

## Difference between Anger Management and Domestic Violence Programs

Anger Management	Domestic Violence
<p>AM programs focus on anger as a misunderstood and misaligned emotion which often follows fear, depression, stress, fatigue or a perceived threat or personal attack. The situation which causes anger is not the problem, the unhealthy response to anger is the problem. AM does not focus on partner relationship power imbalances that are present in DV cases.</p>	<p>DV programs focus on issues of power and control that play a part in domestic violence. DV programs discuss male socialization, female socialization, substance abuse, child abuse, male domination, and the impact of domestic violence on the individual, the family and community.</p>
<p>AM classes are designed to assist clients only in the following areas: Emotional intelligence, stress management, anger management, and communication skills.</p>	<p>DV programs are deliberate and purposeful interventions that are designed to interrupt the cycle of violence and abuse with intimate partner violence. Classes are specific and structured to adhere to well researched best practices. It does not focus on saving relationships, but rather on ending abusive and violent behavior.</p>
<p>AM is inappropriate for DV clients if it is the only or first treatment they are receiving. Inappropriate interventions can put victims at greater risk.</p>	<p>DV programs have an assigned partner contact that is accessible to the victim at any time to ensure their safety and guide them in making the appropriate safety plans. This role is unique to DV programs and is not offered in an AM program.</p>
<p>AM is only appropriate for perpetrators of strangers or non-intimate partner violence, road rage, and workplace violence or abuse. AM focuses on how to deal with your anger triggers so that the client can learn to express anger in a healthy way.</p>	<p>DV programs are only appropriate for perpetrators of partner violence and abuse. These programs address the underlying reasons why we become abusive towards our partners. AM programs do not focus on partner violence and how to stop the cycle of abuse.</p>
<p>Many times, AM clients may benefit from attending traditional counselling, mediation and at times, family counselling to help them resolve any unresolved conflicts in their relationships that are contributing to their anger. These are cases that do not present any power imbalances in their relationships and would not be putting anyone else at a greater risk by attending.</p>	<p>Traditional couples counselling, family therapy and misinformed mediation practices can be inappropriate interventions for domestic violence situations where there is a power imbalance. These interventions can do more harm than good as they are not victim focused and can many times put the victim at a greater risk of serious harm.</p>

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SOCIETY OF TORONTO

Prevention Intervention Reintegration

## FAQs

	Anger Management	Domestic Violence
Is the program government certified?	NO	YES
Who is served by the program?	Anyone, the program is generic	Program is specific for clients with DV charges
How many sessions are in the program?	4	12
Does the program stay in contact with any victim?	NO	YES
Is the program monitored by a government agency?	NO	YES
Is the program affiliated or linked to DV victim services?	NO	YES
Does the program assess the lethality of the client and the risk level of the victim?	NO	YES
What is the emphasis of the program?	Techniques to manage anger triggers	To help clients recognize that abuse is a choice that is rooted in issues of power and control.
Are facilitators required to obtain 20 hours of continuing education annually of specialized domestic violence programs?	NO	YES