**Summary**

Domestic Violence: The Effectiveness of Intervention Approaches to Stop Perpetrators’ Violent Behaviour

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Domestic violence perpetrator intervention programmes play a significant role in reducing and stopping violent behaviour. Interventions challenge perpetrators to understand the consequences of violence on family members. The purpose of this article is to investigate how existing domestic violence perpetrator intervention approaches and models effectively reduce and stop perpetrators’ violent and abusive behaviour. This investigation hopes to help the facilitators in interventions recognise how some intervention techniques might be more efficient based on the participants’ circumstances and characteristics. Different strategies and approaches have been used in domestic violence interventions. This research focuses on the importance of implementing integrated approaches based on the risk factors and perpetrators’ characteristics and needs. The major purpose of this article is to illustrate the importance of using integrated and pluralistic approaches together to end perpetrators’ violent behaviour. It is suggested that an integrated cognitive-behavioural approach, motivational interviewing and culturally-sensitive approaches can increase the success of domestic violence perpetrator interventions.

Several scholars argue that different types of intervention approaches should be implemented to reduce and end domestic violence. The law of 6284, the Protection of the Family and the Prevention of Violence Against Women is important for ensuring the security of the family members as this law includes critical and vital protective orders for survivors in Turkey. Moreover, this law tries to make the perpetrators accountable for their violent and abusive behaviour by restricting them to stay with family members in the same home or even prison sanction. To provide effective domestic violence intervention programmes, the effectiveness of intervention approaches will be detailed in the following sections.

Feminist theories and cognitive-behavioural approaches are the main approaches to understanding and preventing men’s violent behaviour in many interventions. For example, the Duluth model (Pence and Paymar, 1993) and cognitive-behavioural approaches (Murphy and Eckhardt, 2005) play a significant role in reducing violent behaviour and encouraging the men to implement healthier and respectful attitudes towards their partners. Even though there is no systematic intervention programmes or centres for perpetrators of domestic violence in Turkey, this article pays attention to the existing domestic violence perpetrator intervention approaches in developed countries and their effectiveness in stopping violent behaviour. When we are aware of the effectiveness of intervention approaches, then we can implement appropriate intervention strategies based on the participants’ needs.

**The effectiveness of intervention approaches**

The Duluth model is a form of the feminist social-psychological approaches and this model emphasizes the importance of reducing gendered-based violence by focusing on power imbalance in an intimate relationship, the patriarchal social structure and men’s privilege (Pence and Paymar, 1993). Furthermore, the Duluth model pays attention to the importance of developing a more egalitarian intimate relationship for a healthy and respectful environment in a family setting (Pence and Paymar, 1993). Cognitive-behavioural approaches include many intervention techniques. The main techniques are anger management, time-out strategy, developing relationship skills and changing the beliefs around the patriarchal structure to end domestic violence (Christopher Mark Murphy and Eckhardt, 2005). As seen in these techniques, there are some differences between these approaches. For example, while feminist approaches focus more on patriarchal structures and gendered attitudes, cognitive-behavioural approaches concentrate on the risk factors for violent behaviour such as belief systems, genetic structure, patriarchal social structure, substance abuse and psychopathological factors (Allen,
aggression or violent behaviour, it has also been ob-
served that anger is not always associated with violent
and abusive behaviour. For example, it has been pointed
out that aggression might occur without anger (Howells
et al., 2005). As a result, many different situations and
conditions around violent behaviour should be investi-
gated to provide a comprehensive assessment. It is rec-
ommended that anger management techniques should
be taken into account during interventions if the reasons
for violent behaviour are associated with the elements
of anger.

In the cognitive behavioural approaches, the most
frequently used technique is a time-out. Time-out is an
interruption technique that aims to avoid applying vio-
 lent behaviour. The technique of time-out is one of the
important ways to stop violence (Wistow, Kelly, and
Westmarland, 2016). The method of time-out teaches
people to leave their environment as soon as they realize
that there is a possibility of being violent when they feel
angry. In such cases, when the person leaves that envi-
ronment, this can help him to control himself and not to
apply violent or abusive behaviour. Some studies have
been conducted to understand whether this technique
is useful or how effective it is. For example, Gondolf,
(1987) found that time-out technique helps the perpetra-
tors to stop violence by assisting them to control their
behaviour. However, time-out can be successfully imple-
mented if perpetrators hold a certain level of self-effica-
cy and confidence about being able to apply this tech-
nique (Gondolf, 1987).

Culturally-sensitive approaches
According to the culturally-sensitive approaches,
the individuals who have migrated a new country need
to develop their information about the structure and rules
of the new society to understand a new cultural envi-
ronment (Aldarondo and Castro-Fernandez 2008). When
they learn the new rules and law in a new society, they
can recognize their misconceptions about domestic vi-
olence. Culturally-sensitive approaches might help de-
velop healthy and respectful emotional relationships for
perpetrators of different cultural and ethnic backgrounds.
Therefore, the professionals who work with these groups
should not be prejudiced against them and that they
should not perceive the violence as a cultural issue (Al-
darondo and Castro-Fernandez 2008). As a result, it is
emphasized that violence against women and violence in
the family are considered as violations of human rights
and necessary intervention services should be provided.

Discussion
In the above sections, the effectiveness and bene-
fits of motivational interviewing, cognitive-behavioural

Motivational interviewing
Given some characteristics of common approaches
(e.g. Duluth model, feminist approach and cognitive-behavioural approaches) in domestic violence perpe-
trator interventions, the examination of the effectiveness
of motivational interviewing in interventions might be
beneficial as this has been recently paid attention in do-
meric violence field. For example, motivational inter-
viewing highlights the importance of the participants’
motivation and enthusiasm in implementing new and
non-violent behaviour. Motivational approaches focus
on the perpetrators’ readiness to change in interventions
(Musser, Semiatin, Taft, and Murphy, 2008). A great
number of researchers found that perpetrators are often
unwilling to participate in interventions and change their
behaviour (Daniels and Murphy, 1997; Prochaska and
DiClemente, 1982).

In recent years, strength-based approach has been
identified as one of the most important approaches (Sim-
mons and Lehmann, 2009). According to strengths-based
approach, the techniques should focus on the person as
a whole and consider the individuals who hold their
strengths and abilities to develop themselves in a safe
environment (Simmons and Lehmann, 2009). Increasing
awareness about themselves plays an important role in
strengthening interpersonal relationships. As a result,
individuals who are ready to change can dramatically
benefit from intervention services because they hold the
level of motivation.

Cognitive behavioural therapy
The major techniques in cognitive behavioural
therapy include anger management techniques and time-
out. These techniques will be identified as important and
common interventions in reducing and ending violent
and abusive behaviour. Their effectiveness on the perpe-
trators’ behavioural change process should be examined
by recognising their benefits as well as limitations during
interventions.

Anger management is one of the important inter-
vention approaches in the process of domestic violence
perpetrators interventions (Howells et al., 2005). While
some findings stated that anger management techniques
are effective, there are some questions about the level of
success of these techniques among some perpetrators of
domestic violence (Howells et al., 2005). Even though
some studies found the relationship between anger and
aggression or violent behaviour, it has also been ob-
therapy and culturally-sensitive approaches on perpetrators of domestic violence are examined. As a result of this study, it is concluded that the combination of and multiple approaches could achieve more effective and positive outcomes. It is recommended to apply the techniques as an integrative way based on the participants’ unique needs. Four factors have been identified as important risk factors for violent behaviour. These are anger, personal problems and personal history based on environmental, cognitive and emotional issues. While these four reasons are stated as important risks for violent behaviour, many other factors related to personal-family or societal issues might be involved in the perpetrators’ violent behaviour as risk factors. When the facilitators recognise these risk factors around violent behaviour, they can use the most appropriate interventions techniques. This can ensure the effective interventions for perpetrators of domestic violence.