



The Explosive Effects of Living in Pain

Exploring Evidence Based Practices in working with Domestic Violence

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Your Presenter

► Nicole Kimberley-Staeheli is the owner of Nicole Ranae Consulting, LLC and has over 25 years of experience in the criminal justice profession in Minnesota...much of her career has been spent in the training and facilitation of gender responsive, trauma informed, and cognitive behavioral interventions





Training Objectives

- What are the risk factors that contribute to domestic violence?
 - Overview of domestic violence interventions and their effectiveness
 - The benefits of an integrated approach: An Introduction to the Domestic Violence Education Program
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Inter-related Risk Factors



Childhood physical abuse



Childhood experience of domestic violence



Attitudes and beliefs that support the misuse of power



Emotional Dysregulation



Substance Abuse



Trauma



Limited executive functioning abilities

Living in Pain

- Childhood abuse and trauma
- Experience of or witnessing domestic violence
- Impact on brain development



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Attitudes and Beliefs

- ▶ Power over value system
- ▶ Definitions of masculinity
- ▶ Gender roles
- ▶ Shame proneness

What was I thinking?

Emotional Dysregulation

- ▶ Lack of coping skills
- ▶ Heightened levels of aggression and irritability
- ▶ Unhealthy or limited expression of emotion
- ▶ Impulsivity



Additional Risk Factors

- ▶ Substance Abuse
- ▶ PTSD
- ▶ Limited executive functioning capabilities





Traditional Intervention Approaches

► Duluth Model

- Psycho-educational, didactic approach
- Places accountability for abuse on the offender
- Believes that battering is a pattern of actions used to intentionally control or dominate an intimate partner
- Actively works to change attitudes and beliefs that support men's use of power and control over women.

► CBT

- Seeks to identify thoughts and beliefs that support the abuse of power and control
- Behavioral emphasis on changing actions through modifying thoughts and beliefs
- Focus on thoughts rather than emotions as motivating domestic violence acts



Challenges to the application of EBP with domestic violence interventions

- Political interests and ideologies
- Desire to hold offenders accountable
- Emotional and political driven need to punish
- High attrition rates
- Difficulty in measuring success

Promising practices

Understands the multiple risk factors that may lead to domestic violence

Includes components that address co-morbid issues

Dual purpose interventions focused on ending violence AND healthy relationship skills

The Domestic Violence Education Program: Building Skills, Knowledge, and Self-Awareness

- An **integrated approach** in addressing the commitment of domestic violence acts.
- Based on the following philosophies:
 - Psycho-educational
 - Trauma Informed
 - Cognitive Behavioral



Program Overview

- 16 sessions, 2 hours each
- Male and female co facilitated. Non shaming, trauma informed facilitation
- 4 Modules:
 - An Overview of Domestic Violence
 - The Creation and Impact of the Cycles of Domestic Violence
 - The Role of Thoughts, Emotions, and Beliefs
 - Building Healthy, Non-Violent Relationships



History of the Domestic Violence Education Program

- Originally authored by Dr. Juliana Taymans, Ph.D. and Carrie Gillespie at the request of the North Carolina Department of Corrections, 2007
- Authors granted permission for use and trained Ramsey County Community Corrections staff in the curriculum, Pilot group completed 2013.
- Ramsey County Corrections facilitating the curriculum at the RCCCF, 2014-present.
- Revised 2016. Revisions focused on avoiding shame-based client resistance and building skills in communication and healthy relationships.
- New edition pilot and final revisions, 2020. Updated statistical information and expanded information on trauma and multiple risk factors leading to domestic violence.



MN Outcomes

- 24 groups from 2014 to 2019
- 231 Clients Enrolled
- 199 Successfully Completed
- 85% Completion Rate



Psycho-Educational components

- Information on domestic violence and types of violent or abusive behaviors
- Understanding the multiple risk factors that contribute to domestic violence
- Conversations about outcomes and trauma experienced for perpetrators and victims
- Exploring values and beliefs
- Discussing elements of healthy relationships



Trauma Informed perspective

- Building awareness of trauma responses to childhood abuse and victimization
 - Understanding how shame and trauma contribute to the domestic violence cycle
 - Recognizing trauma as an outcome for all involved in domestic violence situations
 - Exploring coping skills
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Cognitive-Behavioral components

- The Inside-Out Principle
- The Cycles of Domestic Violence and Self-Control
- Stop and Think
- Emotional regulation and communication skills

Personal experiences

- ▶ Jay: *I am not talking with a woman in the room!*
- ▶ Eric: *Aren't you going to make me say it?*
- ▶ Tony: *It happened to me.*



Resources

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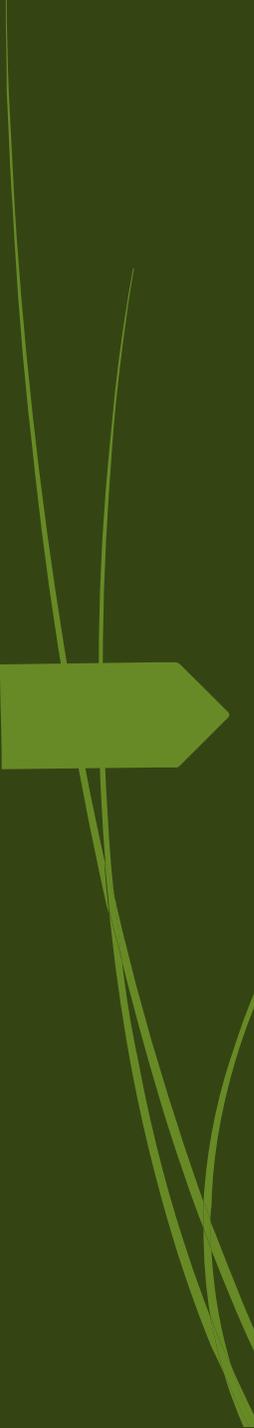
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My thanks
and an
invitation...

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