database Form 2:** Client Database
2. DOMESTIC VIOLENCE

Introduction – This session explores the client’s violent and/or abusive behaviour towards his partner (i.e., domestic violence). The session provides key information about types of behaviour that constitute domestic violence and about the effects of domestic violence on the victim and the client, as well as who the victim and who the perpetrator usually is. The session also gives information on the Cycle of Violence, and the regulation on domestic violence. It gives orientation on what the client can do to start addressing the issues of domestic violence.

Overall learning outcomes

<table>
<thead>
<tr>
<th>Knowledge –</th>
<th>Knowledge –</th>
<th>Skill –</th>
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</thead>
<tbody>
<tr>
<td>■ Understanding the concept of domestic violence, its causes, different forms, its effects and the cycle of violence</td>
<td>■ Understanding the concept of domestic violence, its causes, different forms, its effects and the cycle of violence</td>
<td>■ Ability to identify what types of behaviour constitute domestic violence</td>
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<tr>
<td>■ Understanding that domestic violence is a criminal act and that the abuser is 100% responsible for his action</td>
<td>■ Understanding that domestic violence is a criminal act and that the abuser is 100% responsible for his action</td>
<td>■ Ability to identify the consequences of violent behaviour</td>
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<tr>
<td>■ Understanding the characteristics of an abuser and the victim</td>
<td>■ Understanding the characteristics of an abuser and the victim</td>
<td>■ Ability to explain why domestic violence cannot be justified</td>
</tr>
<tr>
<td>■ Knowledge about the laws that regulate domestic violence</td>
<td>■ Knowledge about the laws that regulate domestic violence</td>
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Counselling activity 1: Understanding domestic violence

Introduction – Through this activity, the counsellor helps the client to understand what domestic violence is, how to identify the different forms of violence and how his behaviour constitutes domestic violence.

Specific learning outcomes

<table>
<thead>
<tr>
<th>Knowledge –</th>
<th>Attitude –</th>
<th>Skill –</th>
</tr>
</thead>
<tbody>
<tr>
<td>■ Knowledge about what behaviour constitutes domestic violence.</td>
<td>■ Acknowledge that all forms of violence are unacceptable</td>
<td>■ Ability to identify what types of behaviour constitute to domestic violence</td>
</tr>
<tr>
<td>■ Knowledge about different forms of domestic violence.</td>
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<td>■ Ability to recognise his own abusive behaviour</td>
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</tbody>
</table>

Time – 20 minutes

Method – Discussion (making some lists about the client’s answers)
Have a look at the visuals of different types of abuse (physical, verbal, sexual, emotional, psychological, spiritual and economic) pasted on the counselling room wall. (Hand-out 1: Beliefs about men and violence and Hand-out 2: Forms of Domestic Violence/Abuse.)

Discussion and questions –

**STEP 1:** Can you tell me exactly what happened the last time that you and your partner had conflict in your relationship? The very last incident that you can recall?

**STEP 2:** List the answers and prompt the client for more information in case he gives too little. If he does not speak about other types, mention this to him. For example, ask him if he was swearing at her, raising his voice, pointing fingers, etc. Use a flipchart sheet for the list if you can. This will help when you want to draw the Cycle of Violence later in Activity 2.

**STEP 3:** What do you know about domestic violence? Listen to and acknowledge his answers. Tell him that you will now help him to identify which behaviour constitutes domestic violence.

**STEP 4:** From the list of his behaviours, mention the first behaviour/action and ask him where he thinks this behaviour/action might match one of the seven types of abuse. For example, if he was swearing at his partner, see if he matches this swearing with verbal abuse. Then ask him how he thinks his partner might have felt when he used those ugly words? Could she have felt hurt by this? If he says “yes”, ask him whether this could be emotional abuse as well.

**STEP 5:** Follow the above process until all the behaviours on the list are covered.

**STEP 6:** At the end of the exercise, explain to the client that all the behaviours towards his partner that he has mentioned constitute what counsellors and the law call abusive behaviour and that this constitutes domestic violence. It is an abuse of power, which is never allowed.
**Conclusion** – Ask the client what he understood from this activity. His violent behaviour is what society calls domestic violence or gender-based violence or intimate partner violence. Domestic violence can be perpetrated in many ways. Irrespective of what form it takes, it remains unacceptable. Domestic Violence is not a private matter.

**NOTE:** If the client doesn’t mention domestic violence in his description of conflict, then the counsellor can ask him to describe his most violent incident and/or use the result from the intake session in this discussion.

### COUNSELING ACTIVITY 2: Cycle of Violence

**Introduction** – The focus of this activity is to help the client to understand the causes of domestic violence. Some causes mentioned by people are myths (false stories) used to justify the use of violence. Domestic violence is a repetitive form of violence, illustrated by the “Cycle of Violence” – the cycle can be depicted as the weather (sunshine = honeymoon phase; cloudy = tension building phase; lightning/thunderstorm = the violent incident, with circular arrows linking the different stages). This will guide the client to recognise that domestic violence occurs in repetitive cycles, and to understand the effects of his violent behaviour on his family.

### Specific learning outcomes

**Knowledge** –
- Knowledge about the Cycle of Violence
- Understanding the effects of domestic violence on himself and his family

**Attitude** –
- Acknowledging that violent behaviour is a choice
- Acknowledging that there’s no excuse for violent behaviour
- Acknowledging that violent behaviour has a negative effect on his family

**Skills** –
- Ability to recognise and break the Cycle of Violence
- Ability to identify the effects of Domestic Violence

**Time** – 30 minutes

**Method** – Discussion, list of general causes of domestic violence and list of local myths, handouts, Cycle of Violence.

### Discussion on the following questions –

**STEP 1:** Ask the client what he thinks the causes of domestic violence are.

**STEP 2:** Tell the client that we are now going to look at what happened before, during, and after a violent incident, using the last incident that he described in Activity 1. Review the Cycle of Violence diagram (See disc, Worksheet 10: Cycle of Violence). The idea here is to match what the client says to the various stages in the Cycle of Violence. Fill in the chart as you go along.

**STEP 3:** Now we are going to look at what we mean when we say that violence happens in cycles. Ask questions such as: Can you tell me whether there has been more than one violent episode between you and your partner? We don’t want numbers – this is just to demonstrate the repetitiveness of the cycle. How long was there an absence of violence (honeymoon phase) before tension started building up again (tension-building phase) and then eventually ended in a violent episode? Check for things like minor irritations and changes in the atmosphere in the home that happen in the tension build-up stage. Make sure that the client understands the cycle.
PART B

2. DOMESTIC VIOLENCE

STEP 4: Do you think that your family (your partner and your children) are affected by your abusive behaviour? Explore the behaviour of his children at home and at school – whether they show any fear of him, avoid contact with him. Ask about their results at school. Ask about his relationship with his partner. How does he feel after his abusive behaviour? Does he feel relieved, sorry, uncomfortable, ashamed and guilty?

STEP 5: Can you show me on the cycle, where it could and should be broken? (Hopefully, he can do this.) Ask how he will break.

NOTE: The honeymoon phase does not necessarily mean that the couple is back on honeymoon or resuming a loving relationship – it can simply be an absence of violence. The power and control wheel must be explained clearly and carefully to the client. Counsellors must be aware not to reinforce power and control (See disc Worksheet 14: Power & Control and Equality Wheels and below). When a client behaves in a certain way, it evokes an immediate response from the victim – in other words, his behaviour is “rewarded” immediately. This behaviour is then likely to be repeated and the same responses elicited. If the power wheel indicates, for example, that “withholding financial support” (economic abuse) is used as a mechanism to exert and maintain power and control, then the client will continue using this because it results in “rewards” for him. In other words, he gains from being in control – it works for him, so why would he release this power?

Conclusion – Please can you tell me what you got out of this activity? Make sure that the client fully understand the causes of domestic violence, including the misunderstandings, especially about the myths related to the causes of domestic violence. He should understand that, no matter what the justifications are, the use of violence is his choice that he is 100% responsible. We have also been looking at the cycle of violence, and a link has been made to the time-out technique in order to stop the violence. In this session we looked at the impact of violence not only for the partner, but also for the children – which should make the client make more aware of how far-reaching the consequences are.

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COUNSELLING ACTIVITY 3: Domestic violence from a legal perspective

Introduction – In this activity, the counsellor helps the client to understand that domestic violence is against the law and that (in addition to the consequences in Activity 2) he will face legal consequences for his abusive behaviour. Domestic violence is no longer seen as a private issue, but a topic in the public arena.

Specific learning outcomes

<table>
<thead>
<tr>
<th>Knowledge –</th>
<th>Attitude –</th>
<th>Skill –</th>
</tr>
</thead>
<tbody>
<tr>
<td>■ Understanding that domestic violence is a criminal act in terms of the law</td>
<td>■ Accepting that he will be held 100% responsible for his actions</td>
<td>■ Ability to recognise the legal consequences of his violent behaviour</td>
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<tr>
<td>■ Accepting that there are other options to using violence to resolve conflict</td>
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Time – 20 minutes


Questions to be discussed –

STEP 1: Do you know that there are laws on domestic violence in this country?

STEP 2: Briefly, in easy-to-understand language, explain to the client what the law says about domestic violence, as well as what the consequences are for people who are found guilty of domestic violence (prison sentence, etc.). Link this legal consequence to the effects of domestic violence on the partner and children (partner can leave/divorce him; children will lose respect for him; if he is employed, he could lose his job; friends could be upset with him, etc.). So it’s not just the legal consequences that are serious, but also the social, emotional and economic consequences.

STEP 3: Ask him if he has any questions. Does he understand the seriousness of domestic violence?

Conclusion – Summarise the content covered in this session. The most important lesson is to understand that domestic violence is a criminal act for which he can be taken to court. Besides legal consequences, the social, emotional and economic consequences were addressed – for himself, as well as for his family.

Homework – Read the following:

Hand-out 2: Different forms of Domestic Violence
Worksheet 10: Cycle of Violence Model
Worksheet 14: Power Wheel
The Limitations of the Cycle of Violence Model in explaining Domestic Violence:

The Cycle of Violence has been used widely as a model for understanding violent behaviour and, while it has been useful in moving away from old notions about violence being caused by communication problems in a relationship, it does have limitations.

- Even though the cycle of violence occurs in most violent relationships, the time between each violent episode may vary from days to weeks and months.
- Not all women experience violence in this way. Many women do not experience a "Honeymoon Phase".
- It focuses only on the violent incident itself and does not take into account that controlling behaviour may be occurring all the time.
- It also fails to take into account all the other forms of domestic abuse such as sexual, verbal, psychological, spiritual, economic or social factors that contribute to a violent relationship.
- It leads to a focus of intervention where the abuser is taught to control his violent behaviour through anger management. This does not address the underlying attitudes and beliefs about the status of women.