

MEN WHO BATTER: A MODEL FOR GROUP INTERVENTION  
INTO THE PROBLEM OF DOMESTIC VIOLENCE

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A THESIS

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INTRODUCTION

Domestic violence is not a new phenomenon to our society, but until recently it has been a rare topic for research or literary concern. Men who physically abuse others outside the family are labeled as criminals, but men who abuse their wives and girlfriends have not been labeled as harmful to society. What goes on behind the closed doors of the home has been sacred and sanctioned by society.

Who is the man who beats his wife? Probably the man next door, a hardworking family man who appears by all standards to be a 'regular guy'. Police, courts, neighbors, friends, and clergymen are reluctant to become involved in domestic squabbles, for the home is a man's castle; he is the king of this domain. Only since the recognition of child abuse and advocacy in children's behalf has society begun to face the stark realization that the home and family are not a safe harbor against all harm. "The concept of the family . . . as a source of nurturance and mental health . . . is the most frequent locus for violence of all types . . ." (Hilberman, 1980, p. 1337). Fifty percent

of American families are estimated to experience some form of family violence during the course of their lifetime and . "husband and wife violence is thought to represent the largest number of physically aggressive acts among family members" (Star, 1980, p. 341).

Women have been victims of men's abuse throughout history, but only the advent of the women's equal rights movement has the problem of domestic violence emerged. After the publication of Erin Pizzey's Scream Quietly Or the Neighbors Will Hear, people began to speak out publicly against abuse of women by their husbands. Shelters for abused women began to spring up from a grass roots movement of dedicated volunteers, many of whom had been battered themselves. Through the efforts of these volunteers, women who were receiving both physical and psychological abuse in the sanctions of their own home could find relief from terror that had become a part of their everyday lives. Now that this movement is on firmer ground, attention can be turned to the man who has caused his wife to seek safety and shelter from the violence she daily fears.

Need Statement

The impetus for this study grew from a paucity of knowledge and understanding of men who batter women, as well as the need to know how the violence could be controlled and diminished. Before the 1970's, little professional literature was devoted to the subject of domestic violence. Through the work with abused women, professionals are now learning about the men who abuse them; but little work has been done directly with the men. With the advent of organizations such as Focus in North Carolina and Emerge in Boston, groups of men who batter are coming into being. These groups reach out to the men who, as the abused women, had no place to turn for assistance. Bob Wald, a co-founder of Emerge, the first group in the country for men who batter, spoke with the author concerning the need for more groups to be started. Although Emerge has not conducted a formal research project to measure the effectiveness of their treatment, the group has found a need in their community and are now servicing many men who batter. The Emerge group is seeking a means of sharing innovative intervention techniques with other groups around the country.

Few understand the dynamics of the man who batters his wife or sympathize with his plight. He is a victim in his own right, a victim of the inability in himself to



cope with stress and maintain control of his anger. He vents his frustration and anger on the very person who should be able to provide support during stressful times. Help from outside sources has not been readily available, as there is a "lack of willingness to shatter the image of the ideal American home" (Dvoskin, 1978, p. 338).

Throughout the literature that has been written on the subject of the abused woman and her batterer, four basic assumptions emerge. First, men who batter come from every socioeconomic and sociocultural class. Domestic violence is experienced in all socioeconomic classes, although there seems to be a higher incidence among the poor, perhaps because of added stress (Martin, 1976; Steintmetz, 1978). Secondly, most men who batter adhere to a strong sex-role stereotype which views anger and force as manly. Physical abuse is used to punish those women who fail to meet their husband's role expectations of them (Bell, 1977; Hilberman, 1980; Martin, 1976; Walker, 1979). Thirdly, both partners hold a poor concept of themselves, consequently, neither think that one can function without the other. Each seems to need the relationship, no matter how violent, in order to function as a whole. The woman sees herself as helpless and wonders what she has done to cause the explosions. The man fears the loss of his job, his wife, etc. There are

fears concerning his masculinity, therefore, he chooses to convey to the world and himself that he is manly through the use of violence (Elbow, 1977; Nelson, 1977; Segal, 1976; Walker, 1979). Fourthly, men who batter are engaging in a closed, undifferentiated system with their wives. Both live in isolation, having only the partner to meet his or her needs. If the woman tries to break out of the cycle, the man may become remorseful about his acts, or he may become violent (Walker, 1979).

In order to preserve the marital relationship and keep the family the cornerstone of our society, steps must be taken to help both partners become individuals in their own right and to maintain a more open relationship with each other. Scott (1974) states that achieving a good marital relationship is a most difficult task, one that demands that each partner must compromise. "Failure to show this capacity to defer or to be unselfish inevitably leads to conflict and conflict can build up to the point of violence" (Scott, 1974, p. 433).

#### Statement of the Problem

The purpose of this work is to set up a model for group intervention into one component of domestic violence. The proposed group will work only with men who batter, in

an effort to intervene into this facet of the battering relationship. The work is based largely on a pilot project, now in progress, which was developed by several persons interested in the man's role in domestic violence. The overall purpose of the model is to examine certain areas of functioning in the men who identify themselves as batterers. The areas that will be examined are: (1) sex-role stereotypes held by men who batter; (2) self-concept; (3) degree of self-differentiation; (4) background history. The first three will be examined when a man enters and at the completion of the group.

The major question addressed ultimately is: Can a group experience assist men who batter in changing certain attitudes and ideas and lead to a lessening of the incidence of domestic violence? Hopefully, the model, when put into practice, can answer this question affirmatively. Several case histories are examined.

#### Definition of Terms

To understand the intent of the model, certain terms and concepts are to be defined. Although many of these words connote several meanings, each is defined in specific terms.

\*Domestic violence -- defined as it is by law as "an act of physical violence, including the forceful detention of a victim by a person with whom the victim is or was living in a relationship of husband and wife . . ." (Benedek, 1979, p. 47). This term will also be used interchangeably with the term "family violence."

\*Abused wife -- a woman who is subjected to any type of physical injury as a result of assaults by her spouse. These injuries may range from minor cuts and bruises, to broken bones, to serious threats to life.

\*A man who batters his wife -- any male who deliberately assaults his spouse with the intent of inflicting bodily harm.

\*Spouse -- any man or woman who is living or has lived with a man or woman in a marital relationship whether it be legal or not.

\*Sex-role stereotype -- the rigid, unchanging, and clear view of each person's role in a relationship according to the sex of that person, which usually contains negative features, and is resistant to counter-evidence.

\*Self-conceptions -- a person's structure of self-conception comprises all of his/her self-reflections; that is any thought, idea, cognition, or evaluation of him/herself.

\*Self-differentiation -- the degree that each man can function independently of his spouse by utilizing his own resources or other persons in his environment to pursue pleasures and interests outside of the home, and those he chooses to voluntarily share within the family.

#### REVIEW OF THE LITERATURE

The literature reviewed pertains only to certain areas of domestic violence. The four areas to be explored are historical background of domestic violence, women in the battering relationship, men who batter, and intervention into their relationship. In the exploration of the topic of domestic violence for the purpose of research, there was found to be few actual studies done with men who batter. All information was gained from the abused women themselves or exposure in some other manner (Coleman and Weiman, 1981; Ganley and Harris, Note 5).

Margaret Elbow (1977) states that "the human being and the family are systems which attempt to maintain equilibrium . . . and develop (learn) coping mechanisms to maintain the homeostasis" (p. 516). Threats to the system's equilibrium may come from inside or outside the system, or from both sources. If the system's coping mechanism fails, then the individual finds it difficult to control his

aggressive feelings and violence may erupt. "Violence arises from a sense of helplessness or powerlessness" (Elbow, 1977, p. 516).

Throughout history the incidence of physical violence has been greater among family members than any other individuals. One-fourth of all murders occur within families and one-half of these are husband-wife killings (Jacobson, 1977; Walker, Note 7). "The American nuclear family . . . is the most violent civilian institution . . . with wife-beating the most unreported crime" (Dworkin, 1978, p. 31). Wives are usually too embarrassed to report a beating, as they are reluctant to shatter the image of the American home. "As early as 753 B.C., married women were defined as necessary and inseparable possessions of their husbands" (Hilberman, 1980, p. 1337). The power of women in their families came from their role as the caretakers of the children and as the primary teachers of traditions, customs, and values. Men have felt a strong need throughout time to control women's power and keep them in a submissive female role (Bayes, Note 1). The official tolerance of chastising one's wife goes back to the ancient times 'rule of thumb' which gave a husband the right to punish his wife with a stick no thicker than his thumb (Gingold, 1976; Hilberman, 1980). 'Rule of thumb' was recognized by the

laws of the church and state because the man was held responsible for a woman's actions, therefore, it was also his right to discipline. The specific punishment was left to the informal customs of each community (Martin, 1975). History views the woman as inferior to the man and the "institution of marriage serves to deprive the women entering it of certain social and legal rights" (Dvorskin, 1978, p. 339).

Throughout the ages, the institution charged with upholding the laws of society has been reluctant to process cases of wife abuse because of the history of man's power over the woman, and because of his position as 'king of the castle.' More police officers have been killed when answering calls pertaining to domestic disturbances than any other official call. Usually they are reluctant to arrest a man for, in most cases, the woman has later failed to pursue the charges. On the whole, law enforcement officers try to smooth over the differences and ignore the wife's pleas for protection (Dvorskin, 1978; Gingold, 1976).

Judges are reluctant to issue a warrant for the arrest of a man after only one incident of beating. A woman is asked to show a history of abuse even though she may exhibit injuries ranging from bruises, cuts, and concussions, to miscarriages (Langley, 1977). 'A judge isn't going to

put a guy who makes a living in jail and his wife on welfare" (Gingold, 1976, p. 94).

The oldest question pertaining to domestic violence is: Why would a woman remain in a relatively dangerous relationship when there are other resources? There are complicated dynamics involved in answering such a question and several factors have to be considered, as well as their interrelatedness. Until the shelter movement in the 1970's, there was virtually no place for a woman to go for protection. Friends and families were reluctant to become involved. In addition, there existed a lack of understanding by police, courts, and agencies (Gelles, 1976; Segal, 1976). Unless a woman had inner strength to go out on her own and face economic and psychological hardships, she was locked into an abusive relationship. Few women, much less abused women, have such strength. Bell (1977) has listed seven reasons why women remain in the violent relationship: (1) low self-concept; (2) thoughts that the husband might change his behavior; (3) economic dependence -- no marketable skills; (4) need for child support; (5) doubts concerning living by oneself with the financial responsibility for herself and/or the children; (6) stigma of divorce; (7) plans for daycare. Other authors, although in agreement with Bell, also cite as reasons for leaving the battering relationship



the woman's love for her husband and her desire to maintain the marriage, as well as, her hope that he will change (Bayes, Note 1; Gelles, 1976; Segal, 1976).

Barbara Star (1980) found that many women internalize the blame for the battering episodes and feel that it was entirely their fault. Quite the contrary, "the batterer's actions are never warranted by the actual triggering event" (Shainess, 1979, p. 175). Usually a minor incident sets off the battering episode and the woman is in a 'no win' situation. Star (1980) also found the victim to be passive in interpersonal relationships, expecting others to come to her defense and act on her behalf. As in the locus of control theory, the woman feels that she cannot take a stand to change her situation or the environment. She is always on the defensive never the offensive.

The victim additionally is described as socially isolated with little or no support from friends or relatives and shows little interest in participating in outside activities. She has become compliant in the relationship believing that it is the only way to survive. The man mistakes her compliance for approval of his actions and continues the violence. The wife continues her loyalty to their relationship; not wanting it to end but only that the abuse cease.

The battering incident itself is usually a short occurrence but the women live in constant fear of the next one. Walker (1979) found that there appears to be a cycle within the violent situation. In the first stage, the man becomes irritable and frustrated, and tension builds. Then, minor battering incidences occur. In the second stage, comes the big explosion of anger, which is the actual battering episode. The third stage finds the batterer feeling sorry for his actions and becoming frightened that the woman might leave. This is the 'good time' in the marriage and the phase that keeps the woman hoping that he has changed and that there will be no more abuse.

The man who becomes an abusive personality with his wife is usually a law abiding citizen viewed by his friends and colleagues as a 'good guy'. Beyond the facade lies a man who, as Martin (1979) states has

an aura of helplessness, fear, inadequacy, and insecurity. . . . The man who is losing his grip on his job or his prospects may feel compelled to prove that he is at least the master of his own home (p. 45).

He uses violence to maintain his power position in the family, to feel good about himself, and to have control over something in his life (Hilberman, 1980).

Most husbands who abuse their wives come from a background of violence, usually in the form of observing violence against their own mothers as children (Coleman and Weiman, 1981; Nelson, 1977; Segal, 1976). Gayford (1975) found in his study of domestic violence, that fifty-one percent had been exposed to violence as a child. Many theorize that the violence a man expresses towards his wife is a learned behavior (Dworkin, 1978; Gayford, 1976; Gelles, 1976; Star, 1980).

There are several characteristics that batterers share in common. Many of these men who turn their marriage or intimate relationships into violence are persons who exhibit low self-esteem and are closed off emotionally from others (Bell, 1977; Davidson, 1977; Elbow, 1977; Segal, 1976). They are insecure in most relationships and feel their dependence on their wives is unmasculine. They must forever prove to others that they are manly in every sense (Nelson, 1977; Segal, 1976). If they get too close to their wives, they become frightened and the explosion of abuse drives them apart to a safer distance in the relationship (Donahue, Note 3). Usually, these men adhere to strict role expectations for both husband and wife, with the male being the provider and decision-maker and the wife being the caretaker

and subservient to his will (Bell, 1977; Davidson, 1977; Elbow, 1977). When neither lives up to these expectations, the man feels threatened and strikes out in order to punish. "This man has the image that he has to be in control, but in control of what? Himself basically . not his wife" (Donahue, Note 3). During the violence he feels powerful and also feels that she needs to be punished. He projects all blame onto his wife and fails to see his own part in the abuse (Elbow, 1977; Star, 1980). He might also blame alcohol, which may play a role in the abuse, but as Richard Gelles, sociologist, suggests "men use drinking as a disavowal technique. The husband knows he'll be released from responsibility, both by his wife, and by the rest of society" (Gingold, 1976, p. 54).

The abusive man is extremely possessive and jealous of his wife and her activities. The couple becomes isolated from others and becomes enmeshed in an undifferentiated relationship. They become unable to function independently from each other (Elbow, 1977; Gayford, 1975, Star, 1980). The man may question his wife's fidelity and may become almost obsessed with her whereabouts at all times. He is also fearful that she may leave the relationship at which point he may become remorseful and loving (Davidson, 1977; Segal, 1976).

Elbow (1977) in her work with domestic violence in families, describes four different types of abusive men. The first she labels as the "Incorporator." He is the man who depends on his wife to meet all his needs, which are insatiable. "His goodness depends on her; she must always fill his voids" (Elbow, 1977, p. 503). Murray Bowen describes this relationship as "an intense degree of ego fusion or undifferentiated self" (Elbow, 1977, p. 523). In the battering episodes in which he is involved, he speaks of lacking control of himself. He depends on his wife for control and to help him feel whole.

The second type is the "Approval Seeker" who has high expectations of himself but can never live up to them. His self-esteem depends on others and his good feelings about himself come from those around him. If his wife is unhappy it is his fault and he becomes very sensitive to what others are feeling. He is always trying to please.

The "Defender" is quite self-righteous and likes women who are weaker, in order to protect them. He needs someone to depend upon him totally and live by his strict standards of behavior. He is the giver in the sexual relationship and head of the family. Self-sufficiency in the wife is not tolerated.

The fourth type is the "Controller" who uses people for his own gains and blames others if things go wrong. He feels no sympathy for others and controls his wife's activities and money, thereby tolerating no outside relationships, especially for his wife. Battering occurs when his authority is challenged.

The man who batters usually has difficulty expressing his feelings about himself or others. Because he is unable to verbalize his frustrations, he uses his wife to vent his hostile feelings. Responsibility for the abuse is projected onto the wife, which is his rationalization for the continuation of the abuse (Davidson, 1977; Walker, 1979). The most serious injuries occur when the assaulter typically meets frustration with violence, or if the victim becomes argumentative, defiant, or threatens to leave. Alcohol exacerbates the problem (Coleman and Weiman, 1981; Hanks and Rosenbaum, 1977; Star, 1980).

If a woman should threaten to leave, the man may feel a murderous rage for he cannot function without his wife as a 'battering ram.' He becomes fearful, remorseful, and self-pitying as her threats heighten. He may plead with her to stay and promise to change. Because the wife wants to believe him, she will stay, only to be beaten again (Davidson, 1977; Hilberman, 1980; Walker, 1979). Also,

at this point, he may tell his wife that if she leaves something will happen to him. "Suicide is not an idle threat" (Walker, 1979, p. 68).

In the battering relationship the man and woman both exhibit low self-esteem and are fearful that they cannot survive alone. "Intimacy and symbiosis are confused with no one capable of psychological independence" (Walker, Note 7, p. 8). Neither appears to be able to act constructively to stop the other. Their respective roles are constantly reinforced by their own sex-role stereotype and even society's view of the appropriate role for each member (Walker, 1979). Because of traditional sex-role teachings, society reinforces the idea that a woman's identity comes through a man (Hilberman, 1980).

The women's tendency to totally define themselves in the framework of their families leaves them vulnerable to unreasonable demands by their husbands. A minimal display of independence by the wife. . . is frequently interpreted by a husband as rejection of his authority and may provoke conflict (Coleman, Holley, and Myers, Note 2, pp. 10-11).

In our society throughout history, boys have been taught to be strong and aggressive while girls have been taught to be the weaker sex. Such teachings lead to a psychological condition known as learned helplessness (Walker, 1979). Women remain in the relationship and men continue

to use physical violence to exert their power because of the helplessness. Coleman, Holley, and Myers (Note 2) hypothesize that the most dangerous relationship is one where the man feels justified in using violence to control and the woman views herself as strong because she can accept the violence and keep the family together.

In working with families caught up in the cycle of violence, M. L. Flax (Note 4) sets forth three assumptions about the relationship which need to be addressed. First, there exists a symbiotic dependency. Couples need to be treated individually to break the dependency tie. Secondly, there is a distortion in their lines of communication. Thirdly, these couples fight without adequate controls and must be taught to have controls. Walker (1977-78) also found the above to be true and stated "it is necessary to treat couples as two individuals, strengthening their independence and teaching new communication skills in order to reverse the learned helplessness process" (Walker, 1977-78, p. 53). Some therapists have found that working with each in individual groups helps the husband and wife to face the realization of their own role in the domestic violence that has become a part of their lives. Frances Purdy (Note 6) working with a shelter in Tacoma, Washington, has found that using the group approach is valuable in



several aspects. The men aid each other in identifying how each batters, and share information about domestic violence. Those men remanded to a group through a court order usually sit and do nothing. The men must want help. They must think that the incidents of violence are their responsibility and must be willing to take charge of themselves (Myers, Note 6).

Usually the women seek counseling for the battering as few men will admit to the problem. They are also less motivated to seek and remain in treatment for any extended period of time. Toch (1969) states that

Violent men play violent games because their non-violent repertoire is restricted. . . he rarely knows what he can do instead . . . changing his needs is not enough. We must help him arrive at the discovery of new strategies for satisfying needs (p. 25).

The first task with abusive men is the cessation of the abuse, with work around stress and anxiety reduction. Next, he must learn what sets off the battering episodes. The man who batters must also learn new social skills in order to use others to meet his needs (Walker, 1979). "If a violent man can admit his problem to other men who have conquered it, he will learn he is not isolated and beyond help" (Nelson, 1977, p. 26).

MODEL

The model presented for the study is an outgrowth of a pilot project currently being conducted under the auspices of the Houston Area Women's Center. The center is involved in the problems of domestic violence via the shelter for battered women and many have also expressed an interest in providing services for the men. Several persons interested in the programs for battering men, including the author, pooled their ideas and experiences in order to develop a model for intervention into family violence. Several areas will be discussed including the participants, group leaders, and ideas for assessing the success of such a project.

Subjects

The population for the group consists of men who are of legal age -- eighteen years or older -- and who have been involved in one or more incidences of physically abusing a woman or women. Because of the nature of the project, men who are severely emotionally disturbed, severely psychopathic or men who are severely involved in drugs or alcohol are excluded. These problems need to be addressed outside of the group with the aid of other agencies or organizations. All men who are interested in the

group are screened by the co-leaders for the excluding factors and to ascertain if the group can meet the needs of a particular individual. These men may be referred by community agencies or by self-referral. Other organizations involved in working with men who batter have found that men remanded by a court order rarely become actively involved in the group process. Commitment on the part of each individual before he is accepted for the group must be voluntary.

#### Format

The group is scheduled for ten to twelve weekly sessions to last for one and one-half to two hours per session. The rationale for the number of sessions lies with the assumption that fewer than ten sessions does not allow the group time to work through the initial phases of becoming cohesive in a group setting. If the group should continue for more than twelve weeks, the dropout rate for individuals may rise because of the difficulty in making a long commitment. The group members and leaders are always free to re-negotiate the initial contract and continue with further sessions or the leaders can make referrals outside the group.

Before entering the group, each member is interviewed by one or both leaders to ascertain the appropriateness of the group for each individual. At that time, each member must also be willing to make a commitment to the group. After a mutual agreement is reached, each participant is given an explanation of the group's purposes and fees are discussed. Payment for sessions is based on a sliding scale with the ideal being a payment of between one and two hours of a man's gross pay per session. A man is not refused the services of the group for inability to pay. Payment for the pilot project now in existence is a donation to the Houston Area Women's Center's Shelter for Battered Women.

A consent form (Appendix V) is given to each member to read and sign before he can become a part of the group. The form describes what the group hopes to accomplish and the expectations placed on each member. These include questionnaires to be answered, length of the meetings, and other pertinent data. By signing the consent form, each man gives permission for his participation in the group.

In the group three forms are to be completed -- a general information form and two questionnaires. The two questionnaires are completed before the man enters the group and upon completion of the twelve sessions. At the end of

the sessions several alternatives may be offered to a participant. No further counseling, marital counseling for the couple, for the man to continue in individual counseling or in another group setting may be the recommendation. At the end of four weeks following the study, the members are asked to return to a meeting to determine if the violence in their families has continued, increased, or ceased. At that time the other alternatives are suggested.

In a research project, having a control group further validates the information gained. Should there be sufficient numbers, there will be a control group. The selection can be made from men who are screened and not accepted for the initial group or by random selection. The members of the control group may be offered a chance to participate in another group at a later date. Men selected for the control group are asked to complete the same questionnaires and consent forms as the participants in the group.

#### Modifications

The pilot group was set up with the intention that all members would participate in a lock-step model where the men begin and end the group together. Because of a lack of participants, the group began with only three members and admitted a new member after the group had met

for several weeks. The new approach for admitting members was advantageous for several reasons: (1) the group may begin before twelve members are secured. Those who would have had to wait would not fall victim to attrition; (2) new members have an opportunity to see the process which has already begun and may begin to participate sooner; (3) old members can help others through the first difficult stages of group participation.

Another modification from the pilot project is the involvement of wives in the process of the group. Each man is asked to agree that the co-leaders may contact the wife periodically for the purpose of ascertaining if the battering has stopped, or at what level it is continuing. If there is no contact between the spouses the calls are not necessary. This technique has worked well for the Emerge group in Boston as the leaders can confront the men when they are reluctant to admit to further incidents of battering.

### Leaders

The leaders of the group may be trained therapists or lay persons in the community who are interested and knowledgeable in the area of domestic violence. If lay persons are involved, they should receive some training in group dynamics and the problems of domestic violence

from the viewpoint of both spouses. The leaders may be both male or a male and a female. The rationale for including a woman as a co-leader is so that the men are exposed to the thinking patterns of a female and can also use her as a sounding board for their ideas.

### Hypothesis

All hypotheses generated by the proposed model are presented in null form for the purpose of falsifiability. When the hypotheses are presented in that manner, they can be disconfirmed with acceptable certainty. The hypotheses are as follows:

\*The sex-role stereotype of a man who batters will show no significant change after completion of a group experience with other men who batter.

\*The self-conceptions of a man who batters will not change significantly after involvement in a group experience with other men who batter.

\*The degree of self-differentiation of each man will not change significantly after involvement in a group experience with other men.

PROCEDUREInstruments of Analysis

The material for the project consists of three questionnaires, two of which are to be completed before and after participation in the group.

\*Demographic and Background History (Appendix II) -- the form is taken from the original form used by the shelter for battered women and modified for the men. It was developed by the Department of Human Resources in conjunction with the Texas Council on Family Violence. The form assists the leaders in compiling information concerning the vital statistics for each man and can be used as a descriptive instrument for the population of the group. It is also used to gather data concerning each man's episodes of battering in order to assist the co-leaders of the group in working with the information presented in the context of the meetings.

\*Sex-role stereotyping -- the degree of sex-role stereotyping in each participant is assessed through the shortened form of the PRF Andro Scale (Appendix III). The short form, the Interpersonal Disposition Inventory, consists of 85 items used to measure masculinity, femininity, and self-esteem. The scale consists of a masculine and a feminine subscale containing 29 MASCUL items (19-true; 10-false),



27 FEMIN items (17-true; 10-false), and a 20-item self-esteem (SE) scale ("a measure of general self-evaluation constructed to be as unrelated to socially desirable responding as possible") (Berzins, Welling, Wetter, 1977, p. 1). To increase the validity and confidence in the instrument, the test also contains five items which control for careless responding on the part of the participants.

The subscales of the PRF Andro were taken from the Personality Research Form constructed by Douglas Jackson as a multi-trait personality inventory based on Murray's need theory. Items from the scale were chosen for inclusion in the PRF Andro on the basis of a rationale outlined by Bem (1974) in constructing the Bem Sex-Role Inventory.

\*Self-conceptions -- each man's self-concept is measured with the aid of the Gordon Person Conception System (Appendix IV). The system for computer aided content analysis contains a dictionary

to capture the main elements of cognitive meaning, positive or negative evaluation tone, and the temporal orientations of any kind of personal description. It includes the nouns of social identity as well as the adjectives of personal characteristics (Gordon, 1969, p. 335).

The system is capable of identifying the meaning of 20,000 words and has been found to be sufficient to capture 95% of the meaning elements in anyone's description. It is in actuality a system which permits computer analysis of data gained from descriptions of individuals in either written or spoken form.

Each man is instructed to write a one to two page description of himself and one for his spouse. No other instructions are given at the time. The key words used by each man in his self-description are entered into a computer and analyzed for content. The computer analysis of the data depicts each man's self-concept.

\*Self-differentiation -- the area of self-differentiation is evaluated subjectively by the co-leaders of the group.

#### Analysis of Data

From the work of Berzins, Welling, and Wetter, 1977, the measures of masculinity, femininity, and self-esteem have been used for the project. Berzins et. al. is a marked improvement over the practice of trying to place persons on a single dimension of femininity versus masculinity as was the case of the Minnesota Multiphasic Personality Inventory or the Bem Sex-Role Inventory. The

scale allows subjects to score either high on both feminine and masculine scales or low on both. Berzins et. al. illustrates the resulting topology as follows:

MASCU	29	MALE	ANDRO	
	1	INDETERMINATE	FEMALE	27
		FEMIN		

The results of the PRF Andro are analyzed by the use of the T-test of correlated samples. Using the T-test, the same subjects are tested on two different occasions after a prescribed time period has elapsed.

The Gordon Person Conception System is used to analyze each person's self-conception. The data, after it is collected, is returned to Dr. Gordon at Rice University for analysis.

#### Limitations

The goal of the project is to intervene into the area of domestic violence by lessening the incidence of violence in each family. Although there are organizations around the country conducting groups for men who batter, none has produced a research model. Therefore, the project

proposed in the present work is a pioneering effort in the field of family violence.

No method is present whereby each man could be observed day by day to measure the incidence of violence. Because self-reporting may be an inaccurate method of measurement, common characteristics of men who batter were selected to be examined. The characteristics of sex-role stereotyping and self-concept are to be measured with validated instruments. The degree of self-differentiation is to be measured through the subjective opinion of the co-leaders of the group. Although violence is not measured directly, measurement of changes in the characteristics of the men at the beginning and end of the group sessions should denote a change in their pattern of violence.

#### Pilot Project

The group began with three members after screening approximately twenty applicants. Most of the screening was done via the telephone and many of the men decided against the group. Only one man rejected the group after an individual interview with the leaders. Some who were offered appointments did not come, perhaps because their crisis was over and the pain of the moment forgotten.

After the actual group sessions began, one man dropped out after the first session. Once the group had been meeting, the group agreed to admit another member. One man completed all twelve sessions without an absence and another man dropped out after nine sessions. The third member, who joined late, finished his commitment in individual sessions with one of the co-leaders.

The group was lead by two persons, a male and female, who were knowledgeable in the field of family violence. The male was selected for his extensive knowledge in the field of family therapy and the female for her work with abused women. Her being female provided the group members an opportunity to test ideas with a candid female. The group was conducted informally and was presented to the men as an opportunity to determine whether or not a group could lessen the use of violence. The men became active agents in the success or failure of the group.

The group concentrated on several areas during the course of the twelve weeks with anger management and conflict negotiation becoming the main focus. The men began the group by discussing their present situations and where they saw themselves heading. Most of the marriages were in a stage where divorce was an immediate consideration. The men gave each other support and were

sympathetic. All could identify with each other's feelings and situations. Confrontation by peers was revealing to the members and at the same time, a form of support. At one point one member was gleefully relating an incident where he was involved in a fight. The man stated that he did not like to fight but his expressions told the opposite story. Another member said to him, "Boy, you're a killer."

After initial trust in the leaders was established, they were able to confront the men with the violence. Areas such as (1) the length of time the violence had been occurring; (2) what type of violence was occurring; (3) a discussion of a violent episode and the feelings behind them were explored. No man could easily explain away the violence or give excuses as the others knew the motivations behind each episode.

The leaders and the group members discussed how to recognize cues in themselves that their anger was escalating and what techniques to use to avoid the violence. Control of themselves was the ultimate goal. The leaders tried to assist each man in realizing that he must take responsibility for his actions; no one else can be blamed for the abuse. One point realized by the group was that

each man was truly invested in his relationship with his spouse. If he were not, then he could calmly walk away from the situation. Each partner was totally committed to the intimate relationship but was unaware of the individuality of the other person in the dyad.

### The Men in the Group

A brief history of each man demonstrates the diversity of the men in the group.

#### Bill

Bill, age 29, had been married ten years to the same woman and admitted to being involved in violence for nine of those years. He is the father of two children, ages seven and five, and employed in a fairly responsible professional field of work. At the time he entered the group, he was separated from his wife and on the brink of divorce. His entire demeanor depicted a man who was desperate and in need of immediate help. He felt that he could not function without his wife and wanted to re-negotiate with her to continue the marriage. She had filed for divorce and was determined to end the marriage. He spoke affectionately of his wife and children and appeared to care for them deeply.

Bill admitted to being violent not only with his wife but with children, animals, and inanimate objects. He indicated that the arguments start because of job or financial pressures or sometimes jealousy, which culminates into verbal abuse and slaps. The most serious injury has been bruises. He feels that his wife has not left him in the past because she loved him, wanted to keep the family together for the sake of the children, and was fearful of being on her own.

Bill lacks communication with his wife and is unable to 'hold his own' in verbal arguments with her. He has indicated feelings of inadequacy at home and work and is unable to control his temper. Although he describes himself as an easy going guy and a loner, he admits to having a violent temper.

#### Randy

Randy, age 37, has been married for two years to his second wife, Ann. At the time that Randy contacted the group he was separated from his wife but when the group began he had returned home. Ann found the group for Randy through a self-help organization for battered wives that she was attending. Randy considers himself to be self-reliant and is self-employed in a creative profession.



Randy, the only boy among three girls, was a sickly child. Although he was confined to the bed on many occasions, he managed to complete the seventh grade. He then quit school but later completed his GED and some college courses.

He appears to be self assured and has very definite ideas about himself and the type of life he wishes to lead. The violence in this family has been going on since the marriage took place. It is limited to slaps and pushing which Randy feels is justified. The results of his actions has been broken objects and bruises on his wife. Although she has left him on several occasions, she has returned in hopes of preserving the marriage. The marriage survives on the intense sexual compatibility of these two people. They share nothing else in common except their physical need for one another. He feels that the disagreements are caused by the demands that Ann's family makes on their time. She has never refused her family any request which leads to arguments between the couple.

Randy came to the group looking for a 'recipe' to halt the violence and was assured that it could not be done. He attended nine sessions and then dropped out. The leaders suspect that he has returned to battering.

Mike

Mike, age 55, has been married for seventeen years to his third wife, Nancy. They have one twelve year old son and Mike has two children from one of his previous marriages. Mike claims that there have been only two occasions where violence has erupted towards his wife which resulted in bruises and a chipped tooth on both occasions. Usually when he becomes angry he breaks furniture and slams things.

Mike is self-employed and feels good about his ability to provide for his family, as he quit school after the tenth grade. He loves his wife and readily regrets his actions towards her. Although he professed a need for help, he came only to one group meeting and then dropped out using the excuse of a back problem.

Brad

The last of the group members, Brad, age 29, has been married seven years and is currently separated from his wife. He is an educated person with both he and his wife pursuing highly professional careers. They have one son, age two, and are a very child-oriented couple. Brad and his wife are careful to consider the ramifications of their every action on their son's future.

The battering episodes usually occur during arguments concerning his family. Brad wants to be close to his family and help them; his wife feels that she owes her family nothing and cannot understand Brad's devotion to his. Their disagreements culminate into slaps which leave bruises. No serious injury has been inflicted. Brad appears to be a very sensitive and thoughtful man who abhors his violence but is unable to control his temper. His anger is quick but short-lived and he does not feel that he fairs well in verbal arguments with his wife. She demands things of Brad that appear reasonable in her eyes, i.e., going to church every Sunday, and exhibits righteous ipdignation if he refuses. There is no way that he can justify to her his actions, therefore, a fight insues.

He completed all twelve sessions with the group gaining insight into his battering problem. During the sessions he was thoughtful and quite a constructive member, keeping the group on track and offering many insights that the other members did not have. He left the group with the idea that (1) if changes were to be made then he would have to make them as he could not change his wife; (2) the final responsibility of the battering lay within himself -- he was the one who raised the hand that struck. Brad is

the type of group member that could easily co-lead a group at some later date. The Boston group has used the concept of recruiting ex-batterers to co-lead groups and it has worked well for them.

### Findings

Approximately thirty men over the duration of the pilot project were interviewed by telephone and individual meetings by the co-leaders of the group. All but one of the men were separated at the time of the initial contact. Until the wife takes a decisive step and extricates herself from the home, a man is reluctant to admit that there is a family problem. When the wife leaves the home, he can finally admit to the difficulties and seek help. Most of the men simply wanted the wife to return and needed a 'recipe' to accomplish this endeavor.

No mention was made of marital infidelity during the course of the twelve group sessions. The female leader of the group confronted the men at one of the last group meetings wondering whether (1) no man was unfaithful, or (2) they were reticent to discuss such details in the presence of a woman. Bob Walk of Emerge suggested that it might have been the woman who inhibited the group as men in the Emerge groups talk freely and frequently about infidelity.

The leaders found that modifications were needed in the model as the group progressed. The most important of these was changing the group from a lock-step to an open-ended group because of the problems with the subject pool. In time, as more men avail themselves of the group for batterers, the open ended sessions may not be needed.

#### PRF RESULTS

Because of the small number of persons in the group the test results of the PRF Andro can not be generalized to the population offered for inspection (See Table I). Brad, who completed the group and showed the most promise of change, did indicate some differences about himself in the pre- and posttests. The two men exhibiting the most problems in the group, Randy and Bill, scored as indeterminate personalities. In Berzins et. al. (1978) describe this personality as "neither androgynous nor sex-typed. They are characterized by lower levels of social competence in this study and low self-esteem in others" (Berzins, Welling, and Wetter, 1978, p. 137).

TABLE I

## PRF Andro Scale

MASCUL

range 1-29            (low 1-15; high 16-29)

FEMIN

range 1-27            (low 1-16; high 17-27)

SELF-ESTEEM

range 1-20

Androgynous (high masculine; high feminine)

Masculine-typed (high masculine; low feminine)

Feminine typed (low masculine; high feminine)

Indeterminate or indifferentiated (low masculine; low  
feminine)

RANDY

pretest            M-14 (low); F-13 (low) SE-10

BILL

pretest            M-10 (low); F-11 (low) SE-10

MIKE

pretest            M-14 (low); F-17 (high) SE-15

BRAD

pretest            M-14 (low); F-17 (high) SE-15

Posttest           M-17 (high); F-17 (high) SE-16

SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

The pilot project was designed to explore domestic violence from a different perspective than commonly encountered in today's literature. Battering has been a problem throughout the ages and continues to be a problem in modern times. The lack of knowledge and understanding of the men who batter and why they batter is pointed out clearly in the literature.

The project was begun by interested persons who saw a lack of services in the community for the men involved in family violence. An attempt to provide services and also generate research on this aspect of violence was undertaken and carried out to a limited extent. The purpose of the project was to provide a model for intervention into domestic violence for use by others in the community and around the country.

Bob Wald, co-founder of Emerge in Boston, spoke enthusiastically of the success of their group and of the continued need for further groups. A sharing process for innovative methods of intervention is also needed. Three men were involved in the project over the course of twelve weeks. Changes in the model were needed from the beginning

and these modifications were made without disturbing the group process.

The research component of the model was tested to a limited degree. The model raised questions and gave some possible answers but most of all, generated several hypotheses to be tested in further studies.

There continues to be a need for further modifications of the model as more groups are formed. The methods used in the group sessions need to be constantly evaluated for changes to better meet the needs of the men. A good model is one that is viable and always open to modifications and new alternatives. In that way, goals can be met more effectively and the persons involved obtain greater benefits from the services offered.

In comparison with other groups just starting out, the project faired well, as it takes approximately one year to obtain a large number of men for the groups. Emerge also began their group with only three to four members and now has several ongoing groups with men waiting to attend. Much more publicity is needed to make the community aware of the services of the group in order to recruit new members. With continued effort, the community will be able to offer further services to men who batter and help them



to take responsibility for their own contributions to and  
diminishing of domestic violence.

## APPENDIX I

TEXAS WOMAN'S UNIVERSITY  
HOUSTON CAMPUS  
HUMAN RESEARCH REVIEW COMMITTEE  
REPORT

STUDENT'S NAME Laura Gilbert

PROPOSAL TITLE A Study of Domestic Violence: The Results of a Twelve Week Group for Men Who Batter

COMMENTS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

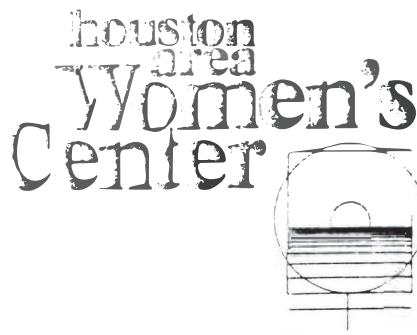
DATE: February 2, 1981

Jane Robertson  
~~Disapprove~~ Approve

David L. Galt  
~~Disapprove~~ Approve

Olga M. Harmon  
~~Disapprove~~ Approve

Donna V. Carter  
~~Disapprove~~ Approve



January 22, 1981

Department of Child Development and Family Living  
Texas Women's University  
1130 M.D. Anderson Blvd.  
Houston, Texas 77030

Dear Department:

The Houston Area Women's Center has for a long time felt the need to have some form of activity or group experience for men who batter their spouses. Although much is now being done for the abused woman, little has been done for the man who batters her. We are very happy to announce an endeavor to reach out to these men. In conjunction with TWU and Galveston Family Institute, a group will be formed for men who batter their spouses. Toby Myers of TWU and the Houston Area Women's Center and Phil Torti of the Galveston Family Institute will be co-leaders of this group.

Dr. Myers who is very knowledgeable in the area of domestic violence will be a great asset to the group. She has served as a consultant for our Women's Shelter and has gained much experience through her work here. The data which will be generated by the men's group will provide a great opportunity for students to further their knowledge through research and to provide much needed information on men who batter.

Thank you for the opportunity to participate in this endeavor.

In humankind,

A handwritten signature in cursive script that reads "Nikki Van Hightower".

Nikki Van Hightower, Ph.D.  
Executive Director



## APPENDIX II

## GENERAL INFORMATION

INTERVIEWER \_\_\_\_\_

DATE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

REFERRAL: How did you hear of the group?

- |                                  |  |
|----------------------------------|--|
| _____ 1. Media                   | _____ 8. Child Welfare                   |
| _____ 2. Doctor                  | _____ 9. County Welfare                  |
| _____ 3. Lawyer                  | _____ 10. Family and Individual Services |
| _____ 4. Police/Sheriff          | _____ 11. MH/MR                          |
| _____ 5. Hospital                | _____ 12. Relative                       |
| _____ 6. DHR Financial (AFDC/FS) | _____ 13. Friend                         |
| _____ 7. DHR Social Services     | _____ 14. Self                           |
|                                  | _____ 15. Other                          |

RELATIONSHIP: what is your relationship to the woman?

- \_\_\_\_\_ 1. Married and living together
- \_\_\_\_\_ 2. Separated
- \_\_\_\_\_ 3. Divorced
- \_\_\_\_\_ 4. Not married and living together
- \_\_\_\_\_ 5. Not married and not living together
- \_\_\_\_\_ 6. Other (Specify) \_\_\_\_\_

LIVING ARRANGEMENTS: With whom are you presently living?

- \_\_\_\_\_ 1. No one
- \_\_\_\_\_ 2. Spouse or partner
- \_\_\_\_\_ 3. Friends or relative
- \_\_\_\_\_ 4. Other (Specify) \_\_\_\_\_

Number of Marriages (Include current) \_\_\_\_\_

Date of Birth \_\_\_\_\_

Approximate Yearly Income \_\_\_\_\_

ETHNICITY: Race or ethnic origin (For mixed races, check all that apply.)

- \_\_\_\_\_ 1. Anglo
- \_\_\_\_\_ 2. Black
- \_\_\_\_\_ 3. Spanish/Hispanic
- \_\_\_\_\_ 4. American Indian/Alaskan Native
- \_\_\_\_\_ 5. Oriental/Pacific Islander
- \_\_\_\_\_ 6. Other \_\_\_\_\_

EDUCATION: Highest grade completed in school

- \_\_\_\_\_ 1. Grades 1-11 (indicate last grade completed)
- \_\_\_\_\_ 2. High School/GED
- \_\_\_\_\_ 3. Some college
- \_\_\_\_\_ 4. Undergraduate degree
- \_\_\_\_\_ 5. Some graduate school/no degree
- \_\_\_\_\_ 6. Master's degree
- \_\_\_\_\_ 7. Doctoral degree
- \_\_\_\_\_ 8. Vocational school not completed
- \_\_\_\_\_ 9. Vocational completed

CURRENT OCCUPATION:

- \_\_\_\_\_ 1. Clerk/Clerical
- \_\_\_\_\_ 2. Salesperson
- \_\_\_\_\_ 3. Unskilled labor
- \_\_\_\_\_ 4. Skilled craft or trade
- \_\_\_\_\_ 5. Active military
- \_\_\_\_\_ 6. Professional/Managerial
- \_\_\_\_\_ 7. Farmer
- \_\_\_\_\_ 8. Unemployed

What forms of battering have occurred?(Check all that apply)

- |  |   |
|--|---|
| <input type="checkbox"/> 1. Verbal abuse | <input type="checkbox"/> 7. Threats to use weapon   |
| <input type="checkbox"/> 2. Slaps        | type _____  |
| <input type="checkbox"/> 3. Kicks        | <input type="checkbox"/> 8. Use of weapon           |
| <input type="checkbox"/> 4. Punches      | type _____  |
| <input type="checkbox"/> 5. Burns        | <input type="checkbox"/> 9. Battered while pregnant |
| <input type="checkbox"/> 6. Sexual abuse | <input type="checkbox"/> 10. Not applicable         |

After the battering episode(s) you: (Indicate as many as apply)

- ☐ 1. Feel beating was justified
- ☐ 2. Leave home
- ☐ 3. Apology/promise it will not happen again
- ☐ 4. Act affectionately
- ☐ 5. Do a nice favor

What types of care have been required? (Check all that apply)

- ☐ 1. None
- ☐ 2. Self-care by spouse
- ☐ 3. Doctor's care
- ☐ 4. Emergency room
- ☐ 5. Hospitalization (Number of days) \_\_\_\_\_
- ☐ 6. Other
- ☐ 7. Not applicable

Are you ever violent toward: (Indicate as many as apply)

- ☐ 1. Animals
- ☐ 2. Children
- ☐ 3. Objects
- ☐ 4. Other
- ☐ 5. None of the above
- ☐ 6. Not applicable



What types of injuries have resulted to your spouse or partner? (Check all that apply)

- ☐ 1. None
- ☐ 2. Broken glasses
- ☐ 3. Bruises
- ☐ 4. Cuts
- ☐ 5. Broken bones
- ☐ 6. Burns
- ☐ 7. Other
- ☐ 8. Complications with pregnancy
- ☐ 9. Not applicable

How long has spouse abuse occurred?

☐ months  
☐ years

How often does battering occur?

- ☐ 1. First time
- ☐ 2. Less than twice a year
- ☐ 3. Less than once a month
- ☐ 4. 1 to 3 times a month
- ☐ 5. 1 or more times a week
- ☐ 6. Daily
- ☐ 7. Not applicable

Are any of the following issues associated with the battering episode(s)? (Indicate as many as apply)

- ☐ 1. Alcohol/Drug abuse
- ☐ 2. Sexual demands
- ☐ 3. Job or financial pressures
- ☐ 4. Jealousy
- ☐ 5. Pregnancy
- ☐ 6. Other \_\_\_\_\_
- ☐ 7. Not applicable

Have you ever used a weapon in any recreational sport, such as hunting or target shooting?

- ☐ 1. No
- ☐ 2. Yes
- ☐ 3. Not applicable

If there has been previous battering episodes, what factors do you feel has caused your spouse or partner to remain within the relationship?

How many times has your spouse or partner taken the following actions after the battering episode? (Number of times)

- ☐ 1. Left home
- ☐ 2. Called police
- ☐ 3. Called lawyer
- ☐ 4. Called/visited a social service agency other than a women's shelter
- ☐ 5. Called or visited a women's shelter
- ☐ 6. Obtained a peace bond
- ☐ 7. Obtained a TRO
- ☐ 8. Not applicable

Have you ever been arrested and/or convicted of any of the following offenses? (Check all that apply)

- ☐ 1. Assault against your spouse or partner
- ☐ 2. Violence against other person besides the above
- ☐ 3. Other (Specify) \_\_\_\_\_
- ☐ 4. Never been arrested or convicted
- ☐ 5. Not applicable

Are you a military veteran?

- ☐ 1. No (Skip question below)
- ☐ 2. Yes
- ☐ 3. Not applicable

Did you serve in war combat?

- ☐ 1. No
- ☐ 2. Yes
- ☐ 3. Not applicable

YES	NO	N/A	
___	___	___	Did physical abuse occur in any previous relationship?
___	___	___	Do you have any alcohol related problems?
___	___	___	Do you have a drug related problem?
___	___	___	Were you physically or sexually abused as a child?
___	___	___	Were you a neglected child?

## APPENDIX III

INTERPERSONAL DISPOSITION INVENTORY  
FORM CInstructions

On the following pages you will find a series of statements which a person might use to describe himself. Read each statement and decide whether or not it describes you. Then indicate your answer on the separate answer sheet.

If you agree with a statement or decide that it does describe you, answer TRUE. If you disagree with a statement or feel that it is not descriptive or you, answer FALSE.

Indicate your answers to the items by placing a heavy black mark that fills the circle completely in the T or F column beside the appropriate item number on the separate answer sheet. Be sure the item number on the answer sheet matches the item number on the test.

Answer every statement either true or false, even if you are not completely sure of your answer.

Use a soft lead (#2½) pencil to mark the answer sheet -- do not use a pen or ball-point. Be sure your mark fills the entire circle of the response you wish to make. If you change your mind or make a mistake, be sure that you erase completely. Do not make any other stray marks on the answer sheet.

Be sure and place your name or identifying number on your answer sheet.

1. Self-control is not a big problem to me.
2. I like to be with people who assume a protective attitude toward me.
3. I try to control others rather than permit them to control me.
4. Surf-board riding would be too dangerous for me.
5. Often I don't trust my emotions.
6. If I have a problem, I like to work it out alone.
7. I seldom go out of my way to do something just to make others happy.
8. Adventures where I am on my own are a little frightening to me.
9. I usually know what to say to people.
10. I feel confident when directing the activities of others.
11. I will keep working on a problem after others have given up.
12. I would not like to be married to a protective person.
13. There are many things I would change about myself if I could.
14. I usually try to share my problems with someone who can help me.
15. I don't care if my clothes are unstylish, as long as I like them.
16. When I see a new invention, I attempt to find out how it works.
17. I can make up my mind and stick to it.
18. People like to tell me their troubles because they know I will do everything I can to help them.

19. Sometimes I let people push me around so they can feel important.
20. I am only rarely in a position where I feel a need to actively argue for a point of view I hold.
21. I am usually disorganized.
22. I dislike people who are always asking me for advice.
23. I seek out positions of authority.
24. I believe in giving friends lots of help and advice.
25. I am poised most of the time.
26. If someone finds fault with me I either listen quietly or just ignore the whole thing.
27. I get little satisfaction from serving others.
28. I make certain that I speak softly when I am in a public place.
29. I am afraid of what other people think of me.
30. I am usually the first to offer a helping hand when it is needed.
31. When I see someone I know from a distance, I don't go out of my way to say "Hello".
32. I would prefer to care for a sick child myself rather than hire a nurse.
33. I am in control of what happens to me in my life.
34. I prefer not being dependent on anyone for assistance.
35. When I am with someone else I do most of the decision-making.
36. I try to get at least some sleep every night.
37. I don't mind being conspicuous.
38. I am afraid of a full-fledged disagreement with a person

39. I would never pass up something that sounded like fun just because it was a little hazardous.
40. I get a kick out of seeing someone I dislike appear foolish in front of others.
41. When someone opposes me on an issue, I usually find myself taking an even stronger stand than I did at first.
42. I feel adequate more often than not.
43. When two persons are arguing, I often settle the argument for them.
44. I will not go out of my way to behave in an approved way.
45. I am quite independent of the people I know.
46. I frequently doubt my sexual attractiveness.
47. I make all my clothes and shoes.
48. If I were in politics, I would probably be seen as one of the forceful leaders of my party.
49. I prefer a quiet, secure life to an adventurous one.
50. I prefer to face my problems by myself.
51. I'm pretty sure of myself.
52. I try to get others to notice the way I dress.
53. When I see someone who looks confused, I usually ask if I can be of any assistance.
54. It is unrealistic for me to insist on becoming the best in my field of work all of the time.
55. I often kick myself for the things I do.
56. The good opinion of one's friends is one of the chief rewards for living a good life.



57. If I get tired while playing a game, I generally stop playing.
58. I could easily count from one to twenty-five.
59. When I see a baby, I often ask to hold him.
60. I have a good deal of initiative.
61. I am quite good at keeping others in line.
62. I feel uncomfortable when people are paying attention to me.
63. I am quite soft-spoken.
64. I usually have the feeling that I am just not facing things.
65. I think it would be best to marry someone who is more mature and less dependent than I.
66. I would resist anyone who tried to bully me.
67. I don't want to be away from my family too much.
68. I am sexually attractive.
69. I can run a mile in less than four minutes.
70. Once in a while I enjoy acting as if I were tipsy.
71. I feel capable of handling many situations.
72. I delight in feeling unattached.
73. I often feel inferior.
74. I would make a poor judge because I dislike telling others what to do.
75. Seeing an old or helpless person makes me feel that I would like to take care of him.
76. I usually make decisions without consulting others.
77. I feel emotionally mature.

78. It doesn't affect me one way or another to see a child being spanked.
79. My goal is to do at least a little bit more than anyone else has done before.
80. I usually wear something warm when I go outside on a cold day.
81. To love and be loved is of greatest importance to me.
82. I take a positive attitude toward myself.
83. I avoid some hobbies and sports because of their dangerous nature.
84. One of the things which spurs me on to do my best is the realization that I will be praised for my work.
85. People's tears tend to irritate me more than to arouse my sympathy.

## APPENDIX IV

PLEASE WRITE A ONE TO TWO PAGE DESCRIPTION OF YOUR SPOUSE

PLEASE WRITE A ONE TO TWO PAGE DESCRIPTION OF YOURSELF

## APPENDIX V

CONSENT TO ACT AS A SUBJECT  
FOR RESEARCH AND INVESTIGATION

The purpose of this study is to measure the effectiveness of group participation on lessening the incidence of domestic violence. At the beginning of the study you will be given a general information form to fill out which gives basic demographic and background information about yourself. At the same time you will be asked to write a short description about yourself, spouse, or both. You will also be asked to complete a questionnaire.

Those selected for participation in the group will attend group meetings that will be held weekly for 1½ hours for the course of twelve weeks. A commitment to the twelve weeks is required. Those not selected for the group may be asked to join a new group at a later date.

At the end of the twelve weeks you will again be asked to write a short description and to fill out the same questionnaire. This is done in order to chart any changes in your situation over the past three months. Those participating in the group will also be contacted to assess the stability of changes in your situation and be asked several questions for follow-up information.

Your name will not be used in any release of information concerning the study. You have the option of withdrawing from the group and the study at any time.

If the incidence of domestic violence can be lessened by participation in a group, more groups may be started for both spouses, especially the men.

If there are any questions that concern you at any time during the study you may discuss these with your group leaders. At the end of the study a meeting will be held to discuss the results of this project. You will be contacted and invited to attend.

No medical service or compensation is provided to subjects by the Texas Woman's University or The Houston Area Women's Center as a result of injury from participation in research.

The Houston Area Women's Center is released from liability regarding the use of the information you provided for the study.

\_\_\_\_\_  
Subject's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date



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