

Appendix L

Anger Management vs. Batterer Intervention Programs (BIPs)

This chart was taken from page 71 of the Oregon Protocol and was created by Chris Huffline, PsyD, with the Allies in Change Counseling Center. It highlights the important differences between anger management and batterer intervention programs (BIPs).

Anger Management	Batterer Intervention Programs
Anger is viewed as the primary problem.	Abuse and control are viewed as the primary problems.
Primary focus is on managing emotion.	Primary focus is on changing beliefs and behaviors.
Abuse is seen as due to a loss of control.	Abuse is seen as taking control.
Intervention is short-term (2-16 hours).	Intervention is long-term (40-100+ hours).
Little attention is given to consequences.	There are repeated reminders of the damaged caused.
Generally, victims are not identified.	Victims are identified.
There is no addressing empathy for victim.	Empathy-building for victim is common.
There is no outreach to victims.	Referrals are provided for victims.
Little or no attention is paid to accountability.	Accountability is paramount.
Intervention is non-confrontational. Denial is not addressed.	Intervention is confrontational. Denial is regularly targeted.
Intervention is emotionally unprovocative.	Intervention is emotionally demanding and intense at times.
Gender is not considered an issue.	Sexism and gender socialization are viewed as significant factors.
Issue is considered to be one of personal mental health.	Issue is considered to be social or societal.
Intervention is confined to specific service provided.	Intervention is just one part of a coordinated community response.