

BATTERER INTERVENTION PROGRAM BASICS



What happens at BIP classes?

Batterer Intervention Program (BIP) classes are ongoing and have 1 or 2 facilitators. Group members are required to attend one 1.5 hour class per week for 30+ weeks (sometimes longer). We find that a person needs to participate in a BIP course for the full 30+ sessions to make any lasting changes, and someone who does not attend all sessions is cause for concern.

A person is expected to not use any violence toward their partner or children while attending BIP.

Participants are expected to give an accurate history of their violence at the beginning and throughout the program. Participants give a report at each meeting of any verbal abuse or attempts to control others.

Meetings involve presentations on issues related to abuse and parenting. Each individual gets an opportunity to speak, and a few individuals during each session receive feedback on their particular cases. Meetings focus on individuals learning to identify abusive behaviors, recognizing the effects of violence on family members, and developing respect for their partners and children. We also discuss alternatives to abuse and developing positive behaviors.

support and options

Safety First

Your first consideration should be safety for you and your children, if you have them. Get support for yourself, if it is safe to do so, through one of ZeroV's local domestic violence programs.

Domestic violence services are free, confidential, and accessible 24/7.

Seek Support

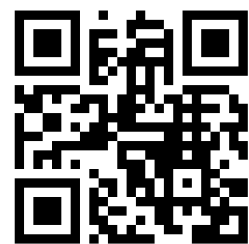
Commonly a person who is being abused by their partner feels isolated, depressed, or even crazy. These are all effects of the abuse. If you are having these feelings, support from someone who understands what is happening will be helpful.

Know Your Options

You have the right to speak confidentially to the BIP provider who is working with your partner or ex-partner.

If you are having difficulty finding contact information for that provider, please contact Nicholas Davis at ndavis@zerov.org.

Scan the QR code or visit ZeroV.org/bip to learn more

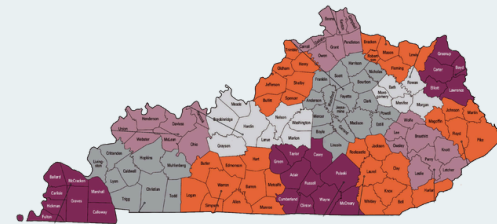


ZEROV

OUR MISSION

The mission of ZeroV is to abolish the social conditions and systems that spark, enable, and amplify intimate partner violence and to create communities where all Kentuckians can live and thrive in safety and peace.

OUR PROGRAMS



ZeroV's 15 regional domestic violence member programs offer confidential services to survivors of intimate partner violence and their children in all 120 Kentucky counties, free of charge.



Scan the QR code or visit ZeroV.org for DV program info

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what to expect when your partner seeks

Batterer Intervention Services

ZEROV

ZeroV | www.ZEROV.org

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our goals for a client in BIP

- Stopping physical violence
- Ending intimidating behavior (doing things such as throwing objects, standing up during arguments, threatening, giving warning looks or gestures, etc.)
- Stopping verbal abuse and criticism (name-calling, ridiculing, yelling, swearing, insulting)
- Becoming a better listener
- Respecting differences and opinions
- Giving more praise and support
- Taking responsibility for their own well-being
- Ceasing to blame their partner or children for their feelings and behavior
- Learning new skills to manage conflict

Why do people attend BIP or “domestic violence” classes?

A person may attend Batterer Intervention Program (BIP) classes after their partner has left, threatened to leave, or obtained a protective order.

In other cases, they might have been required to attend BIP classes by a court or by the Cabinet for Health and Family Services.

Unfortunately, it is often true that a person seeks out BIP classes because it makes them look good or convinces a partner to take them back.

Will BIP classes make a difference?

Progress will depend on an abusive partner recognizing that they have a problem and being prepared to work hard on it for a long time without expecting rewards or support from you for their efforts.

Change does not occur overnight, if it occurs at all, and many abusive partners drop out along the way.

Long-term improvement in behavior is more likely for a person who completes the 30+ BIP sessions, but even that is no guarantee; many abusive partners continue to be violent and controlling even after attending BIP classes.

Should we just try couples counseling first?

No. Couples counseling allows your partner to stay focused on criticisms of you instead of dealing with their own problems.

They may even retaliate against you physically or verbally for what you say to the counselor.

You may also be put under pressure to give up certain things that are important to you in return for their giving up violence.

Abuse is a problem in the abuser, not a problem in the relationship.

For all these reasons, people attending BIP classes are not allowed to be in couples counseling.

When would couples counseling be appropriate?

Couples counseling may be helpful to you in working on other problems after your partner has gone for a long period of using no violence or intimidation (at least 9 months), in addition to showing signs of being consistent in treating you better.

how do I know if they are changing?

You are the best judge of whether your partner is changing or not. If your feeling is that they have not changed, trust that feeling regardless of other signs. But some things that certified Kentucky BIP providers look for to demonstrate possible change are:

- Have they completely stopped saying and doing things that frighten you?
- Can you express anger toward them without being punished for it?
- Does it feel safe to bring up topics that you know upset your partner?
- Can they listen to your opinion and respect it even when they disagree?
- Can they argue without being abusive or domineering?
- Does your partner respect your wishes about sex and physical contact?
- Have they stopped expecting you to do things for them?
- Can you spend time with friends comfortably?
- Can you do other things that are important to you, such as attend classes or take a job?
- Are you comfortable with the way they interact with the children?
- Do you feel safe leaving your children alone with them?
- Is your partner being supportive and giving you compliments?
- Do they do their share of the housework and childcare?

signs that your partner isn't changing

- Do they use their attendance at BIP against you in any way?
- Does your partner interfere with or pry into your efforts to find support?
- Are they pressuring you to go to therapy for yourself or couple's counseling for the two of you?
- Do they minimize their abuse when they talk about it at their BIP classes? (You can ask their counselors to describe to you what they have been reporting).
- Does your partner tell you that you owe them another chance or that they can't change without your support?
- Do they say that you are abusive?
- Do they try to get you and the kids to feel sorry for them?
- Do you have to urge your partner to attend the BIP classes?
- Does your partner expect something in return from you for attending BIP classes?
- Are they pressuring you to make decisions about the relationship or to move back in together?
- Is your partner pressuring you to drop charges or your protective order?
- Does your partner ask for money or ask you to pay for BIP classes?