

Allies in Change Counseling Center

Common Differences Between Anger Management and Batterer Intervention Programs

Anger Management

- Anger** is viewed as the primary problem.
- Primary focus is on managing the **emotion**.
- Abuse is seen as due to a **loss of control**.
- Intervention is **short term** (2-16 hours).
- Little attention given to the consequences.
- Generally **no identified victim(s)**.
- No **addressing of empathy** for the victim.
- There is **no outreach** to the victim.
- Little or no attention given to accountability.
- Non-confrontational**. Denial is not addressed.
- Emotionally unprovocative.
- Gender is not considered to be an issue.
- It is viewed as a **personal mental health** issue.
- Intervention is confined to the specific service provided.

Batterer Intervention

- Abuse and control** are viewed as the primary problem.
- Primary focus is on changing the **beliefs and behavior**.
- Abuse is seen as due to a **taking of control**.
- Intervention is **long term** (40-100+ hours).
- Repeated reminders of the damage caused.
- There are **identified victim(s)**.
- Empathy building** for victim is common.
- Referrals** are provided to the victim.
- Accountability is paramount.
- Confrontational**. Denial is regularly targeted.
- Emotionally demanding and intense at times.
- Sexism and gender socialization are viewed as significant factors.
- It is viewed as a **social, societal** issue.
- This intervention is viewed as just one part of a larger coordinated community response.

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