THE POWER AND CONTROL WHEEL:
EVERYTHING YOU NEED TO KNOW

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The Duluth Model is the most common batterer intervention program used in the United States. It is based in feminist theory positing that "domestic violence is the result of patriarchal ideology in which men are encouraged and expected to control their partners".
Duluth Model or Domestic Abuse Intervention Project is a program developed to reduce domestic violence against women. It is named after Duluth, Minnesota, the city where it was developed. The program was largely founded by Ellen Pence and Michael Paymar.
Critics argue that the method can be ineffective as it was developed without minority communities in mind and can fail to address root psychological or emotional causes of abuse, in addition to completely neglecting male victims of abuse.

Criticism of the Duluth Model has centered on the program's insistence that men are perpetrators who are violent because they have been socialized in a patriarchy that condones male violence, and that women are victims who are violent only in self-defense.

POWER AND CONTROL WHEEL
It's a gender-polarizing approach that only serves to perpetrate the "battle of the sexes."

It's about blaming and shaming men, more than giving them the insights and support to help them stop their abusive behavior.

It ignores drinking, drugs, Borderline Personality Disorder and other serious psychological problems.
The Duluth Model is the most widely-adopted approach in the world for intervening with men who batter and keeping women safer. It has influenced and shaped much of national and state-level policy around batterer intervention and domestic violence work because of its innovative methods and success. Our research has shown that 68% of men who pass through our criminal justice response and are sent to our men's nonviolence classes have not reappeared in the criminal justice system over a course of eight years.
The battering of women by men continues to be a significant social problem—men commit over 85% of all criminal assaults and women are killed 3.5 times more often than men in domestic homicides. Not naming this gender disparity, and the continued underlying social, cultural and institutional structures that support it, keeps us from naming the social problem for what it is.
The feminist theory underlying the Duluth Model is that men use violence within relationships to exercise power and control. This is illustrated by the "Power and Control Wheel," a graphic typically displayed as a poster in participating locations. According to the Duluth Model, "women and children are vulnerable to violence because of their unequal social, economic, and political status in society." Treatment of abusive men is focused on re-education, as "we do not see men’s violence against women as stemming from individual pathology, but rather from a socially reinforced sense of entitlement." The program's philosophy is intended to help batterers work to change their attitudes and personal behavior so they would learn to be nonviolent in any relationship.
https://youtu.be/r9dZOgr78eE?list=PLpnp9VeQno5OXYrLj9FrXyiTNCG2lwTdX
The Wheel

- Physical Violence
- Sexual Violence
- **Using Intimidation**
  - Making him/her afraid
  - Smashing things
  - Destroying Property
  - Harming pets
  - Displaying Weapons

- “Binders”
EMOTIONAL ABUSE

- Using Emotional Abuse
  - Put Downs
  - Name Calling
  - Mind Games
  - Humiliation
  - Making someone feel guilty

- “Worst thing that happened”
- **Using Isolation**
  - Controlling what she/he does, sees, reads and where one goes
  - Limited outside involvement
  - Uses Jealousy to justify actions
  - “Normalizing” 

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**Isolation**
- MINIMIZING, Denying, Blaming
  - Making light of abuse
  - Saying it didn’t happen
  - Shifting responsibility
  - Saying she/he caused it
- Jedi Mind Trick
- **Using Children**
  - Guilt Feeling about Children
  - Using them to relay messages
  - Using visitation to harass her/him
  - Threatening to take the kids away

- **Tie that binds**
- **Using Male Privilege**
  - Treating her/him like a servant
  - Making all the big decisions
  - “Master of the Castle”
  - Defining gender roles

- Culture/ Religion

**MALE PRIVILEGE**

- PHYSICAL VIOLENCE
- SEXUAL
- USING COERCION AND THREATS
  - Making and/or carrying out threats to do something to hurt her/him
  - Threatening to leave her/him
  - To commit suicide, to report her/him to welfare
  - Making her/him do illegal things
- USING ECONOMIC ABUSE
  - Preventing her/him from getting or keeping a job
  - Making her/him ask for money
  - Giving her/him an allowance
  - Taking her/him’s money
  - Not letting her/him know about or have access to family income
- POWER AND CONTROL
- USING MALE PRIVILEGE
  - Treating her/him like a servant
  - Making all the big decisions
  - Acting like the “master of the castle”
  - Being the one to define men’s and women’s roles
- USING CHILDREN
  - Making her/him feel guilty about the children
  - Using the children to relay messages
  - Using violation to harass her/him
  - Threatening to take the children away
- USING EMOTIONAL ABUSE
  - Putting her/him down
  - Making her/him feel bad about herself/himself
  - Calling her/him names
  - Making her/him think she/he’s crazy
  - Playing mind games
  - Humiliating her/him
  - Making her/him feel guilty
- USING ISOLATION
  - Controlling what she/he does
  - Not allowing her/him to see or talk to others
  - Limiting her/him’s outside involvement
  - Using jealousy to justify actions
- USING INTIMIDATION
  - Making her/him afraid by using threats, actions, gestures
  - Smiling things
  - Destroying her/his property
  - Abusing pets
  - Displaying weapons
Using Economic Abuse

- Preventing her/him from getting/keeping a job
- Making her/him ask for money
- Giving allowance/taking money
- Disallowing access to family income

Golden Rule

**ECONOMIC ABUSE**
- Using Coercion and Threats
  - Making and or carrying threats to hurt
  - Threatening to leave, to commit suicide, report to “Welfare”, Drop charges, Do illegal things
- Maintenance Behaviors
- Denying or minimizing the existence, severity, or impact of Abusive behavior
- Blaming or otherwise shifting responsibility for abusive behavior
- Lying about, concealing, withholding or admitting information, situations or behaviors to gain advantage
- Pretending to be a victim to gain sympathy, support, or allies
- Using Intoxication as an excuse

**Obfuscation**
Using Technology

- Sending unwanted Text Messages
- Breaking into someone's Social Networking Profile, Email, Cellphone
- Pressuring Someone to take, send, or look at sexual images
Committed to Non-Violence
- Heterosexism
- Homophobia
- Biphobia
- Transphobia
- 25-33% of LGBT population experiences DV in their lifetime
- Heterosexual population is 1 in 4
- Fear of doing wrong thing
- Fear of expressing feeling
- Inability to learn at school
- Low self-esteem
- Feel guilt and shame
- Think it’s their fault
- May regress to earlier stages of development

PHYSICAL MENTAL EFFECTS
- Shame about their body
- Feeling threatened and fearful about their sexuality
- Have access to pornography
- Being put in the middle of fights
- Being asked to take sides
- Parentification
- Learn manipulation
- Express anger through violence or not at all due to fear
SEXUAL STEREOTYPING

- Copies abusive, dominant behavior
- Copies passive, submissive behavior
Fear for physical safety
- Inability to develop social skills
- Can't have friends over to hide violence
- Keeping secrets
- Not trusting others
- Culture
- Institutions

THE WHEEL
What motivates Desire for Power and Control

Fear
Distorted Thinking
Control
Entitlement
Power

Excerpted from Stop Hurting the Woman You Love (Donaldson)
**Non-Threatening Behavior**
- Talking and acting so that she/he feels safe and comfortable expressing herself/himself and doing things.
- **Respect**
  - Listening to her/him nonjudgmentally
  - Being emotionally affirming and understanding
  - Valuing opinions
Trust and Support
- Supporting her/his goals
- Respecting her/his right to her/his own feelings, friends, activities and opinions
Honesty and Accountability

- Accepting responsibility for self
- Acknowledging past use of violence
- Admitting being wrong
- Communicating openly and truthfully
**Equality Wheel**

- **Responsible Parenting**
  - Sharing Parental responsibilities
  - Being a positive non-violent role model for the children
**Shared Responsibility**

- Mutually agreeing on a fair distribution of work
- Making family decisions together
ECONOMIC PARTNERSHIP

- Making money decisions together
- Making sure both partners benefit from financial arrangements
**Equality Wheel**

- **Negotiation and Fairness**
  - Seeking mutually satisfying resolutions to conflict
  - Accepting change
  - Being willing to compromise

- **Economic Partnership**
  - Making money decisions together + ensuring both partners benefit from financial arrangements

- **Shared Responsibility**
  - Mutually agreeing on a fair distribution of work + making family decisions together

- **Responsible Parenting**
  - Sharing parental responsibilities + using a positive, non-violent approach to discipline

- **Honesty and Accountability**
  - Accepting responsibility for self + acknowledging past or present wrongdoings + promoting a willingness to communicate openly and truthfully

- **Trust and Support**
  - Supporting her goals in life + responding to her needs in a caring, friendly, active, and supportive manner

- **Respect**
  - Listening to her non-judgmentally + being emotionally affirming and understanding + valuing opinions

- **Non-Threatening Behavior**
  - Taking and acting so that she feels safe and comfortable expressing herself and doing things

- **Non-Violence**
MORE WHEELS
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THANK YOU