

RFI Category and Number:

RFI #9 DOMESTIC ABUSE/DOMESTIC VIOLENCE AFFECTING SERVICEWOMEN

RFI Question:

The Committee requests a written response from the Military Services (to include the Reserves and the National Guard) outlining the curriculum objectives for your Services' Domestic Abuse Response and Intervention Training. Include frequency of training, required attendees, etc.

RFI Response:

- DoDI 6400 6400.01 Volume 1 FAP Standards
- DoDI 6400.01 Volume 4 FAP Clinical Intervention
- OPNAVINST 1752.2B Family Advocacy Program

DoDI 6400.01 Volume 1 establishes policy and assigns responsibilities for addressing child abuse and domestic abuse through the FAP.

DoDI 6400.01 Volume 4 prescribes guidelines for FAP assessment, clinical rehabilitative treatment, and ongoing monitoring of individuals who have been reported to FAP by means of an unrestricted report for domestic abuse. It also prescribes guidelines for the types of clinical intervention needed for offenders of domestic abuse and required training for clinical providers to remain relevant and competent in their clinical practice.

DV Offender Groups

There are 5 curriculums that the Navy use to support treatment for offenders in domestic abuse. The selected curriculums have validity and sustainability as it relates to results and effectiveness. The primary goal is to ensure standardized treatment and continuity of care for the Navy service members and their families.

Since each region/installation has unique demographics, location, resources, and state requirements, multiple curriculums are available, to allow each installation to have a choice of a curriculum that will work well for their individual needs.

1. **The Choices Program.** The Choices Program is 24 sessions and can be repeated if the state requires 52 sessions. It generally uses neutral language and therefore, the material is appropriate for all genders. Groups are gender homogenous. The Choices Programs allows application flexibility of open and closed groups or individual sessions. The session lessons are designed to be used in sequence. The Choices Program uses cognitive behavioral therapy that focuses on core belief systems and uses a visual aid to clarify

abstract lessons. The concepts addressed are power and control, emotional regulation, Time Out, problem solving, denial/minimizing/blame, anger management, accountability, core beliefs/thoughts/consequences, effects on children, tyrants vs. leaders, and childhood issues.

2. **The STOP Domestic Violence Program: Innovative Skills, Techniques, Options, and Plans for Better Relationships.** The STOP Program is designed to meet requirements for an open ended 52 week domestic violence treatment program for male offenders. It is organized into 26 sessions meeting once a week for 2 hour time periods. The program utilizes pro-feminist, cognitive-behavioral therapy and self-psychological models to address core belief systems, skills building, and mindfulness. Concepts addressed are power and control, accountability, childhood abuse, anger management, assertiveness and handling criticism, empathy and active listening, emotional and sexual intimacy, mindfulness, trauma issues, masculinity traps, jealousy and negative interpretations, substance use and abuse, shame, and moral injury, and effects on children. There is flexibility with the number of sessions, open groups, closed groups, individuals, and guidelines for introducing a new group member to an open group format.

3. **Couples Therapy for Domestic Violence: Finding Safe Solutions (CTDV-FSS).** CTDV-FSS is a manualized group format for approximately five couples in a group, but can also be applied to individual couples. The curriculum is for prevention of violence and appropriate for those wanting to remain a couple. The curriculum specifically explains which couples are appropriate for this group based on having insight, mild severity levels of violence, and high comfort with using couples therapy. It is advisable for the offender to complete domestic violence intervention prior to CTDV-FSS. The facilitators meet with gender separate groups for several sessions to establish safety and common goals. Then they combine the gender groups into a couples group. CTDV-FSS uses the Domestic Violence Focused Couples Treatment approach to address safety, time-outs, substance use, violence prevention, conflict management, and mindfulness. **This DV Curriculum is provided within is intended for those low risk, low severity and/or “did not meet” allegations of abuse in which the program may be recommended in CCSM as a preventive resource for couples.**

CAP Staff DV Training

1. **DV Group Training:** FAP group facilitators are required to be trained by the program's developer regardless of whether the curriculum requires training. Group facilitation training provides investment and professional growth to the clinician. It will ensure that the best services are being afforded to our military members and beneficiaries.

2. **The Art of Clinical Supervision:** A Relational-Cultural Model is a course offered to Clinical CAP Supervisors as a means to improve overall function to the CAP supervisory

roles. The sole purpose of this training is to train and will not focus on sharing best practices. The course is based on a relational cultural theory that builds from the relationship model. Participants experience the learning through didactic and group experiences. The reflection of supervisory skills and interactions help identify areas of growth for the participants.

3. **Next STEPS: Staff Training for Enhanced Performance & Sustainability:** This is an annual training event that provides a specialized training opportunity for all new CAP staff, to include CAP clinicians, FAP case managers, NPSPHVs, and FAP Victim Advocates. The training serves as initial training for new personnel to facilitate mission readiness by assuring that these Navy Counseling and Advocacy staff members have the most up-to-date resources and techniques to provide quality services to service members and their families.
4. **CAP Staff Training:** This is a biennial training event that provides specialized training opportunity for Navy Regional Counseling and Advocacy Managers, Clinical Counselors, and Family Advocacy Clinicians. It facilitates mission readiness by assuring that Navy Counseling and Advocacy staff members have the most up-to-date resources and techniques to provide quality services to service members and their families.
5. **FAP Victim Advocate Training:** This is a biennial training focused on increasing the education and skills of advocates who specialize in advocacy for families experiencing interpersonal violence. The training allows advocates to be exposed to current trends across the DoD. Additionally, FAP VAs are exposed to agencies and education that will help them build the community coordinated response to family violence. Training topics included serving survivors with disabilities, suicide prevention, ethics, use of technology, advocating for victims who choose to stay and ended with service specific training on Navy processes and procedures.

POC or office responsible:

Family Advocacy Program, Commander, Navy Installation Command