

THE POWER AND CONTROL WHEEL:

EVERYTHING YOU
NEED TO KNOW

CHRIS GRIFFITH, LPCC, BIP

A decorative graphic consisting of several parallel white lines of varying thicknesses, slanted diagonally from the bottom left towards the top right, set against a blue gradient background.

- ▶ The Duluth Model is the most common batterer intervention program used in the United States. It is based in feminist theory positing that "domestic violence is the result of patriarchal ideology in which men are encouraged and expected to control their partners".

POWER AND CONTROL WHEEL



- ▶ **Duluth Model** or **Domestic Abuse Intervention Project** is a program developed to reduce domestic violence against women. It is named after Duluth, Minnesota, the city where it was developed. The program was largely founded by Ellen Pence and Michael Paymar.

POWER AND CONTROL WHEEL



- ▶ Critics argue that the method can be ineffective as it was developed without minority communities in mind and can fail to address root psychological or emotional causes of abuse, in addition to completely neglecting male victims of abuse
- ▶ Criticism of the Duluth Model has centered on the program's insistence that men are perpetrators who are violent because they have been socialized in a patriarchy that condones male violence, and that women are victims who are violent only in self-defense.

POWER AND CONTROL WHEEL

- ▶ It's a gender-polarizing approach that only serves to perpetrate the "battle of the sexes."
- ▶ It's about blaming and shaming men, more than giving them the insights and support to help them stop their abusive behavior.
- ▶ It ignores drinking, drugs, Borderline Personality Disorder and other serious psychological problems.

MORE CRITICISMS OF DULUTH MODEL

- ▶ The Duluth Model is the most widely-adopted approach in the world for intervening with men who batter and keeping women safer. It has influenced and shaped much of national and state-level policy around batterer intervention and domestic violence work because of its innovative methods and success. Our research has shown that 68% of men who pass through our criminal justice response and are sent to our men's nonviolence classes have not reappeared in the criminal justice system over a course of eight years

DULUTH RESPONSES

- ▶ The battering of women by men continues to be a significant social problem—men commit over 85% of all criminal assaults and women are killed 3.5 times more often than men in domestic homicides. Not naming this gender disparity, and the continued underlying social, cultural and institutional structures that support it, keeps us from naming the social problem for what it is

DULUTH RESPONSES

- ▶ The feminist theory underlying the Duluth Model is that men use violence within relationships to exercise power and control. This is illustrated by the "Power and Control Wheel," a graphic typically displayed as a poster in participating locations. According to the Duluth Model, "women and children are vulnerable to violence because of their unequal social, economic, and political status in society." Treatment of abusive men is focused on re-education, as "we do not see men's violence against women as stemming from individual pathology, but rather from a socially reinforced sense of entitlement." The program's philosophy is intended to help batterers work to change their attitudes and personal behavior so they would learn to be nonviolent in any relationship.

POWER AND CONTROL WHEEL

- ▶ <https://youtu.be/r9dZOgr78eE?list=PLpnp9VeQno5OXYrLj9FrXyiTNCG2lwTdX>

ELLEN PENCE VIDEO



➔ Physical Violence

➔ Sexual Violence

THE WHEEL



► Using Intimidation

- Making him/her afraid
- Smashing things
- Destroying Property
- Harming pets
- Displaying Weapons

- "Binders"

INTIMIDATION



▶ Using Emotional Abuse

- ▶ Put Downs
- ▶ Name Calling
- ▶ Mind Games
- ▶ Humiliation
- ▶ Making someone feel guilty
- ▶ "Worst thing that happened"

EMOTIONAL ABUSE



▶ Using Isolation

- ▶ Controlling what she/he does, sees, reads and where one goes
- ▶ Limited outside involvement
- ▶ Uses Jealousy to justify actions
- ▶ “Normalizing”

ISOLATION



▶ MINIMIZING, Denying, Blaming

- ▶ Making light of abuse
 - ▶ Saying it didn't happen
 - ▶ Shifting responsibility
 - ▶ Saying she/he caused it
- ▶ Jedi Mind Trick

MINIMIZE, DENY,
BLAME



► Using Children

- Guilt Feeling about Children
- Using them to relay messages
- Using visitation to harass her/him
- Threatening to take the kids away

- Tie that binds

CHILDREN



► Using Male Privilege

- Treating her/him like a servant
- Making all the big decisions
- “Master of the Castle”
- Defining gender roles
- Culture/ Religion

MALE PRIVILEGE



► Using Economic Abuse

- Preventing her/him from getting/keeping a job
- Making her/ him ask for money
- Giving allowance/ taking money
- Disallowing access to family income
- Golden Rule

ECONOMIC ABUSE

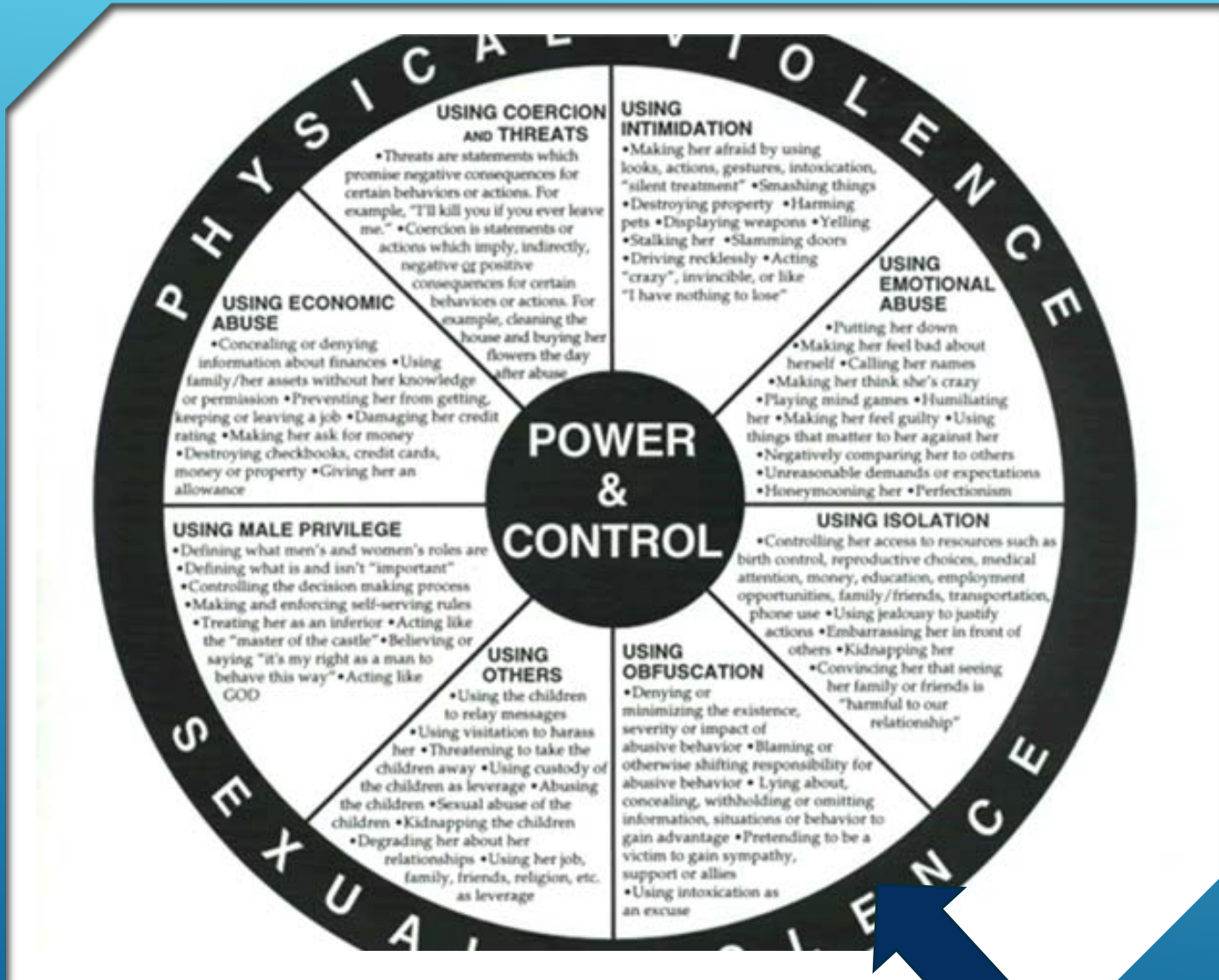


► Using Coercion and Threats

- Making and or carrying threats to hurt
- Threatening to leave, to commit suicide, report to "Welfare", Drop charges, Do illegal things

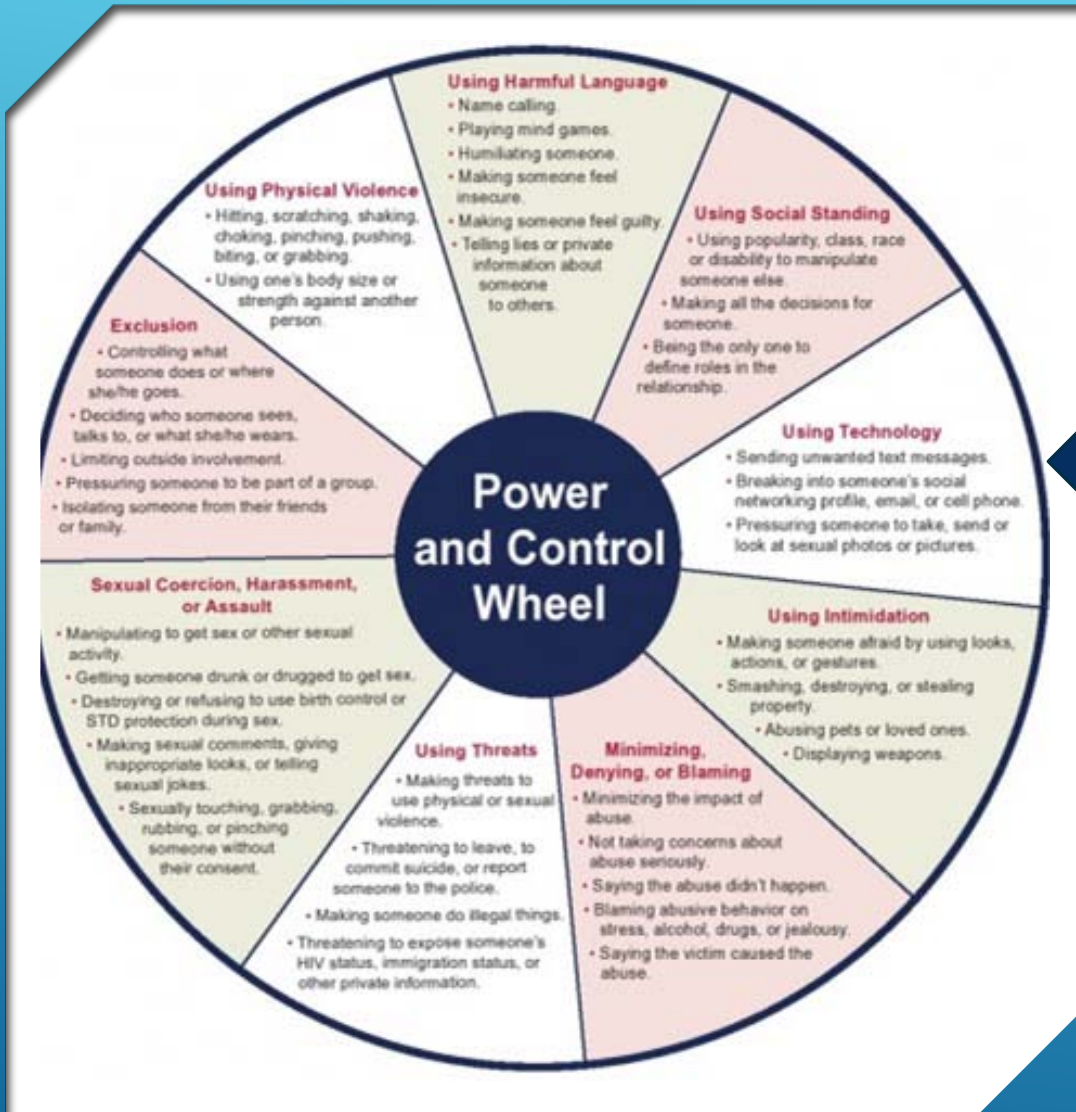
► Maintenance Behaviors

COERCION THREATS



- ▶ Denying or minimizing the existence, severity, or impact of Abusive behavior
- ▶ Blaming or otherwise shifting responsibility for abusive behavior
- ▶ Lying about, concealing, withholding or admitting information, situations or bx to gain advantage
- ▶ Pretending to be a victim to gain sympathy, support, or allies
- ▶ Using Intoxication as an excuse

Obfuscation

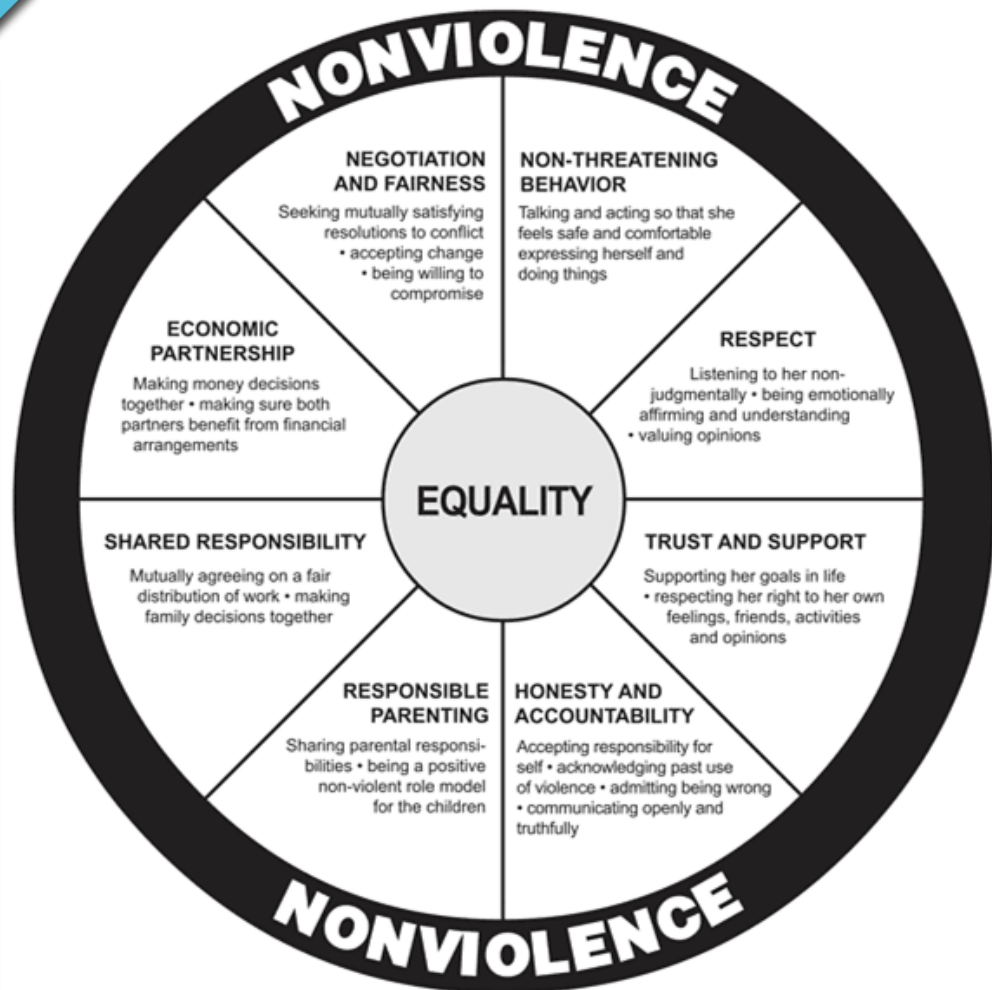


▶ Using Technology

- ▶ Sending unwanted Text Messages
- ▶ Breaking into someone's Social Networking Profile, Email, Cellphone
- ▶ Pressuring Someone to take, send, or look at sexual images

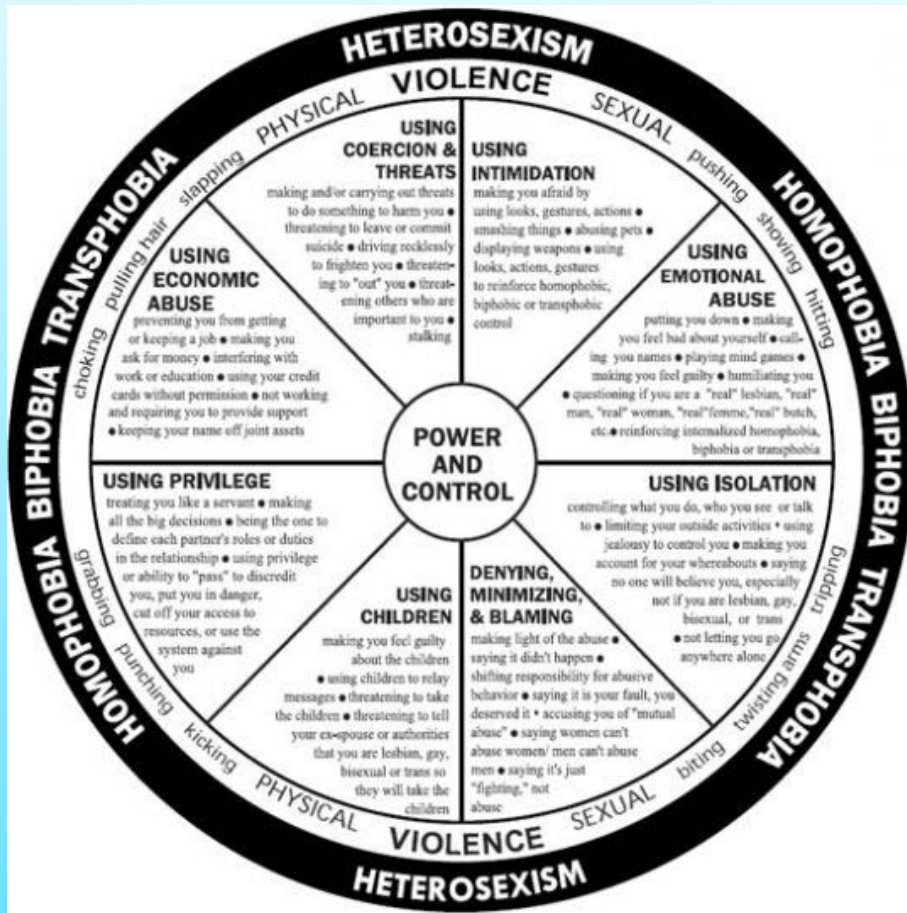


TECHNOLOGY



► Committed to Non-Violence

EQUALITY



LGBT

- ▶ Heterosexism
- ▶ Homophobia
- ▶ Biphobia
- ▶ Transphobia
- ▶ 25-33 % of LGBT population experiences DV in their lifetime
- ▶ Heterosexual population is 1 in 4



- ▶ Fear of doing wrong thing
- ▶ Fear of expressing feeling
- ▶ Inability to learn at school
- ▶ Low self-esteem

EMOTIONAL ABUSE



- ▶ Feel guilt and shame
- ▶ Think its their fault
- ▶ May regress to earlier stages of development

PHYSICAL MENTAL EFFECTS



- ▶ Shame about their body
- ▶ Feeling threatened and fearful about their sexuality
- ▶ Have access to pornography

SEXUAL ABUSE



- ▶ Being put in the middle of fights
- ▶ Being asked to take sides
- ▶ Parentification

USING CHILDREN



- ▶ Learn manipulation
- ▶ Express anger through violence or not at all due to fear

THREATS



- ▶ Copies abusive, dominant behavior
- ▶ Copies passive, submissive behavior

SEXUAL STEREOTYPING



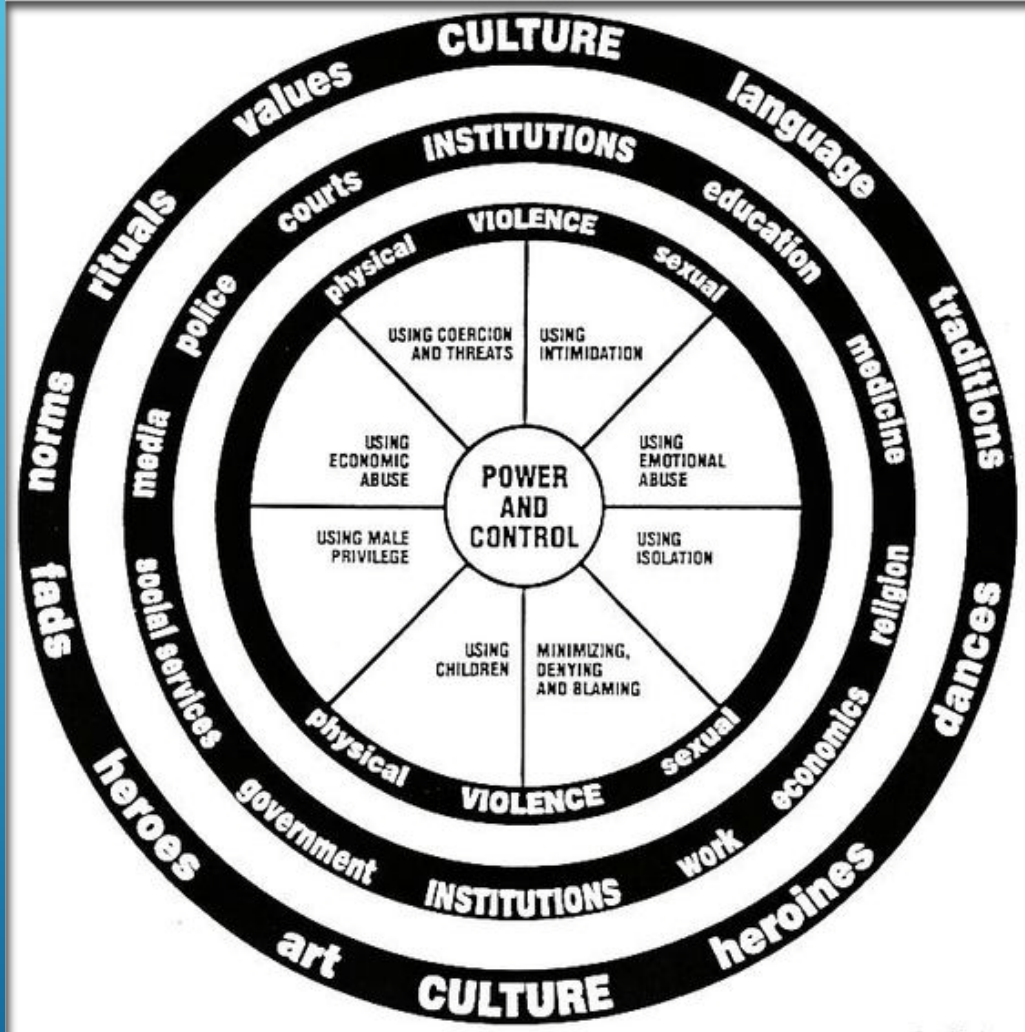
► Fear for physical safety

INTIMIDATION



- ▶ Inability to develop social skills
- ▶ Cant have friends over to hide violence
- ▶ Keeping secrets
- ▶ Not trusting others

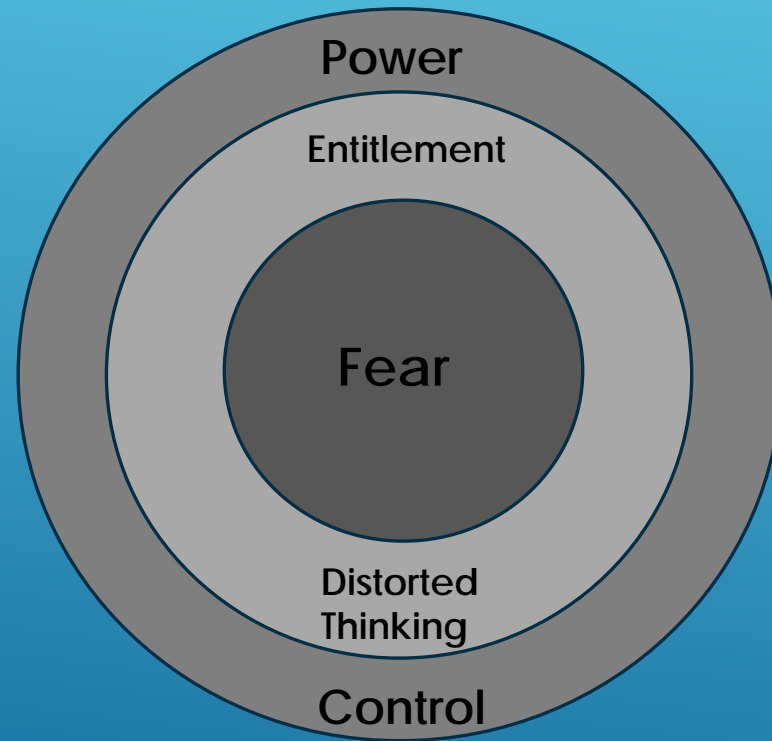
ISOLATION



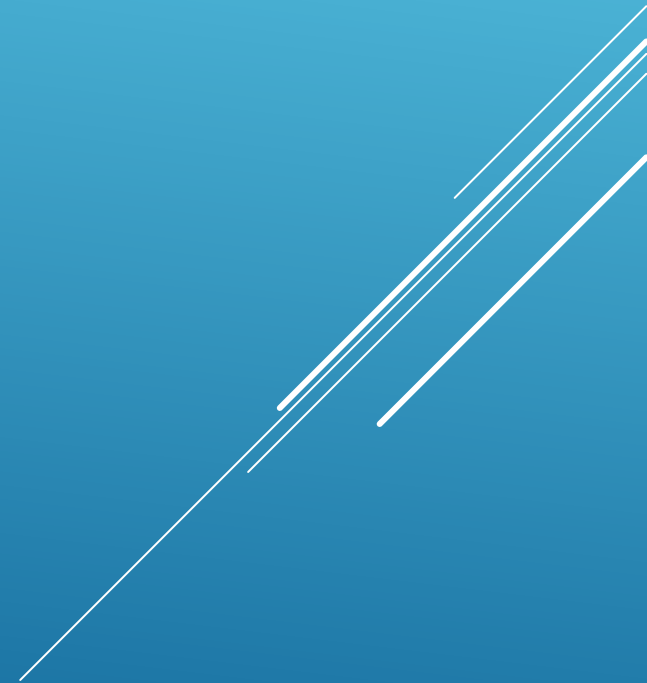
- ▶ Culture
- ▶ Institutions

THE WHEEL

What motivates Desire for Power and Control



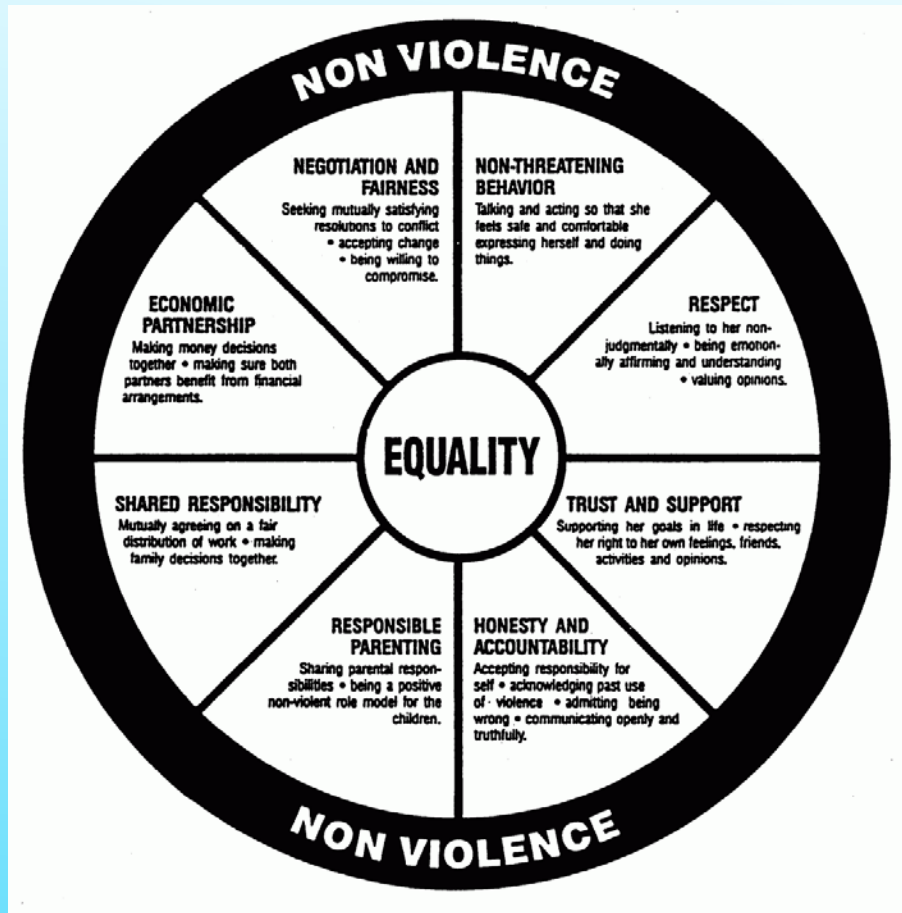
Excerpted form *Stop Hurting the Woman You Love* (Donaldson)





EQUALITY WHEEL

- ▶ Non-Threatening Behavior
 - ▶ Talking and acting so that she/ he feels safe and comfortable expressing her/ himself and doing things



EQUALITY WHEEL

- ▶ Respect
 - ▶ Listening to her/ him nonjudgmentally
 - ▶ Being emotionally affirming and understanding
 - ▶ Valuing opinions



EQUALITY WHEEL

- ▶ Trust and Support
 - ▶ Supporting her/ his goals
 - ▶ Respecting her/ his right to her/his own feelings, friends, activities and opinions



EQUALITY WHEEL

- ▶ Honesty and Accountability
 - ▶ Accepting responsibility for self
 - ▶ Acknowledging past use of violence
 - ▶ Admitting being wrong
 - ▶ Communicating openly and truthfully



EQUALITY WHEEL

- ▶ Responsible Parenting
 - ▶ Sharing Parental responsibilities
 - ▶ Being a positive non-violent role model for the children



EQUALITY WHEEL

- ▶ Shared Responsibility
 - ▶ Mutually agreeing on a fair distribution of work
 - ▶ Making family decisions together



EQUALITY WHEEL

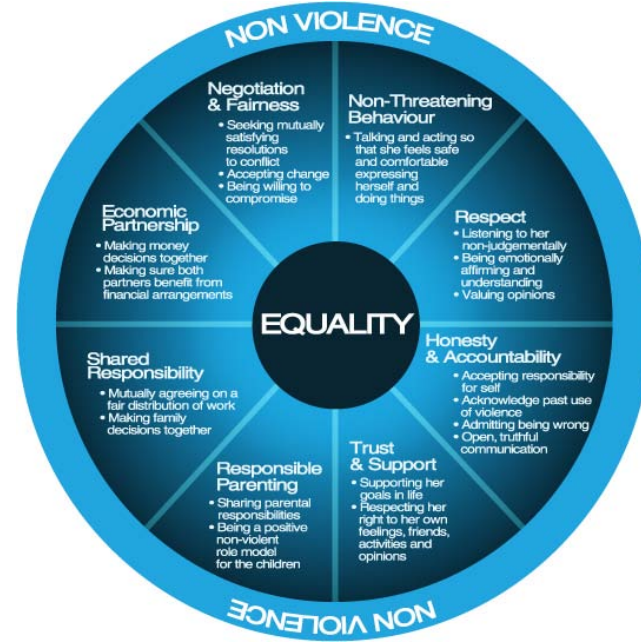
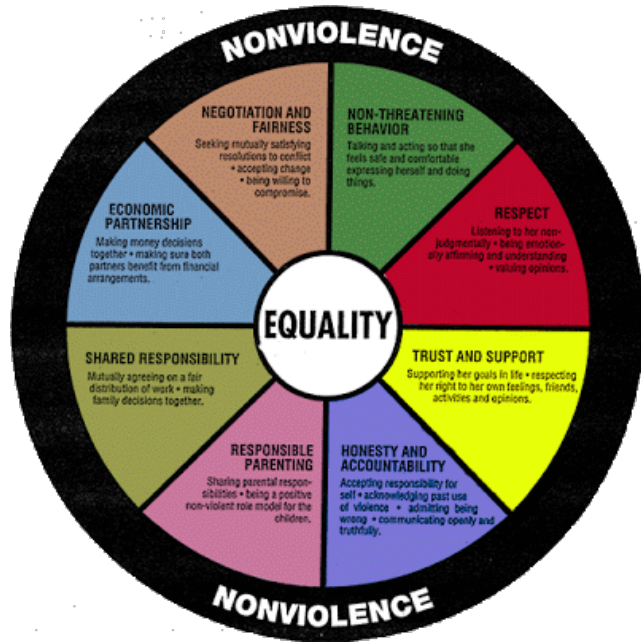
▶ Economic Partnership

- ▶ Making money decisions together
- ▶ Making sure both partners benefit from financial arrangements



EQUALITY WHEEL

- ▶ Negotiation and Fairness
 - ▶ Seeking mutually satisfying resolutions to conflict
 - ▶ Accepting change
 - ▶ Being willing to compromise



MORE WHEELS

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THANK YOU

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.