TARGET AUDIENCE

This program is for active duty or military veterans who have experienced trauma and who have engaged in physical intimate partner violence in the last 6 to 12 months.

SUMMARY

The Strength at Home - Men's Program is a community-based program that is designed to stop physical intimate partner violence (IPV) in current relationships and prevent IPV in future relationships.

EVIDENCE

Two internal pre-test post-test pilot studies with small samples found decreases in physical and psychological IPV and psychological aggression and increases in anger control from baseline to 6-month follow-up. Results from one internal randomized controlled trial indicated that the intervention group experienced greater reductions in physical and psychological IPV, particularly controlling behaviors that involved isolation and monitoring of their partner, compared to a treatment as usual control group, when assessed at a 3-month follow up.

COMPONENTS

This program intends to help participants recognize and correct deficits in social information processing. This deficit can impair a participant's ability to appropriately respond to various social stimuli and, consequently, promote IPV. The program is delivered in a closed group format and consists of educational materials, group activities, and practice assignments. Sessions are organized as follows:

- Session 1-2 Psychoeducation: Learn about IPV and common reactions to trauma, including trauma symptoms, depression, and substance abuse; understand healthy versus unhealthy relationships and the impact of trauma on relationships; focus on goal setting and preparing to change;
- Session 3-4 Conflict management: Study conflict management skills; understand different components of anger, such as physiological signs and thoughts and feelings; learn de-escalation skills, such as taking a time out and giving assertive responses;
- Session 5-6 Coping strategies: Explore various coping strategies, such as identifying and correcting negative thought patterns; understanding the core themes behind trauma and abusive behavior (e.g., shame, self-esteem, trust, power, control); and managing stress;
- Session 7-11 Communication skills: Discuss a variety of communication skills, such as active listening and avoiding communication traps and examine how military experiences can contribute to negative communication patterns; and
- Session 12: Examine positive progress and make plans for continued change and improvement.

PREVIOUS USE

Previous use information was not located.
Strength at Home - Men's Program

**TRAINING**

Sessions are delivered by one male and one female doctoral-level therapist. Training information was not available.

**CONSIDERATIONS**

Considerations for implementing this program include acquiring participant buy-in and locating space to hold sessions.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**IMPLEMENTATION**

If you are interested in implementing Strength at Home - Men's Program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**TIME**

This program consists of 2-hour sessions held once a week for 12 weeks.

**COST**

Cost information was not located.

**EVALUATION PLAN**

To move Strength at Home - Men's Program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation with a strong study design and robust sample should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**CONTACT**

Contact the Clearinghouse with any questions regarding this program.

Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Casey Taft by mail National Center for PTSD, Boston VA Medical Center (116B-4), 150 South Huntington Avenue, Boston, MA 02130 or email casey.taft@va.gov

**SOURCE**

Love et al. (2014) and Taft et al. (2013).