

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 inter-

ventions. 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,

Christopher, 2010; Erica M Woodin and Leary, 2009). Therefore, these different emphasis of the approaches needs to be well recognised and applied based on the participants' needs during interventions.

Motivational interviewing

Given some characteristics of common approaches (e.g. Duluth model, feminist approach and cognitive-behavioural approaches) in domestic violence perpetrator interventions, the examination of the effectiveness of motivational interviewing in interventions might be beneficial as this has been recently paid attention in domestic violence field. For example, motivational interviewing 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 (Simmons 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 perpetrators' behavioural change process should be examined by recognising their benefits as well as limitations during interventions.

Anger management is one of the important intervention 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-

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 investigated to provide a comprehensive assessment. It is recommended 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 violent 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 environment, 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 perpetrators to stop violence by assisting them to control their behaviour. However, time-out can be successfully implemented if perpetrators hold a certain level of self-efficacy and confidence about being able to apply this technique (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 environment (Aldarondo and Castro-Fernandez 2008). When they learn the new rules and law in a new society, they can recognize their misconceptions about domestic violence. Culturally-sensitive approaches might help develop 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 (Aldarondo 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 benefits of motivational interviewing, cognitive-behavioural

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.