

SEXUALISED VIOLENCE IN INTIMATE PARTNER RELATIONSHIPS

Experiences from a Norwegian treatment centre for perpetrators of domestic violence

Alternative to Violence (ATV)

- ◉ NGO, founded in 1987. The oldest and largest European organisation to work with perpetrators of domestic violence (DV).
- ◉ Today: Therapy for adult perpetrators of DV. Partner interventions (limited). Therapy with children exposed to DV (some offices).
- ◉ Primarily public funding.
- ◉ 11 offices across Norway + branches in Sweden, Denmark and Iceland
- ◉ Three main goals
 - Offer treatment
 - Conduct research and continuously improve treatment models
 - Promote and share knowledge about DV

Myself

- ◉ Emil Carlson: Clinical psychologist
- ◉ 8 years of working in ATV: Perpetrators, victims, violent youths, high security prison.
- ◉ Therapist: Individual and group work
- ◉ Supervision/ consultation, lectures/ talks



The Czech Republic and Alternative to Violence

- Representatives of the Czech government approached ATV in 2012 in search of a possible partner with experience from working with perpetrators of DV
- ATV are to offer education and lectures on the topic of DV, as well as supervision and counselling
- ATV has contributed towards the Czech National Action Plan Against Gender Based Violence
- Collaboration around presentations in New York at the UN's Commission on the Status of Women
- The movie «Angry Man», which is used in information/ prevention programmes has been translated to the Czech language. Training of educational staff and therapists began last week.

Current state of the field of DV in the Nordic Countries

Nordic countries (incl. Norway)

- High level of awareness of DV in both the public and Government
- Public funding of treatment programs for the perpetrators of DV.
- Wide distribution of Women shelters
- Growing link between clinical practice and research.

Norway (specifically)

- Publicly funded Women's shelters (by law)
- National action plans against DV since 2000
- Growing distribution of local/ municipal action plans
- NKVTS (Norwegian Centre for Violence and Traumatic Stress Studies)
- 5 RVTs (Regional Resource Centers on Violence, Traumatic Stress & Suicide Prevention)
- Governmental decision on **systematically** developing treatment services for perpetrators of DV within the FGC system.



Nordic countries – current state cont'd

- A relatively strong psychotherapeutic tradition emphasizing both patriarchal attitudes and individual psychological causal factors
- Practitioners have special training in work with DV: Many psychologists (with the exception of Sweden)



Sexualised violence in Norway

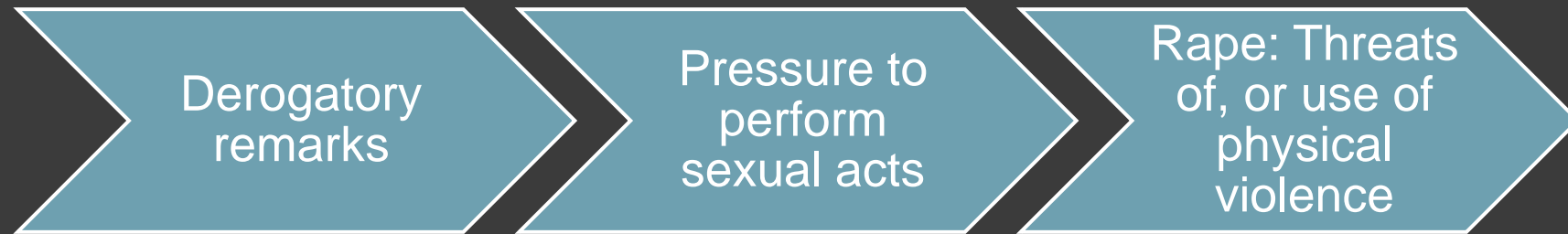
- ◉ Lifetime prevalence
 - 9,4% of Norwegian women, and 1,1% of men report having been raped
 - 33,6% of women, and 11,3% of men report having been exposed to at least one form of sexual assault or violation
- ◉ Relation to the perpetrator
 - 86% of female victims of rape report that they knew the perpetrator
 - 41% report being raped by a current or former partner

Source: Norwegian Centre for Violence and Traumatic Stress Studies, Report 1/ 2014



Sexualised violence

- Any form of unwanted sexual attention
 - A continuum



- What might this look like?



Sexualised violence as seen in ATV's work with perpetrators of DV

- ◉ What forms of sexual violence do we see among perpetrators of DV?
 - Derogatory remarks about looks, sex-appeal, sexual performance
 - Undue pressure/ focus on sex
 - Rough sex, violence and rape



Three clinical examples of perpetrators of intimate partner rape

- ◉ Perpetrators committing intimate partner rape are a heterogenous group
 - The intimate terrorist using rape as part of a pattern of domination, power and control
 - The pushy, «miscuing» man who sees sex as the only true confirmation of love
 - The «accidental rapist» who hasn't realised/ doesn't want to realise his partner is having sex with him because she is scared



Sexualised violence as part of a pattern of DV

- ◉ Where there is violence; intimacy, love and sexuality will be affected
- ◉ Sexualised violence and rape in intimate partner relationships
 - Relational trauma
 - Increased risk of victim self blame
 - Happens in a setting where you were supposed to be safe



Help and dialogue

- ◉ Extremely difficult to relate to
 - On a societal level
 - For perpetrators as well as victims
 - For helpers and therapists
- ◉ Requires a strong therapeutic alliance
 - Denial, silence
 - Psychoeducation
 - Keep asking – keep the topic relevant

