

1. STOP Program - Relationship Training Institute

The Relationship Training Institute (RTI) is a 501(c)(3) non-profit organization, established in 1986 by David B. Wexler, Ph.D. to provide training, consultation, treatment, and research in the field of relationship development and relationship enhancement. RTI is approved by the American Psychological Association to sponsor continuing education for Psychologists. Relationship Training Institute maintains responsibility for the program and its content. Relationship Training Institute is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

Relevant Research:

1. The Association of Domestic Violence Intervention Providers (ADVIP) has identified the STOP Program as an example of an “evidence-based program for a psychoeducational group format”:
(<https://www.domesticviolenceintervention.net/evidence-based-domestic-violence-intervention-policy-a-research-guide/>)
2. Miller, M., Drake, E., & Nafziger, M. 2013. What works to reduce recidivism by domestic violence offenders? Washington State Institute for Public Policy (Jan 2013). doi: Document No. 13-01-1201
3. The STOP Program rigorously adheres to the landmark guidelines identified by the Risk-Need-Responsivity (RNR) model. The factors identified by this model include a comprehensive range of known factors that researchers have identified as targets for domestic violence treatment—and identify proven strategies for intervention in these areas (Stewart, L. A., & Flight, J. 2013. Applying Effective Corrections Principles (RNR) to Partner Abuse Interventions. *Partner Abuse*, 4(4), 494-534.)

The following areas, central to the RNR model, are all emphasized in the STOP Program model. All areas are addressed with empirically-identified interventions:

- Substance Abuse
- Emotion Mismanagement: Anger
- Jealousy
- Depression
- Shame
- Attachment Problems
- Attitudes Supportive of the Abuse of Women
- Problems in Self-Control
- Communication and Social Problem-Solving Skills and Mutual Conflict
- Antisocial Associates
- Motivation
- Adhering to Methods Appropriate to Adult Learning Styles

- Importance of Therapeutic Alliance
- Role of Treatment Readiness
- Incorporation of Strength-Based Elements
- Exploring Personal Identity
- Attention to Diversity and Culturally Competent Practice

4. The STOP Program was also evaluated in a joint research project by DOD and NIMH in a five-year study in the 1990's. The results were published in an article by PI Frank Dunford in *Journal of Consulting and Clinical Psychology* in 2000. This study is still, to this date, the most comprehensive empirical study of DV treatment program outcome anywhere. Dunford, F. W. (2000). The San Diego Navy Experiment: An assessment of interventions for men who assault their wives. *Journal of Consulting and Clinical Psychology*, 68(3), 468–476. <https://doi.org/10.1037/0022-006X.68.3.468>

5. A recent study conducted by the Phoenix Arizona VA Healthcare System reviewed recidivism rates among graduates of their STOP Program. At 12 months after completion of the program, the success rate (no reported new DV charge) is currently 92%--significantly above averages reported in multiple other surveys and programs.

6. Key elements of the most updated version of STOP-4th edition (2020) were validated in the following study: Tollefson, D. R., Webb, K., Shumway, D., Block, S. H., & Nakamura, Y. (2009). A mind-body approach to domestic violence perpetrator treatment: Program overview and preliminary outcomes. *Journal of Aggression, Maltreatment & Trauma*, 18(1), 17-45.

7. The STOP Program is used at hundreds of military and civilian agencies throughout the world and has been the treatment model for over 60,000 DV offenders since 1999.

8. USMC Headquarters has mandated that all of their FAP programs worldwide use the STOP Program for their DV treatment.

9. Both the U.S. Navy and U.S. Army have contracted with RTI to provide training in The STOP Program. U.S. Army clinical providers were offered six certification training seminars in The STOP Program in 2017-2018 to treat Army families impacted by domestic violence. Furthermore, The U.S. Navy Family Advocacy Programs have selected The STOP Program as the primary domestic violence treatment model for their worldwide sites. Navy FAP staff and group facilitators have been receiving training in The STOP Program curriculum and are in the process of implementing at multiple bases.

10. The Department of the Navy has issued an order that all NAVCONBRIG's (NAVCONBRIG Miramar, NAVCONBRIG Charleston, and NAVCONBRIG Chesapeake) utilize

the STOP Program for domestic violence offenders and the GO Program (based on STOP) for generally violent offenders.

11. The STOP Program has been approved for use in state-mandated programs for court-ordered domestic violence offenders by the state of California and by the San Diego County Probation Department. The STOP Program has also been approved by the Texas Department of Criminal Justice, Community Justice Assistance Division (accreditation agency for Batterers Intervention and Prevention Programs in Texas) and by the state of Nevada as an approved curriculum for batterer intervention programs.

12. The Relationship Training Institute (RTI) is very proud to announce that “The STOP Program” has been selected by Santa Barbara and San Luis Obispo Counties as the domestic violence treatment model for a new three-year pilot project authorized under the State of California’s Assembly Bill 372 (AB 372). This bill (effective July 2019 through July 2022) authorizes these and four other CA counties to offer alternative Batterer’s Intervention Programs (BIP) under 1203.099 to the Penal Code, utilizing risk and needs assessments as well as evidence-based/promising practices components. The bill further requires the counties to collect specified data and report to the Legislature over the course of the pilot. In May of 2019, over forty treatment facilitators from numerous providers completed a four-day training in “The STOP Program” model. RTI will be actively involved with maintaining treatment fidelity and consulting on the research about treatment effectiveness.

2. Family Peace Initiative

The FPI Approach is built on Compassion, Integrity, and Expertise. This unique approach combines many trusted and evidence-based approaches to transformational change including (but not limited to) Motivational Interviewing, Cognitive Behavioral concepts, Rational-Emotive Behavioral concepts, Internal-Focused Dialogue, Polyvagal Theory, and Mindfulness. Learn more at familypeaceinitiative.com.

Watch their session from the NMCADV Solutions Conference here

https://www.youtube.com/watch?v=Edm1dgiHhnE&list=PLoeCOkGlk1WxopmmDd_oxbnTI80WIob8x&index=5)

Relevant Research:

BIP Program Evaluation, Kansas Attorney General Office (February 2016), Source: [bip-program-evaluation-study-report.pdf \(ks.gov\)](#)

Family Peace Initiative's Peaceful Families Program Outcomes from Topeka Correctional Facility (TCF) Program (2016) Source: [FPI's Peaceful Families Program at TCF: Outcomes as of 4.30.2021 \(familypeaceinitiative.com\)](https://familypeaceinitiative.com/fpi-peaceful-families-program-at-tcf-outcomes-as-of-4.30.2021)

3. Allies in Change

The Allies in Change model provides an accountable and supportive setting for men to understand the role of male socialization, identify the ways they have been abusive or controlling of others, examine and change their beliefs about abuse, and practice acceptable alternatives to abuse. They respectfully confront denial and pro-abuse beliefs while supporting making non-abusive choices and embracing more pro-social beliefs. We make consistent use of evidence-based practices, including motivational interviewing, cognitive behavioral interventions, role plays, and the research of John Gottman. Learn more about the evidence and theories used in their curriculum by visiting: alliesinchange.org/the-aic-curriculum

Watch their session from the NMCADV Solutions Conference here: [4c. Allies in Change - BIP Model Session \(youtube.com\)](https://www.youtube.com/watch?v=4c. Allies in Change - BIP Model Session)

4. The Duluth Model (DAIP)

These classes help men to examine their belief systems and behaviors that support violence, expand definitions of violence and controlling behaviors, discuss the effects of violence on women, children, and themselves, and identify and practice non-controlling alternatives.

The goals of the men's non-violence program at DAIP are:

- Stopping his violence and abusive behavior
- Understanding the effect of his violence and controlling behavior
- Accepting responsibility for his behavior and taking specific steps to change
- Learning to be respectful of her by listening, expressing feelings in a non-abusive way, and supporting her right to make her own choices about her day-to-day activities and life.

The emphasis is on ending his violence and on learning different ways of communicating and solving problems without being controlling or using violence. The facilitators help the men stay focused on their goals and provide supportive confrontations, education, and insight. Learn more at theduluthmodel.org.

Relevant Research:

Katharine Herman , Robert Rotunda, Gail Williamson & Stephen Vodanovich (2014)
Outcomes From a Duluth Model Batterer Intervention Program at Completion and Long

5. Conceptual Clarity Model (HEAL Curriculum)

The Conceptual Clarity Model (HEAL Curriculum) is derived from a deep analysis of a progression from awareness to the cessation of harm and the presence of integrity. Developing an understanding of accountability, so that program participants connect their actions with integrity, respect, and honor. By operationalizing accountability, we promote meaningful conversations and reflection about accountability on an individual level. This model presumes competence and the capacity to change for each program participant.

Based on the concept of “beginning with the end in mind”; we must have a searing and accurate analysis of the etiology of battering to effectively intervene with those who batter, abuse, and cause harm. We must fully comprehend WHY and HOW he has chosen to utilize this behavior. Simply knowing the right answers to this question is no longer sufficient. Having absolute conceptual clarity regarding the full etiology of this decisive behavior is critical to providing strategic and meaningful intervention, learn more at batteringinterventiontraining.com.

6. The Emerge Model

Founded in 1977, Emerge was the first abuser education program in the United States. Since its creation, Emerge has been a national leader in working to end violence in intimate relationships. In working toward this goal, Emerge seeks to educate individual abusers, prevent young people from learning to accept violence in their relationships, improve institutional responses to domestic violence, and increase public awareness about the causes and solutions to partner violence. With the development of parenting education groups for fathers, Emerge has expanded its mission to include the goal of helping men become more responsible parents. Emerge teaches that domestic violence is a learned behavior, not a disease or a sickness. Emerge supports grassroots, institutional, and cultural efforts to stop partner violence, sexual assault, and child abuse. Emerge recognizes that other oppressive life circumstances such as racism, poverty, and homophobia create a climate that contributes to partner violence. Learn more at www.emergedv.com

Relevant Research:

David Adams, Ed.D. Susan Cayouette, Ed.D. In Programs for Men Who Batter: Intervention and Prevention Strategies in a Diverse Society, Aldarondo, E. & Mederos, F. (Eds.) NY: Civic Research Inc., 2002

7. House of Ruth: House of Ruth Maryland’s Gateway Project

House of Ruth Maryland's abuse intervention model, "Gateway Project: A Path To Nonviolence" is a 28-week intervention curriculum designed for men who have both used abusive behaviors toward an intimate partner and who experience systemic oppression in their day-to-day lives, learn more at hruth.org.

This curriculum:

- Is based on an intersectional oppression framework
- Includes exercises that explore participants' experiences of being oppressive and oppressed
- Is written to be accessible to low-literacy populations, and
- Has been peer-reviewed and evaluated.

Relevant Research here:

Murphy, C. M., Richards, T. N., Nitsch, L. J., Green-Manning, A., Brokmeier, A. M., LaMotte, A. D., & Holliday, C. N. (2021). Community-informed relationship violence intervention in a high-stress, low-income urban context. *Psychology of Violence, 11*(6), 509–518. <https://doi.org/10.1037/vio0000387>

Inocencio, P. M. (2013). *Characteristics of male perpetrators of intimate partner violence associated with length of time from referral to intake and completion status: House of Ruth Maryland's Gateway Project*. Morgan State University.

8. Domestic Abuse Project (DAP)

DAP was established as a model treatment program for men who use abuse, and their partners and children. Over the years, DAP built effective therapy, advocacy, and most recently a case management program, continually evolving with community need and current research on violence and trauma. We seek to integrate our clients' voices and feedback into our programming to ensure we are responsive to our community's needs and we are staying true to our mission to promote safe and healthy family relationships by stopping domestic violence as it occurs and working to prevent it in the future.

Participants attend a 24-week program that includes psycho-education and therapeutic process sessions. Group therapy facilitators work to frame the issues of domestic violence relative to larger and more systemic contexts that impact the use of violence. In the groups, facilitators also encourage peer-to-peer education and accountability; something that can't be found through individual treatment. In the course of the program, individuals who have used abusive behaviors work to accept responsibility for their actions, build awareness around their response to stress, and engage in skill building that aids in healthy communication for building and maintaining equal and interdependent relationships.