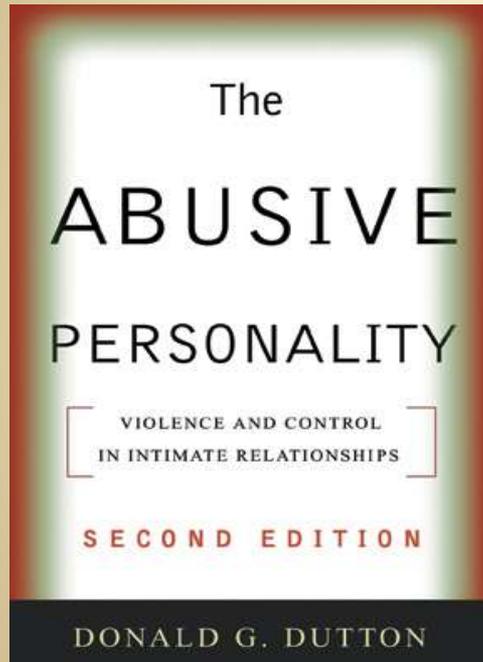


The Abusive Personality

Reading: Dutton, DG (2002) –
Personality dynamics of intimate
abusiveness- J. Psychiatric Practice (on
website) see also drdondutton.com

The Abusive Personality



- Originally published by Guilford Press in 1998
- Second edition in 2005
- Selected (1999) by **Choices** for list of “Outstanding Academic Titles”.
- 8th all time best seller: Online Dictionary of Mental Health.

Abusive personality

- Applies to individuals who initiate unilateral IPV
- Or generate bilateral IPV across relationships
- - will use IPV repeatedly
- - minority of all IPV but repetition is risk factor
- Applies to more than behavior
- Applies to emotional control in intimate relationships
- Applies to cognitions-especially causal attributions for emotions and relationship events (blaming orientation)

Central organizing features

- Psychological Features

- externalizing
- External attribution (fault)
- Impaired threat assessment
- Impaired conflict resolution skills
- Affective control

- Behaviours

- Adolescent aggression
- IPV (spouse abuse)
- Substance abuse
- Gambling addictions
- Spousal homicide
- Mass murder?

Trait abusiveness

- Whitaker , Le & Niolon (2010)
- Followed 14,322 young adults longitudinally
- 6,446 had changed relationship partners
- Of those who used IPV in relationship 1-- 30% also used IPV in relationship 2 (26.4% of men, 31.1% of women)—e.g. Chronic abusers
- Main “predictors” were drug use, recent peer violence, ethnicity (black, Hispanic), cohabiting (vs married)
- Didn't assess psychological predictors- other predictors may be symptoms

Trait Abusiveness

- However: Shortt, Capaldi et al 2012
- 12 year study of OYS sample(n = 206) – assessed age 17-18 yearly through age 31-33
- Stability of men's IPV over time depended on whether they had changed partners
- If so, IPV in relationship 2 was dependent on (e.g. was correlated with) whether woman 2 also used IPV
- But a subset of both men and women used IPV across partners
- Evidence for both trait and interactive factors in IPV

■ General diagnostic criteria for a Personality Disorder

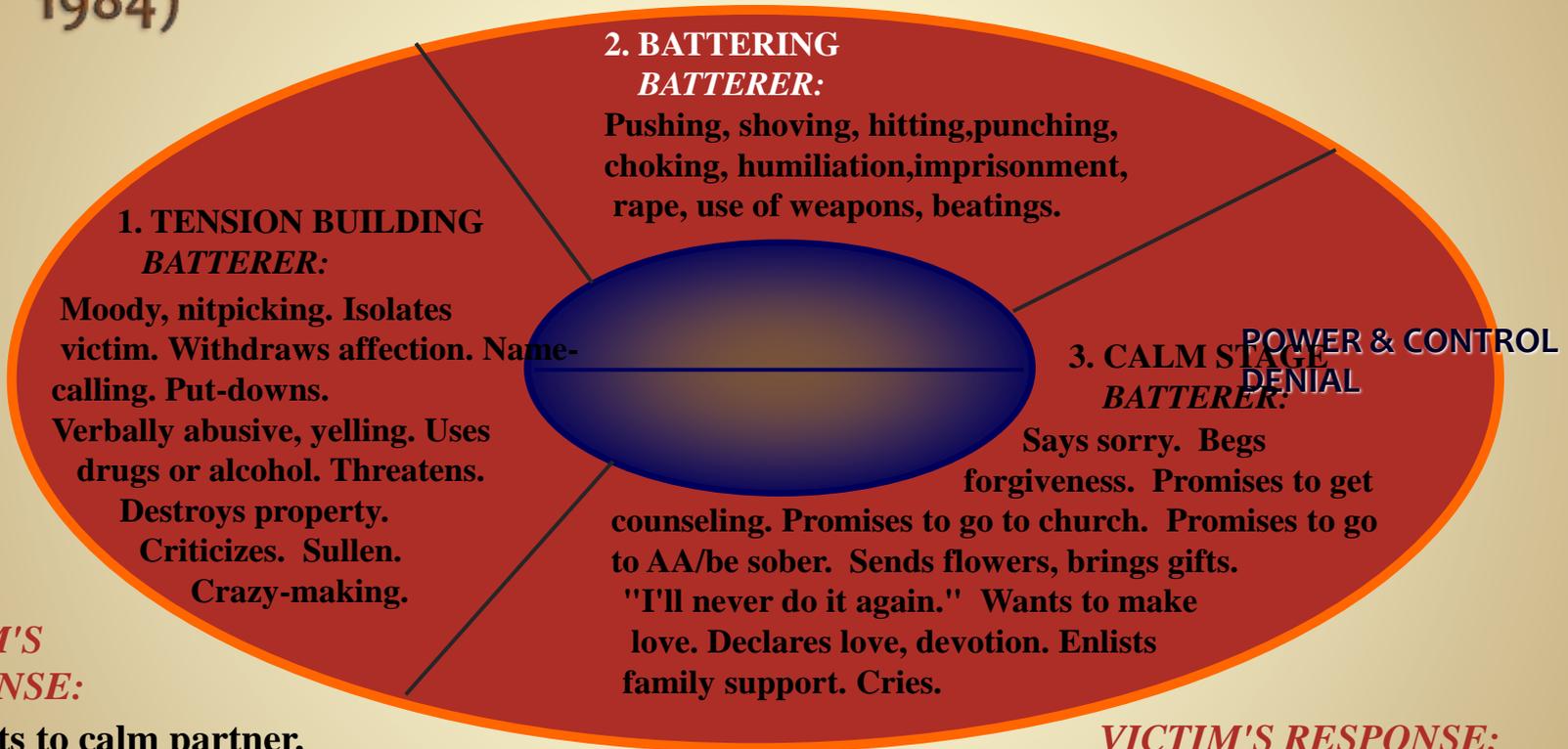
- A. An enduring pattern of inner experience and behavior that deviates markedly from the expectations of the individual's culture. This pattern is manifested in two (or more) of the following areas:
 - (1) cognition (i.e., ways of perceiving and interpreting self, other people, and events)
 - (2) affectivity (i.e., the range, intensity, lability, and appropriateness of emotional response)
 - (3) interpersonal functioning
 - (4) impulse control
- B. The enduring pattern is inflexible and pervasive across a broad range of personal and social situations.
- C. The enduring pattern leads to clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- D. The pattern is stable and of long duration and its onset can be traced back at least to adolescence or early adulthood.
- E. The enduring pattern is not better accounted for as a manifestation or consequence of another mental disorder.
- F. The enduring pattern is not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition (e.g., head trauma).

Characteristics of Impulsive/Undercontrolled

- ❑ Cyclical "phases"
- ❑ High levels of jealousy
- ❑ Violence predominantly/exclusively in intimate relationship
- ❑ Attachment: Fearful/Angry
- ❑ High levels of depression, dysphoria, anxiety-based rage
- ❑ Ambivalence to wife/partner
- ❑ MCMI: Borderline

Cycle of Violence (Walker 1984)

VICTIM'S RESPONSE: Protects self any way possible. Police called by friend, children, neighbor. Tries to calm partner. Leaves. Practices self-defense.



VICTIM'S RESPONSE:

Attempts to calm partner. Nurturing. Silent/talkative. Stays away from family, friends, support system. Keeps children quiet. Agreeable, passive. Withdraws. Tries to reason. Cooks favorite dinner. Feels as if walking on eggshells.

VICTIM'S RESPONSE:

Agrees to stay or return. Takes partner back. Attempts to stop legal proceedings. Sets up counseling appointment for partner. Feels happy, hopeful.

Essential Characteristics of the Borderline Personality

- I** A proclivity for intense, unstable interpersonal relationships characterized by intermittent undermining of the significant other, manipulation, and masked dependency.
- II** An unstable sense of self with intolerance of being alone and abandonment anxiety.
- III** Intense anger, demandingness, and impulsivity usually tied to substance abuse or promiscuity.

Gunderson's Three Phase Defense Structure of the Borderline Personality

PHASE 1 A "dysphoric stalemate," where intimacy needs are unmet and the requisite motivation, insight and skills to assert those needs are non-existent.

PHASE 2 The relationship is perceived as possibly lost. The defense structure expresses itself as anger, devaluation of the significant other, or open rage.

PHASE 3 Occurs when the relationship with the significant other is lost. The Borderline Personality engages in behaviors designed to ward off the subjective experience of aloneness (for example, impulsive substance abuse and promiscuity).

Borderline PD (DSM-V)

- Borderline personality disorder (BPD) is a serious mental disorder with a characteristic pervasive pattern of instability in affect regulation (intermittent emotional turbulence), impulse control, interpersonal relationships and self-image^{14, 32-35}.
- The DSM-V lists nine criteria, of which, the presence of any five constitute a diagnosis of BPD.
- The **affective criteria** include a profound fear of abandonment and intense anger, typically expressed as affective instability.
- The **behavioral criteria** can be described as the forms of impulsivity. BPD has been linked to impulsive spousal aggression¹, substance abuse³⁴, and suicidality³³.
- The **cognitive criteria** include identity disturbance, feelings of emptiness or helplessness, and transient psychotic states or severe dissociative symptoms^{32 34}.
- The **interpersonal criteria** include frantic efforts avoid real or imagined abandonment and a pattern of unstable and intense interpersonal relationships characterised as alternating between extremes of idealization and devaluation (DSM-V, p. 663). (Lieb et al, 2004, Lancet)

Westen & Shedler's (1999) Definition of Borderline

- Emotions tend to spiral out of control, leading to extremes of anxiety, sadness, rage, excitement, etc.
- Tends to feel unhappy, depressed, or despondent.
- Tends to feel he/she is inadequate, inferior, or a failure.
- Tends to feel he/she will be rejected or abandoned by those who are emotionally significant.
- Is unable to soothe or comfort self when distressed, requires involvement of another person to help regulate affect.

Westen and Shedler

- Tends to be angry or hostile (whether consciously or unconsciously).
- Tends to be anxious.
- Tends to react to criticism with feelings of rage or humiliation.
- Tends to be overly needy or dependent; requires excessive reassurance or approval.
- Tends to feel misunderstood, mistreated, or victimized.
- Tends to become irrational when strong emotions are stirred up; may show a noticeable decline from customary level of functioning.

Westen and Shedler

- Tends to feel helpless, powerless, or at the mercy of forces outside his/her control.
- Tends to get into power struggles.
- Tends to “catastrophize”: is prone to see problems as disastrous, unsolvable, etc.
- Emotions tend to change rapidly and unpredictably.

Westen, D., & Shedler, J. (1999). Revising and assessing Axis II. American Journal of Psychiatry, 156(2), 258-285.

Borderline PD

- substance abuse problems so frequent with borderlines originate in attempts to self medicate.
- i.e. to eradicate painful self awareness, feelings of shame or humiliation associated with reflection on the self ³⁶.
- BORDERLINE PERSONALITY IS AN ATTACHMENT DISORDER

Neuropsych studies

- Schmahl et al (2004) neuroimaging studies :
- Childhood abuse memories produce differential brain reactions in adult women with BPD compared to non-BPD controls.
- review of neuroimaging research with borderlines (Lis et al 2007, J. Psychiatry & Neuroscience) reported 14 independent studies that found either structural or functional neural deficits in borderlines.
- Research on the genetics of psychological factors indicates that "affective lability" (the hallmark of the borderline personality) is 48% heritable (Livesley et al 1993).
- *the amygdala, dorsolateral and prefrontal cortex are involved*
- *- amygdala->increased emotionality*
- *- prefrontal cortex -> excessive focusing on emotional trigger*
- **Borderline personality is a form of mental illness that has a high heritability component.**

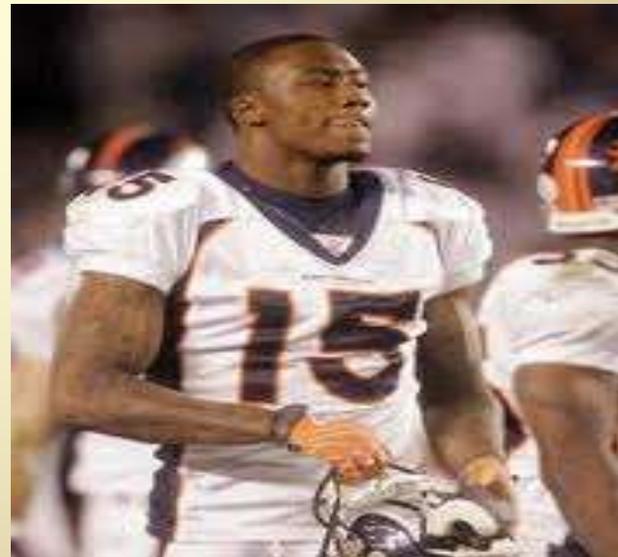
Livesley et al

TABLE 3. Estimates of Genetic and Environmental Influences on Scores of Monozygotic and Dizygotic Twins on Dimensional Assessment of Personality Pathology

Dimension	Estimate of Influence (%)			
	Additive Genetic Factors	Genetic Dominance	Common Environment	Nonshared Environment
Affective lability ^a	1	48	0	51
Anxiousness	49	0	6	45
Callousness ^a	56	0	0	44
Cognitive distortion ^a	41	0	14	45
Compulsivity	39	0	3	58
Conduct problems	0	0	53	47
Identity problems ^a	40	19	0	41
Insecure attachment	35	0	13	52
Intimacy problems ^a	0	38	0	62
Narcissism ^a	0	64	0	36
Oppositionality ^a	52	3	0	45
Rejection ^a	45	0	0	55
Restricted expression ^a	47	0	0	53
Self-harm ^a	14	15	0	71
Social avoidance	47	10	0	43
Stimulus seeking	50	0	9	41
Submissiveness	25	0	28	47
Suspiciousness	48	0	0	52

^aThis dimension was tested for genetic dominance effects. Dominance effects are present when the ratio of the correlations for monozygotic and dizygotic twins is greater than 2.0.

Cyclical-Borderline Personality



- Brandon Marshall (wide receiver Chicago Bears)
 - Had problems fitting in with teams
 - Several conflicts with teammates
 - Was a “problem player”
 - Had 911 dv police report
 - Diagnosed as BPD
-
- Usual treatment is Dialectical Behavior Therapy
 - (Linehan 1987)

Dutton Research: Testing

- Assessed borderline tendencies, attachment, trauma symptoms, anger in male court mandated treatment group (n =160)
- Correlated their personality variables (self report scales) with their wives' reports of abusiveness
- BPO scale (Oldham et al- self report) and subscales and anger scale and subscales correlated strongly with wives reports of emotional abuse, physical abuse, domination
- Husbands personality scores accounted for 50% of variance of wives reports of emotional abuse, 35% of domination (source: Dutton. D.G. (1994) International J. Law and Psychiatry, Dutton & Starzomski (1993) Violence & Victims)

BPO Scale

- We used a self report BPO (Borderline Personality Organization)scale developed by Oldham and consisting of 3 subscales:
- **Identity diffusion** : I see myself in totally different ways at different times.
- **Reality testing problems**: I hear things that other people claim are not really there
- **Primitive defences** : People tend to respond to me by either overwhelming me with love or abandoning me.

BPO or BPD

- BPD (Disorder) is a category of personality disorder with distinct diagnostic criteria
- BPO (Organization) treats borderline traits as existing on a continuum, diagnosed borderlines score at 73 on the BPO scale, normal controls score under 62.

■ Diagnostic criteria for 301.83 Borderline Personality Disorder

A pervasive pattern of instability of interpersonal relationships, self-image, and affects, and marked impulsivity beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:

- (1) frantic efforts to avoid real or imagined abandonment. **Note:** Do not include suicidal or self-mutilating behavior covered in Criterion 5.
- (2) a pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation
- (3) identity disturbance: markedly and persistently unstable self-image or sense of self
- (4) impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating). **Note:** Do not include suicidal or self-mutilating behavior covered in Criterion 5.
- (5) recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior
- (6) affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days)
- (7) chronic feelings of emptiness
- (8) inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights)
- (9) transient, stress-related paranoid ideation or severe dissociative symptoms

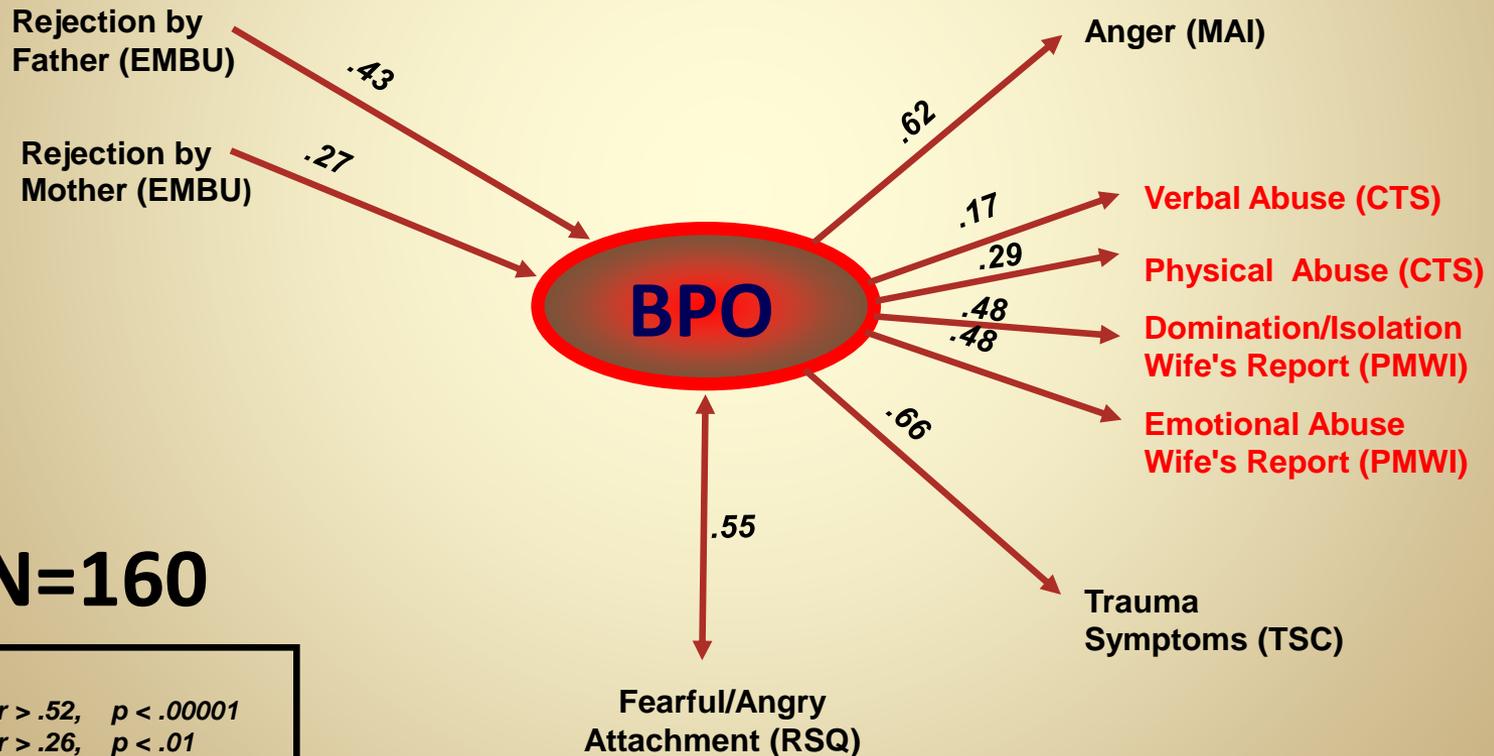
Results 1

- Average score on BPO scale by normal males
- 59 (10.6)
- Average score on BPO scale by diagnosed borderlines
- 73 (13.1)
- Average score on BPO scale by court referred wife assaulters
- 66 (12.1)
- Average score on BPO scale by self referred wife assaulters
- 74 (14.8)

Results:

- Men's BPO scores and MAI (anger) scores were highly (+.58) correlated with their partners' reports of both physical and psychological abuse
- Or, the higher the man's BPO score, the more abusive he was

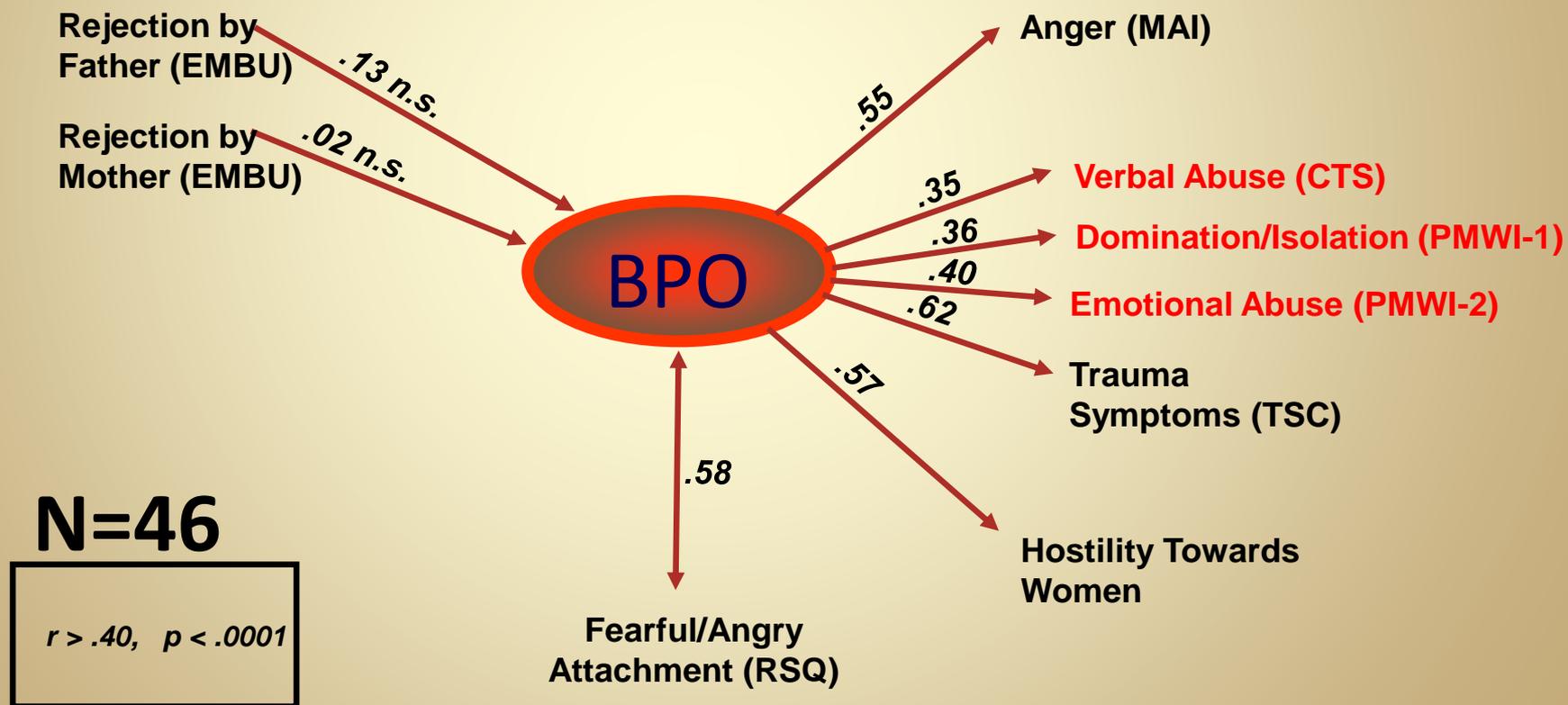
THE CENTRALITY OF BPO IN AN ASSAULTIVE GROUP OF MALES



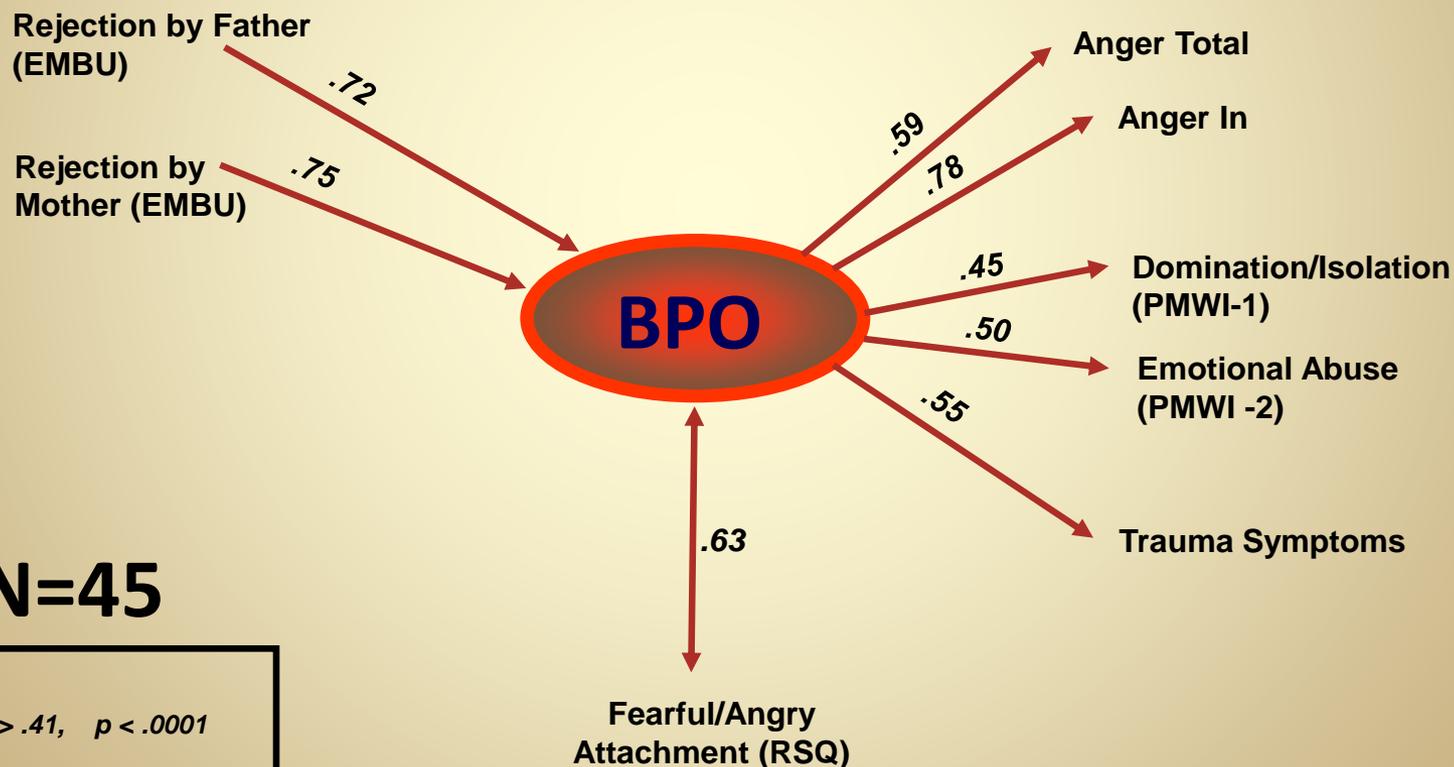
N=160

$r > .52, p < .00001$
 $r > .26, p < .01$
 $r > .15, p < .05$

THE CENTRALITY OF BPO IN A NON-ASSAULTIVE GROUP OF MALES



THE CENTRALITY OF BPO IN CLINICAL OUTPATIENT MALES



N=45

$r > .41, p < .0001$

Attachment

- Early attachment
- Adult attachment
- Attachment and spousal homicide

Why is attachment important?

- Attachment may be the strongest human motive—has evolutionary significance (Bowlby 1973,1980)
- Has been demonstrated to have major power in monkeys (Harlow 1971), humans (Elder & Clipp 1988), and abusive relationships (Rounsaville 1978)
- Early focus on attachment came via the psychoanalyst Otto Rank—developed the term “separation anxiety” (pre-Oedipal)-falling out with Freud

Harlow (1971)

- Found that maternal physical contact, not feeding generated strong (pathological) attachment to surrogate mother in infant monkeys
- Used air blasts, protruding spikes (porcupine mothers) and violent shaking to dissuade infant monkey from clinging to surrogate mother
- All made them cling more strongly



Harlow

- “during the ordeal the baby clung more tenaciously to the mother than before, and for all practical purposes, **instead of producing experimental neurosis we had achieved a technique for enhancing maternal attachment**”
- (Harlow, 1971, p. 206).

"motherless mothers",

- monkey mothers (that had never known any antecedent love)- behaviors towards the infant monkeys was:
 - *"so evil toward their own infants and sometimes so lethal that we despaired of producing inanimate paradigms that could match them in their violence, vindictiveness and unpredictability"* (Harlow 1971, p. 206).
 - Had Harlow stumbled onto a perfect analogue of child abuse?

Rounsaville 1978

- Early research on abusive couples:
- *“the most striking phenomenon ... was the tenacity of both partners to the relationship in the face of severe abuse sustained by many of the women”*
- B. Rounsaville 1978, p 20

Attachment Behavioral System

- Bowlby (1969,1973) and Ainsworth et al (1978) indicate that there are **three important principles** which drive infant attachment behavior:
 - **first**, alarm of any kind, stemming from any source activates an " attachment behavioral system" of the infant.

Attachment Behavioral System

- **Second**, when this system is intensely active, only physical contact with the attachment figure will serve to terminate it and
- **finally**, when the attachment system is activated for a long time without reaching termination, angry behavior is regularly observed in the infant.
- **Hence, a fundamental principle of attachment research is that anger follows unmet attachment needs.**

Attachment

- Secure attachment provides :
 1. An infant who will successfully seek proximity to an attachment figure who will soothe/lower his/her physiological arousal
 2. The infant will develop a sense of safe haven – where he/she can go to have distress soothed
 3. Will develop an “internal model” of a secure base (positive introjects) – an internal schema of the self with the attachment figure
 4. This internal model become essential in the later ability to self soothe during adult distress

Bowlby

- NB: When reattachment is not forthcoming angry reactions are observed in infants
- Bowlby called this “**an anger born of fear**”
- Hence, the first function (developmentally) of anger is to re-establish contact- signaling function

- Dysfunctional anger occurs whenever a person, child or adult, becomes so intensely and/or persistently angry with his partner that the bond between them is weakened, instead of strengthened, and the partner is alienated.

-J. Bowlby, Attachment and Loss (1973)

Attachment - Stress

- Attachment system activation similar to alarm reaction in animals: produces hormonal and neurobiological hyper activity
- Cortisol release, endogenous opioids (similar to low dose morphine)
- Neural development affected (Schore, Perry, LeDoux, Siegel)

Attachment and Neurodevelopment

- There is clear evidence from several independent researchers that the **early years are a critical period for neural development**
- Perry (1995), Schore (1994), Pynoos et al (1996) in van der Kolk , Seigel (2003) amongst others
- **Secure attachment essential for normal neural development especially during early maturation (birth- 3)**
- **Neural structures such as the hypothalamus which regulates emotion and the pre frontal and orbito- frontal cortex rapidly develop at this time**
- Siegel (2002) “when certain suboptimal attachment experiences occur, the mind of the child may not come to function as a well integrated system”

Schore (1994 , 2003)

- Right hemisphere structures develop during first year of life (as brain develops from 400 grams at birth to 1000 grams)
- Hence, emotion governing neural structures develop before language acquisition
- Mother-infant attunement is essential for neural development

- A. Schore (1994) Affect regulation and the origin of the self (2003) Affect dysregulation and disorders of the self

Schore (1994,2003)

- Attunement = synchronicity of “protoconversations” (preverbal exchanges of sounds, nonsense syllables, facial expressions)
- Infants begin to recognise mother’s emotional expressions at 10 months
- Brain growth in infant is predicated on this brain-brain interaction
- Mother’s affect stimulates patterns of right hemisphere connectivity (neural networks governing emotion) in the infant

Schore

- **The most important relationship in your life is one you have already had and cannot remember (preceded autobiographical memory)**
- The problems that abusive personalities have with attachment and with emotional regulation have their basis in early dyadic interaction, in a process to which they have no access in memory.
- The most important, impactful and long lasting effect of early family dysfunction and abuse, is not the imitation of specific abusive acts but the inability to emotionally regulate and experience secure attachment.

Schore

- The inability to emotionally regulate will manifest in lifelong reactions to micro-separations or rejections as trauma, re-instigating the attachment behavioral system” in alarm mode.
- Eventually extreme jealousy develops as vigilance against “threat” of rejection
- Perceptual distortions in the jealous/vigilante
- Mary Ainsworth (1978) – “strange situation”- tested infants reaction to separation from mother- found attachment styles (secure, fearful, dismissing)

Emotion Regulation

- Is part of DBT/ CBT therapy
- Teaches client recognition of emotion
- Cognitive techniques for regulation:
 - Thought stopping
 - Perspective taking
 - Self talk
 - Breathing and relaxation techniques
- **Source:** Dutton, D.G. (2007) Blended behavioral therapy. In A. Baldry (ed). Intimate Partner Violence Prevention and Intervention: The Risk Assessment and Management Approach New York: Nova Press.

Attachment in Adults

Romantic Love Conceptualized as an Attachment Process

- Found in self-report questionnaires with adults:
 - relative prevalence of adult attachment style roughly same as for infants
 - three types of adults differ predictably in the way they experience romantic love
- Attachment style is reliably related to mental models of self and social relationships and to relationship experiences with parents.
- Began study of adult “attachment style” (secure, avoidant, dismissing)

Source: Hazan & Shaver (1987).

Bartholomew's (1990) Model of Adult Attachment

Model of Self

Positive

Negative

Positive

SECURE

Comfortable with
intimacy and autonomy

PREOCCUPIED

Preoccupied (Main)
Ambivalent (Hazan)
Overly dependent

Model of Other

DISMISSING

Denial of attachment
Dismissing (Main)
Counter-dependent

FEARFUL

Fear of attachment
Avoidant (Hazan)
Socially avoidant

Negative

Attachment Styles: SECURE

- Long stable relationships
- High self-esteem
- Less lonely
- Copes with stress by seeking social support
- Adopts parents religious views
- Self discloses moderate amount



Attachment Styles con't...

AVOIDANT/DISMISSING

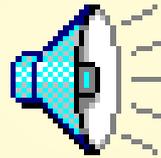
- Less invested in relationships, more breakups
- Less grief when breakup happens
- More likely to have an alcoholic parent
- Withdraws from partner under stress - somatizes
- Feels bored a lot
- Works alone, solitary job
- Doesn't like to self disclose
- Shy/non-assertive
- Cynical about relationships
- Shows signs of death anxiety on TAT but claims not afraid



Attachment Styles con't...

PREOCCUPIED-FEARFUL

- Highly invested, high breakup rate
- Low self-esteem
- Feels unappreciated in work with others
- Slacks off after praise
- Binges on chocolate
- Describes parents as intrusive and unfair
- Becomes very emotional under stress
- Worries about rejection



ANGRY

- Converts anxiety to anger
- Uses control to cover dependency
- High levels of jealousy
- Verbally/physically abusive
- Externalizes blame consistently
- Experiences depressions

The Abusive Personality

- Originally assessed in male perpetrators (court mandated sample- see slide 20):
- Attachment style (Relationship Style Questionnaire)
- Personality disorder (Borderline Personality Organization scale)
- Trauma exposure (Trauma self report Inventory)
- Shaming exposure (from EMBU- parenting scale)

Dutton et al (1995)

- Assessed attachment style in court mandated group of abusers (using the RSQ)
- Found insecure attachment was related to abusiveness (assessed through wives reports)
- Also related to associated features of abusiveness

Correlations of Fearful Attachment with Total Scores on Other Measures for Entire Sample (n=160)

- Fearful attachment strongly correlated with
- BPO (+.58)
- anger (+.49)
- jealousy (+.39)
- trauma symptoms (+.50)

- Preoccupied also correlated with the Abusive Personality Constellation

- Partners reports of control/ domination/abuse

THE CENTRALITY OF BPO IN TWO GROUPS OF MALE COLLEGE STUDENTS



* N=72 (Starzomski, 1993)

** N=77 (van Ginkel, 1995)

*** both studies

$r > .33, p < .001$

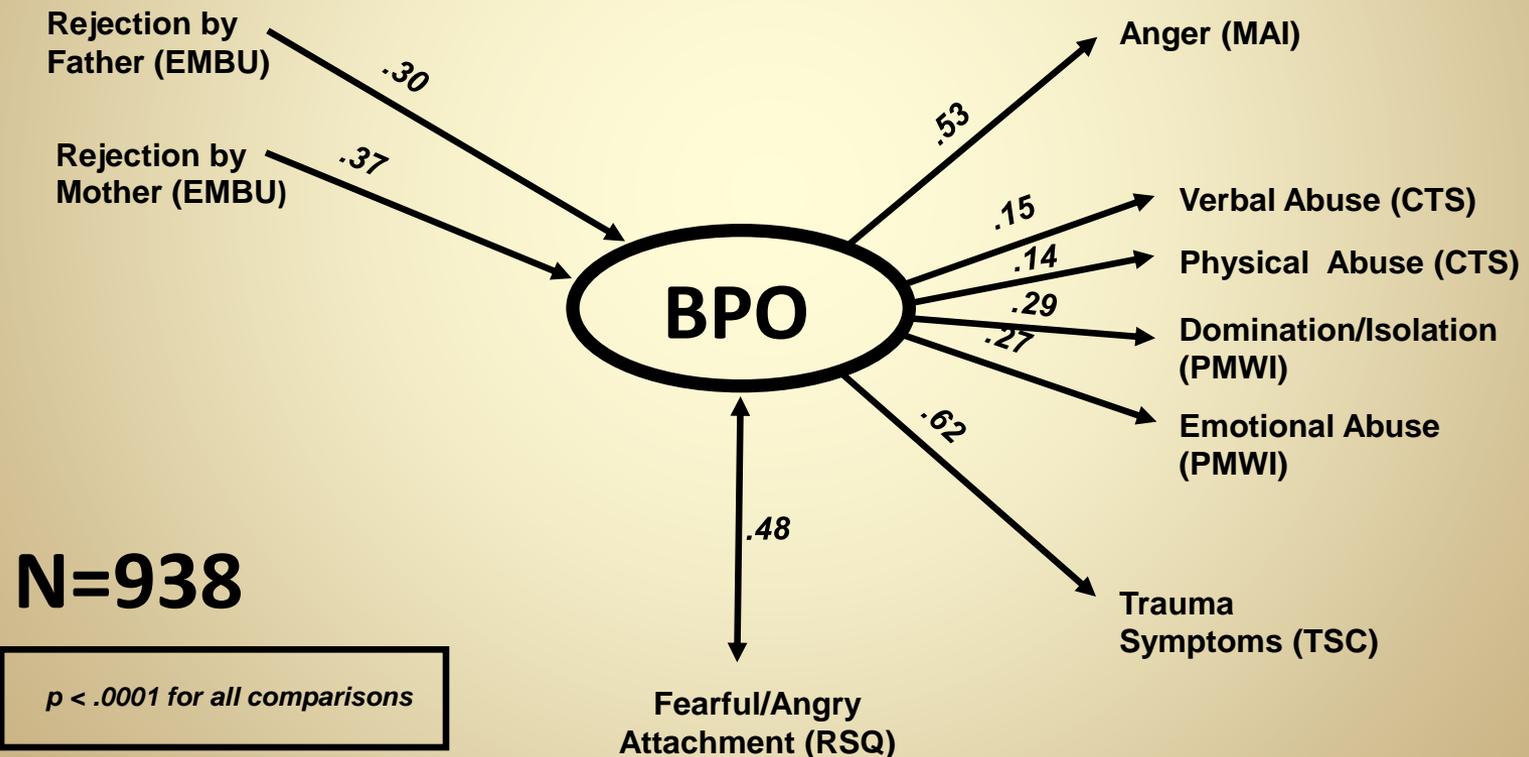
$r > .29, p < .01$

$r > .22, p < .05$

Female Abusive personality?

Clift & Dutton (2009)
performed Structural Equation modeling on dating
violence data

THE CENTRALITY OF BPO IN A GROUP OF UNDERGRADUATE FEMALES



**Correlations of RSQ with Total Scores on Other Measures for Entire Sample
(n=938)**

	Secure	Fearful	Preoccupied	Dismissing
BPO	-.45***	.48***	.35***	.12***
Trauma Symptoms	-.36***	.39***	.30***	.08*
Anger	-.35***	.33***	.30***	.07*
Verbal Abuse (PMWI):				
Dominance/Isolation	-.16***	.15***	.18***	.00
Emotional Abuse	-.13***	.11**	.21***	-.05

Clift & Dutton (2009).

* p < .05, ** p < .01, *** p < .001

Clift and Dutton 2009

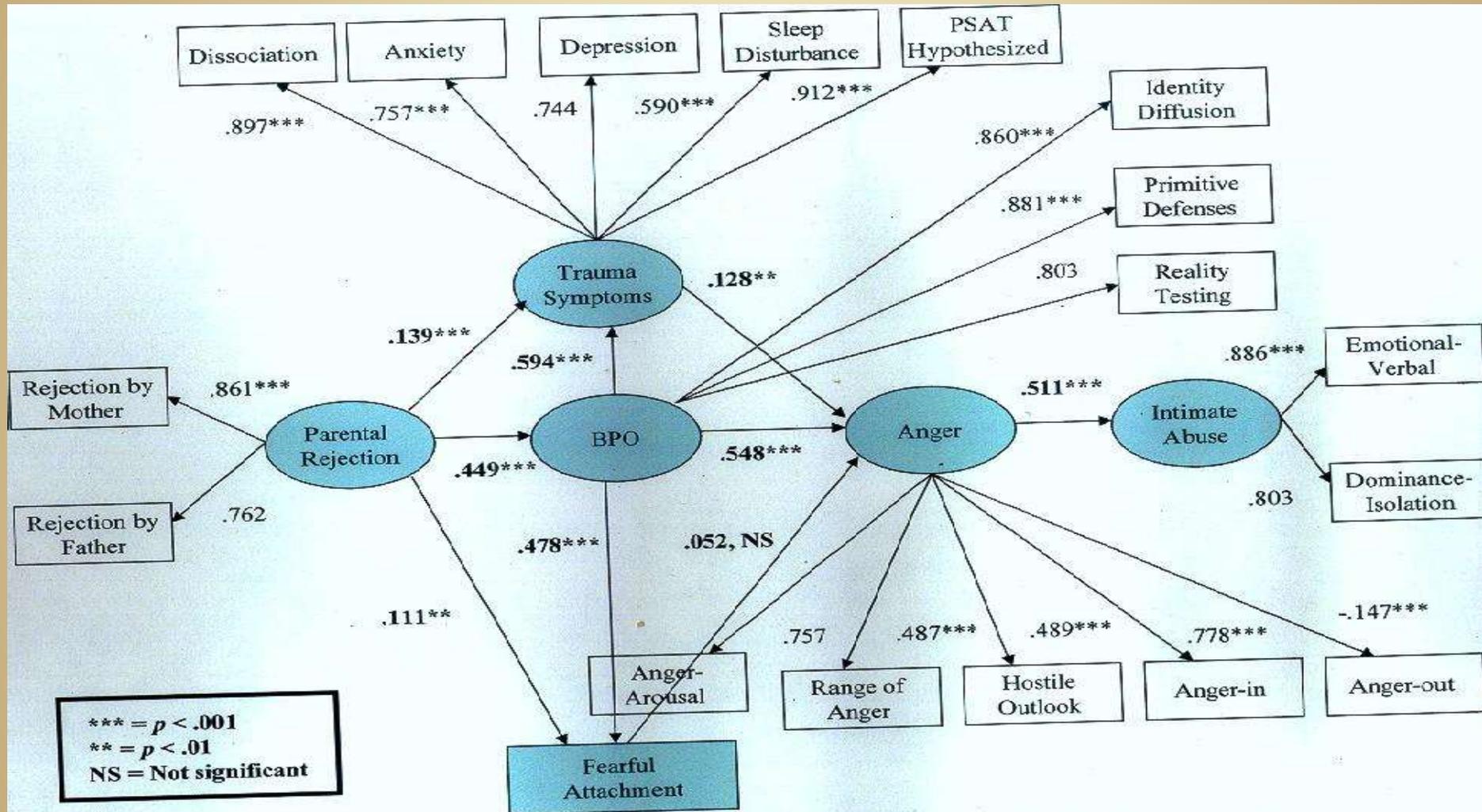


Figure 3. Standardized coefficients (regression weights) for the SEM analysis of the proposed model of the Abusive Personality.

Clinical case: Barbara Clayton

- 2011 Tacoma murder case
- Intense reaction to perceived abandonment (photos of boyfriends new girlfriend on his cell phone)
- In the next hour she
- 1) drove into his car
- 2) shot him 3 times- the last one between the eyes
- 3) told the police “he got what was coming to him”
- (then dissolved into tears, grief)



Manifestation of Attachment

- Early attachment problems result in insecure attachment style
- Lack of threat reducing internal representation-> hence ineffective threat appraisal
- also in “angry temperament” or personality disorder
- The latter mediates impact on abusiveness (NEM?)

Social Information Processing Deficits in Abused Children (Dodge et al (1995))

- Less likely to see situational causes of another's behavior during conflict
- More likely to see conflict as generated by character trait of the other
- More likely to think of aggressive responses
- More likely to see themselves as being effective
- Less likely to think of bargaining/negotiation strategies
- **E.G.: BLAMING ORIENTATION**

Trauma

Trauma in spouse abusers

- Self reports of experienced trauma symptoms were higher in spouse abuse perpetrators (N = 133) than for age and demographic matched controls (N = 42) (Dutton 1995)
- Abusive men 27.0 (15.1)
- Controls 16.9 (10.4) $t = 2.7$ $p = .01$

Trauma

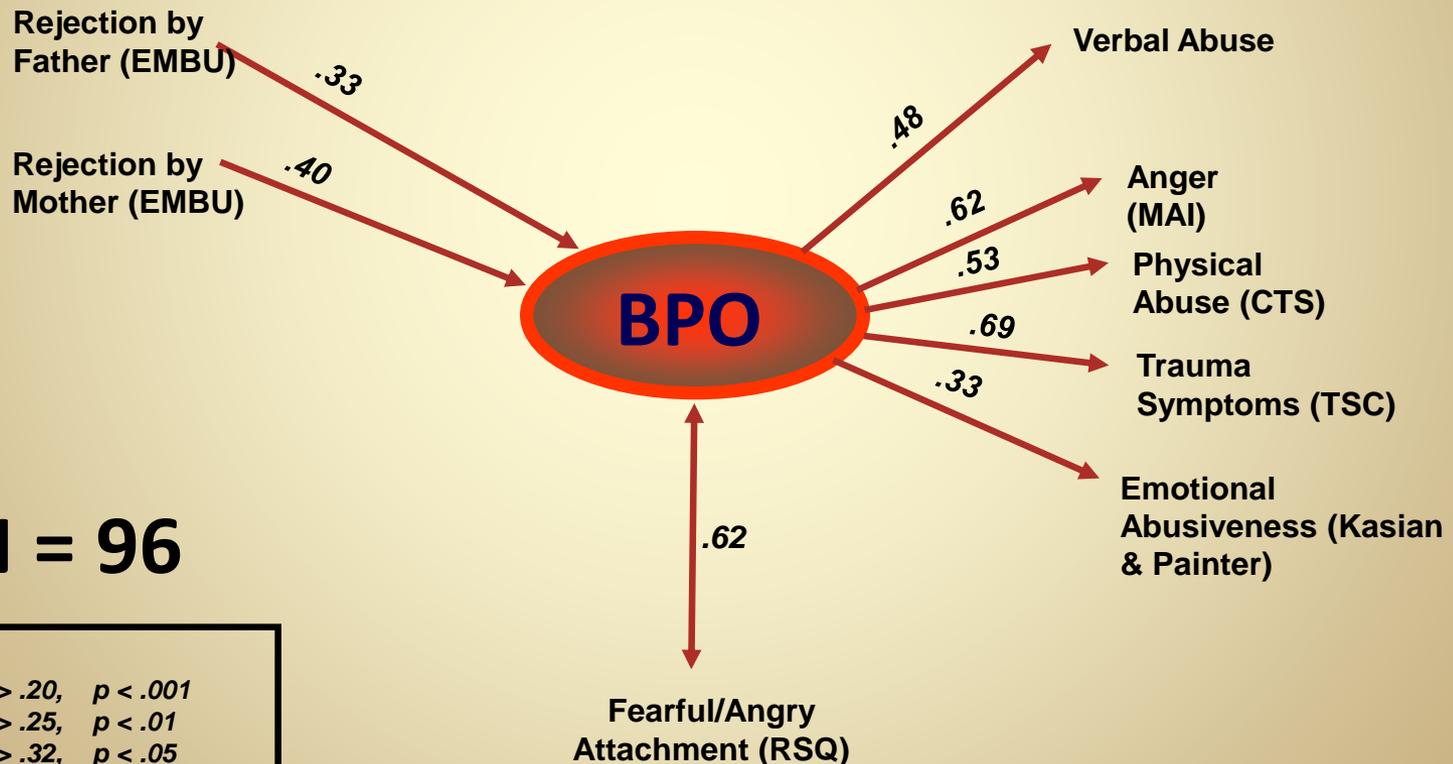
- MCMI profile of spouse abusers matched profile of diagnosed PTSD group (war veterans)
- Both had “82C” profiles (peaks on Avoidant, Passive Aggressive, Borderline)
- But spouse abusers more Antisocial
- PTSD more state anxiety, dysthymia

Comparison of Trauma Profile on the MCMI-II with Counterprofile Scorers

- Within the assaultive group, trauma profile wife assaulters had (compared to counter-profile group)
 - 1) Significantly more anger
 - 2) Significantly more frequent, severe abuse reported by partner
 - 3) Reported more rejecting childhood (especially by father)

- *Source: Dutton, D.G. (1995). Trauma symptoms and PTSD-Like profiles in perpetrators of intimate abuse. Journal of Traumatic Stress, 8(2), 209-316.*

THE CENTRALITY OF BPO IN A SAMPLE OF GAY MALES



$r > .20, p < .001$
 $r > .25, p < .01$
 $r > .32, p < .05$

Gay Sample (Landolt & Dutton 1997)

- Same psychological pattern as heterosexuals
- Attachment, other psych issues generate intimate abuse regardless of gender
- See also Lie et al (1991)

Origins of Abusive Personality

- Exposure to physical abuse is predictive of perpetration
- BUT emotional ambience of FOO also important (paternal rejection, shaming)

Correlations of Early Experience Factors with Discriminant Function for Abusive Personality

- Most highly predictive
- **Paternal rejection** (+.83)
- Then
- Paternal physical abuse +.64
- Paternal warmth -.63
- Dutton 1994 Origin and structure of the abusive personality. J Personality Disorders 8(3) 181-191.

Shaming: Global Attacks on the Sense of Self

- Public humiliations
- General attacks
- Random punishment

Source: H.B. Lewis cited in Dutton et al. (1995).

EMBU Shame Scale Items

1	2	3	4
Never Occurred	Occasionally Occurred	Often Occurred	Never Occurred

1. I think that my parent wished I had been different in some way.
2. As a child I was physically punished or scolded in the presence of others.
3. My parent would narrate or say something about what I had said or done in front of others so that I felt ashamed.
4. I was treated as the “black sheep” or “scapegoat” of the family.
5. I felt my parent thought it was my fault when he/she was unhappy.
6. I think my parent was mean and grudging toward me.
7. I was punished by my parent without having done anything.
8. My parent criticized me and told me how lazy and useless I was in front of others.
9. My parent beat me for no reason.
10. My parent treated me in such a way that I felt ashamed.
11. My parent would be angry with me without letting me know why.

Patterns of Correlation between Early Experiences of Abuse by Parents and Adult Abuse Perpetration

- physical abuse in FOO only predicts use of abuse as adult when
 - Shaming by parent is not removed from statistical equation
 - Shame X physical abuse = toxic combo
 -
- From Dutton, van Ginkel & Starzomski (1995)

Psychological Trauma Sequelae

- Unstable sense of self (Shengold, 1989)
- Inability to modulate arousal (van der Kolk, 1987)
- Externalizing of blame (Lewis, 1971)
- Identification with the aggressor (A. Freud, 1942; Carmen, Rieker, & Mills, 1984)
- Attachment insecurity (Bowlby, 1969; 1973)
- Cognitive distortions (Dodge et al 1996)

Trauma Effect on Children

- Restricted affect
Source: van der Kolk (1987).
- Limited cognitive
problem solving skills
Source: Dodge et al. (1995).
- Arousal dyscontrol
problems
Source: van der Kolk (1987).
- Insecure attachment
*Source: Cicchetti & Barnett
(1991).*

Observed Deficit in Batterers

- Restricted affect
Source: Dutton (1984).
- Blaming orientations
*Source: Dutton &
Starzomski (1994), Eckhardt et al 1998.*
- Extreme arousal
patterns
*Source: Gottman et al.
(1995).*
- Insecure attachment
*Source: Dutton et al.
(1994).*

Trauma Model of Abusiveness

FAMILY OF ORIGIN

- Physical Abuse
 - between parents
 - directed at child
- Parental Rejection
 - shaming
 - public punishment
 - random punishment
 - global criticism
- Insecure Attachment

ADULT DEFICITS

- cognitive problem resolution deficits
- violent response repertoire

- externalizing/blaming attributional style
- high chronic anger

- rejection sensitivity
- ambivalent attachment style
- disturbed self schema
 - inability to self soothe
 - anxiety depression

Abusive Personality

- Brasfield (AVB: 2014)
- Abusive personality should be a DSM category
- Points out the abnormality of repeat IPV
- Question : is it a taxon or a dimension? (same as with Psychopathy)
- Persistently abusive person does have a personality constellation that is different from normal
- AFFECT: More emotionally reactive (especially to abandonment threat)
- COGNITION: More likely to externalize blame

Godbout, Dutton, Lussier & Sabourin (2009)

- Examined childhood experiences of violence (witnessing or victimization), current marital adjustment (DAS-9), attachment style (ECR-Q) and perpetration of IPV (CTS2) in Quebec sample of 315 men and 329 women in couples
- Structural equation model showed that early experiences with violence generate abandonment anxiety/ intimacy avoidance in adults which is correlated with perpetration of IPV.

Godbout et al 2009

- First study to examine these variables in a couples context
- Found that avoidant – anxious and anxious-anxious attachment styles were problematic
- Same factors (exposure to abuse) produced marital distress and use of IPV in both males and females

Adolescent Aggression

Attachment and Adolescent Aggression

- Fearon et al (2010) report a meta-analytic study assessing **AI (attachment insecurity)** and "acting out" or **externalizing behaviors** in children.
- Combining 69 samples (with an N of 5,947), the **association between AI and externalizing problems** (assessed via direct observation) **was significant** ($d' = .58$), which the authors refer to as a "quite strong association between attachment security (measured using the Strange Situation) and externalizing behavior"
- This effect is even more impressive when it is noted that the mean lapsed time between assessment of the attachment variable and the externalizing behavior was 25 months.

Fearon et al

- Fearon et al (2010) explain the effect of AI on aggression as a **differential appraisal of threat in AI children**
- these children and adolescents cannot draw on parental support or any cognitive memory of parental support (called a "working model" or "internal representation").
- An internal representation is a cognitive-affective psychological structure that becomes generalized over time and influences "functioning in wider interpersonal relationships across the life span" (Fearon et al, 2010, p. 436).
- Fearful, mistrusting internal representations preclude a sense of self efficacy, positive social expectations (mistrust), and the capacity for effective emotion regulation (cf. Moffitt-NEM)

Anxious attachment

- Crawford et al (Crawford et al., 2006) assessed anxious and avoidant attachment in a longitudinal sample of 800 adolescents (the Children in Community study).
- Elevations in anxious attachment were related to Cluster B personality disorder symptoms (which includes Borderline, Histrionic, Dependent and Avoidant Personalities).
- **Both anxious attachment and borderline personality were related to self reported interpersonal aggression.**

Anxious attachment

- Allen, Moore, Kuperminc and Bell (1998) assessed the relationship of *attachment style* (which they called attachment organization) to multiple domains of functioning in adolescents (assessed through parent and teachers interviews), using a structured interview to assess attachment (The Adult Attachment Interview: Main & Goldwyn, 1998).



AI and conduct problems

- AI (attachment insecurity) was related to deviant behavior,
- both externalizing (aggressive acting out as reported by parents, teachers) and
- internalizing behaviors (as reported by the adolescents) and
- tendencies to ruminate as a reaction to stress

AI and conduct problems

- and AI in turn was related to "*angry or diffuse and unfocused discussion of attachment experiences*" (p. 1406).
- this connection occurred because AI reflects the core aspects of the ways adolescents process affect in social relationships and hence, has broad applicability to various psychosocial functions.

Lyons-Ruth

- Lyons- Ruth (1996) found incoherent attachment problems (which she called Disorganized: Main- infants used oscillation/bizarre acts when reunited with mother)) were related to aggression in school age children.
- The aggression was thought to be produced by parental unresolved fear and transmitted through parental behavior that is frightening to the child.
- (see also Mikulincer & Shaver 2007: Attachment in Adulthood)

Lyons- Ruth

- This creates the "***primal conflict***" in the child;
- threat from what should be a secure base (a la Harlow).

Lyons- Ruth

- Her review of the literature suggested that "***serious disturbances in the regulation of attachment related affects in infancy***" (p. 70) was the main predictor of aggressive behavior in adolescents

Lyons- Ruth: Harvard Family Pathways Study

- Lyons-Ruth (Lyons-Ruth, 2008; Lyons-Ruth & Jacobowitz, 2008) (the **Harvard Family Pathways Study**) longitudinal study examined contributions of
 - caregiving,
 - trauma exposure
 - genetic factors
 - to
 - 1) overall functioning and
 - 2) psychiatric symptomatology in early adulthood.

Harvard Family Pathways Study

- With family socioeconomic status, exposure to trauma and genetic factors controlled, **the quality of mother-child interaction made a unique contribution to diverse forms of psychopathology in young adulthood.**
- maternal withdrawal to the baby's attachment cues had by far the greatest impact, and the extent of the mother's withdrawing behavior in the attachment assessment accounted for the relation between clinician referral and later borderline or conduct features

Harvard Study

- Specifically, maternal withdrawal to the baby's attachment cues (as assessed in lab based interaction assessments) was a unique predictor of later borderline and/or conduct features.
- conduct features were impulsive self- damaging behavior, unstable relationships, illegal acts and aggressiveness (Source: Dutton & White 2012)

Lyons-Ruth

- Lyons-Ruth argues that a "*dramatic-erratic*" phenotype has two variants, strongly associated with personality disorder; females with this phenotype are more likely to be diagnosed as borderline, males as antisocial.

Lyons- Ruth 2008

- The antisociality of the males may be caused by their impulsivity bringing them into conflicts with the law.
- While there are contributors to these diagnoses from both genetics and exposure to trauma, the specific attachment-withdrawal feature noted above made a unique and significant contribution to later adolescent problems.
- **Source: INFANT MENTAL HEALTH JOURNAL, Vol. 29(3), 203–218 (2008)**

Attachment and IPV

Other Studies

- Dv men more likely to have insecure attachment on Adult Attachment Interview (AAI: structured interview to assess attachment style) than controls (Babcock et al 2003) 74% vs. 33%

Other studies: Follingstad et al (2002)

- **Follingstad et al (2002) and her colleagues conducted a study of dating violence in a sample of 412 college students.**
- **assessed both members of the couple, hence individual characteristics could be statistically connected to couple variables.**
- **Measured anxious attachment (RSQ) and angry temperament (Staxi).**
- **The “outcome variables” included controlling behavior (monopolizing partner’s use of time and space: Need for Control Scale) and physical violence (CTS).**

Follingstad et al

- found that
- anxious attachment -> to angry temperament -> control -> IPV (dating violence)
- No gender differences were found.
- Attachment seems to be predictive of control and physical abuse in either gender.
- Anxious attachment (pre-occupied-fearful) converts to anger in intimate relationship

Follingstad et al

- ***“ the primary path leading to the use of force in dating relationships was ... the presence of anxious attachment ... influencing the development of an angry temperament which then leads to behaviors to control one’s partner.” (p 42)***
- Control was then related to IPV frequency and severity

Other studies: Attachment and PD

- **Mauricio, Tein & Lopez (2007)** tested connection of insecure attachment to PD in a sample of 192 men in a court- mandated treatment program for spouse assault.
- The men completed a battery of questionnaires assessing attachment style (ECRQ: the Experiences in Close Relationships Questionnaire),
- antisocial and borderline personality disorders (the Personality Disorder Questionnaire)
- and abusiveness (the CTS and PMWI).
-

ECRQ – 36 items

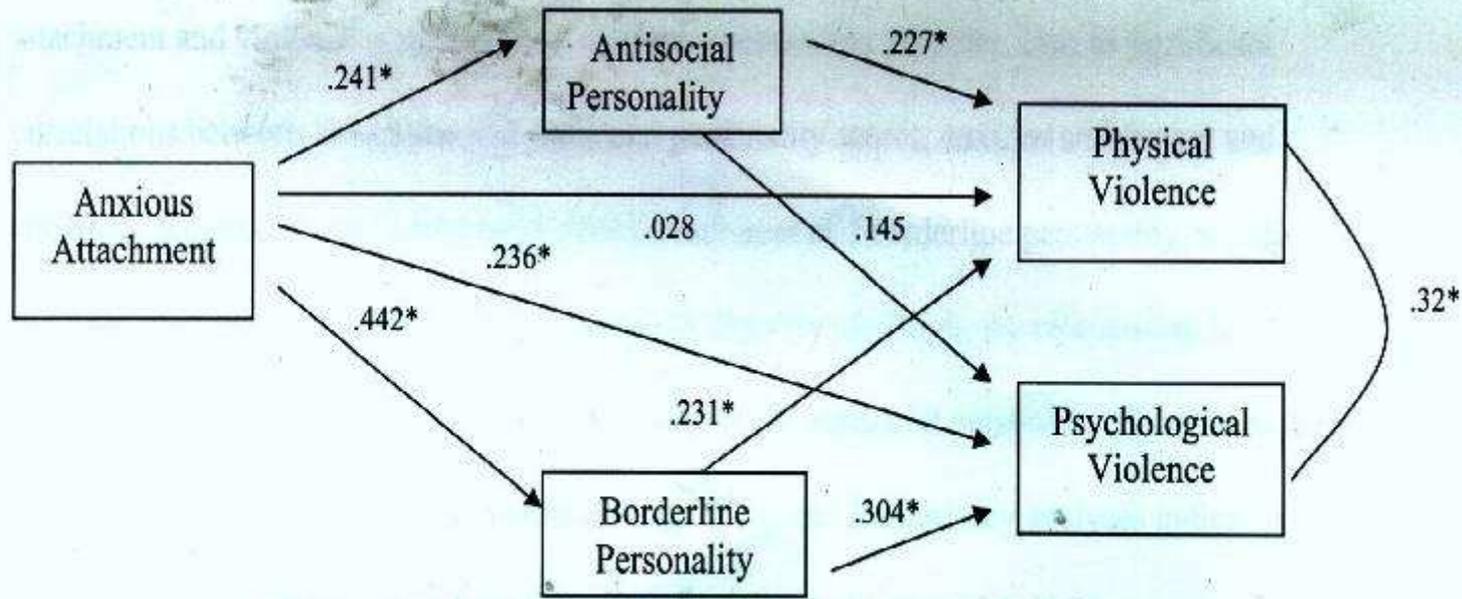
- **Sample items:**

- 1. I'm afraid that I will lose my partner's love.
- 2. I often worry that my partner will not want to stay with me.
- 3. I often worry that my partner doesn't really love me.
- 4. I worry that romantic partners won't care about me as much as I care about them.
- 5. I often wish that my partner's feelings for me were as strong as my feelings for him or her.
- 6. I worry a lot about my relationships.
- 7. When my partner is out of sight, I worry that he or she might become interested in someone else.
- 8. When I show my feelings for romantic partners, I'm afraid they will not feel the same about me.
- 9. I rarely worry about my partner leaving me.
- 10. My romantic partner makes me doubt myself.
- 11. I do not often worry about being abandoned.
- 12. I find that my partner(s) don't want to get as close as I would like.

Mauricio et al. (2007)

- used path modeling to develop a model of abusiveness (both physical and psychological) that included attachment and personality disorder variables.
- found that anxious attachment was related to abusiveness through two pathways: antisocial and borderline personality disorder scores.
- In other words, the personality disorder mediated the effects of attachment insecurity on abuse.

Figure 2. Mediation model with anxious attachment, antisocial and borderline personality disorder scores, and physical and psychological violence. Social Desirability entered as covariate but path to dependent variables not shown for simplicity of presentation.



Mauricio et al

- insecure attachment had crystallized into a personality disorder and manifested itself on abusiveness through the personality disorder.
- Since personality disorder is a major risk factor for abusiveness, studies that obtained this finding may have been capturing a masked attachment disorder.

Mauricio & Lopez 2009

- Statistically identified 3 subgroups in a court sample of men convicted of wife assault (N = 304, Arizona) with distinct violence patterns .
- found associations between subgroup membership and adult attachment orientations as well as antisocial and borderline personality disorders.
- Results supported three subgroups, with classes varying on frequency and severity of violence.
- ***The high-level violence subgroup represented 40% of the entire court mandated group***
 - ***both anxious and avoidant adult attachment orientations as well as borderline personality characteristics predicted membership in this class.***
- **Other groups: less violence and less attachment disorder**

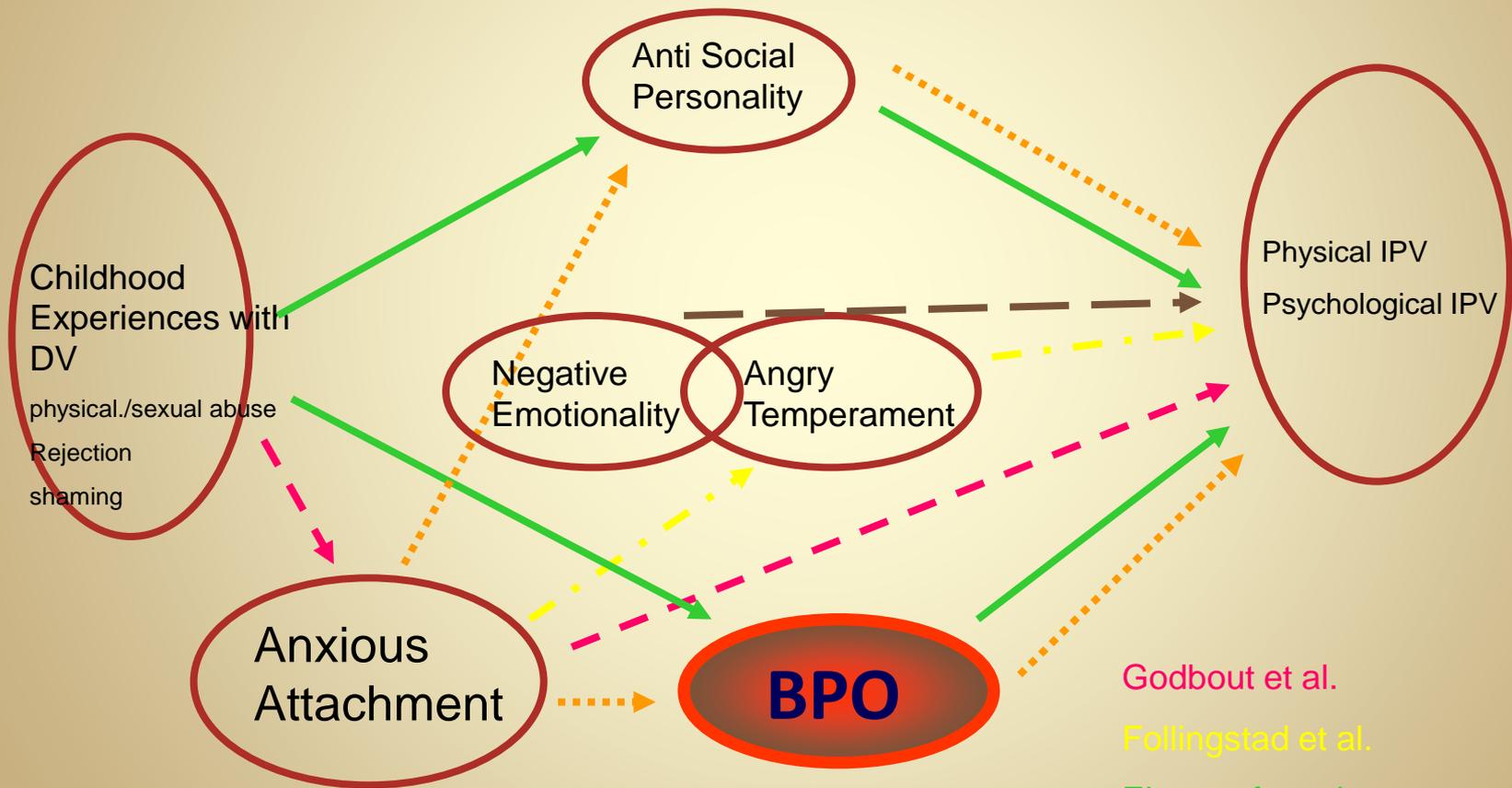
Hines (2008)

- Examined BP (self report) and IPV in large sample (n = 14,252) from 67 universities worldwide
- **BP was a significant predictor of IPV across samples**
- Had “event rate ratio” of 2.45: for every one point increase on a four point BP scale, physical IPV more than doubled, psychological abuse increased by 52%, sexual abuse by 56%

Hines (2008)

- BP predicts all forms of abuse cross-culturally
- Does not interact with gender- it's a main effect of BP on IPV

Other Studies



Godbout et al.

Follingstad et al.

Ehrensaft et al.

Mauricio et al.

Moffitt et al.

Attachment and Homicide



Estrangement as a Risk Factor

	Wife Killing	Husband Killing
Canada	8*	5.5
U.S. (Chicago)	3	2
Australia (NSW)	6	0

source: Wilson & Daly (1993)

* inflation of killings per 1,000,000 marriages per annum

Reactive Abandonment Killing

- occurs during failed attempt to ward off abandonment
- weapon is found at location by perpetrator
- may be dissociative rage state
 1. extreme violence - overkill
 2. poor or no memory – amnesia
 3. Little or no attempt to conceal crime
 4. desperation flight – frequently toward “home” or “secure base”
- thoughts of suicide (suicidal ideation) and depression after the flight

Instrumental versus “Estrangement” Murders (Dutton & Kerry (1999)

- Examined case files of 41 men incarcerated in Canada for spousal homicide (Ontario & BC)
- 15/15 instrumental spousal homicides committed by antisocial PD
- 26/26 reactive spousal homicides committed by Borderline/Dependent /Avoidant PD

However,

- the rate of spousal homicide
- Is 8 -22 per million married spouses (baseline)
- (3 samples; Australia, Canada and US)
- And 44 (Canada)-99 (USA) per million married spouses for separated men (source: Wilson & Daly 1993)

What is the suicide rate?

- for divorcing men, 53/11,000 (.48)
- 4818 per million (US data)
- That is 40-80X as great as spousal homicide
- (4818 vs 99 USA data)

- Source: Kposowa (2003)

Brodie Waldradt

Spousal Homicide Case #1: Brodie Waldrat



BRODIE WALDRAT (D.O.B. 4/23/71)

- murdered pregnant girlfriend, foetus also died
- girlfriend had obtained r.o. restricting him from seeing her or child (when born)
- he left Washington State for Idaho, turned car around drove to Port Orchard WA. on Olympic Peninsula
- slept in car, waited for victim's mother to leave for work
- knocked on door, tried to convince victim to give relationship another try
- she said NO – he struck her on the head with a piece of firewood- killed her

Pre-Homicide

- vaguely remembers hitting victim, did not remember rape
- victim had been bound with duct tape, vaguely remembered doing this to stop “sickening sound”
- victim had been dragged onto parents bed, where rape occurred

Doctor says Walradt was not aware of his actions

■ *Two psychologists have testified that the defendant's abandonment fears from his childhood caused him to kill his pregnant girlfriend.*

By Travis Baker
Sun Staff

A second psychologist testified Wednesday that Brodie Walradt didn't know what he was doing when he clubbed, strangled and suffocated Beth Kennard in 1999.

Dr. Donald Dutton told Walradt's jury that Walradt was in a rage state that prevented him from knowing right from wrong.

It also would have required no premeditation to commit the crime, Dutton said.

He has made a study of domestic violence, spousal homicide and rage killings, he said under questioning by defense lawyer Erik Bauer.

He's published three books on such topics, interviewed dozens of perpetrators and had 110 papers published, he said.

Walradt is on trial for aggravated first-degree murder. Prosecutors are seeking the death penalty.

Dutton reached many of the same conclusions as the defense's first witness, Dr. Mark Whitehill. They agreed that Walradt had personality disorders springing from abandonment fears that arose from his childhood.



KENNARD



WALRADT

Those fears grew from having his mother abandon him at age 10 and his father at age 12. He ran away from home at 10, then lived in various foster and group homes and with relatives.

His original family presented a highly sexualized living environment, Dutton said. Walradt was subjected to random beatings by his father and verbal shaming by his mother.

He said he believes Walradt turned a corner in his mind as he sat on the deck outside the Kennard family residence on Sept. 17, 1999, unable to get her to open the door.

He entered an "unresolvable emotional state he couldn't stand," Dutton said.

Kennard, who had been his fiancee and was carrying his child, had served him with a restraining order a week earlier.

"When he first got the restraining order, it tipped a rather fragile ego and he became really preoccupied with the abandonment," Dutton said.

As he sat on the deck Sept. 17, Dutton said, Walradt's thinking was "really primitive. He thought 'I have to get her back, I have to get her back.'"

"He felt an overwhelming urge to repossess this person, to reclaim her sexually," Dutton said. Kennard was also raped, apparently after she was beaten, possibly after she was dead, testimony has shown.

"I don't believe he could premeditate the killing because of his mental condition," Dutton told Bauer and the jury.

The trial in Kitsap County Superior Court in Port Orchard continued today and will resume Monday. Bauer said the defense probably will rest next week.

Reach reporter Travis Baker at (360) 792-9217 or tbaker@thesunlink.com.

Brodie Waldrat (cont.)

Post-Homicide

- changed shirt, left victim on bed
- took cell phone and money
- drove from Port Orchard to Eureka, CA. (600 miles)
- still wearing bloody jeans
- fell asleep in motel parking lot, awakened by police
- question: “is she alright?”

Jury Decision: Guilty, Second Degree Murder

Prior Violence

- Fist fight at dance when 18 (over a girl)
- No criminal record

Waldrat Attachment Issues

- Put out to foster home by his parents at 10
- Lived in secession of foster homes
- Never secured a steady girlfriend or job
- Victim was his first serious ‘love’
- Pre-homicidal state: victim had tried to terminate relationship

“homicidal marriages and other romantic relationships appear to have been strongly ambivalent in nature, and the deadly act seems to have dissipated hateful sentiments on the part of the offender, leaving a sense of despair at the loss of a loved one”

Goetting, A. (1995). *Homicide in the families and other special populations*. Springer.

Case #2: Mark Fregia

- 35 year old African-American male
- set his wife (Erin Weaver) and 2 children on fire with gasoline in Contra Costa Co, near Berkeley Ca. December 18, 2003 (the children died)
- Occurred while he was separated from her for 1 year for prior DV- he was going to jail for that
- His wife had new boyfriend who was a drug dealer

Mark Fregia

- Fregia had been abandoned by his father (who refused to marry his mother or look after him)
- Also abandoned by mother who left him with her mother at age 1- her mother was abused by her husband (confirmed by her 3 daughters)
- his mother came and left for 12 years
- Fregia had double abandonment. + abusive household to grow up in

Mark Fregia

- In late teens started doing crack cocaine -> went on 5-6 day binges complete with hookers (\$800 per binge , just for the drugs)
- Had Hx of MH treatment for depression, suicidality
- Had 2 girlfriends prior to his wife-> abused them both
- Said he was trying to threaten wife to bring kids to see him in prison, keep them away from drug-dealing boyfriend

Mark Fregia

- Diagnosed by Dr. Mindy Rosenberg
- Borderline PD (DSM 301.83)
- Major Depressive Disorder (DSM 296.33)
- Cocaine Abuse (DSM 305.60)

Mark Fregia

- The night of the event:
- He was coming off a \$3000 cocaine binge
- He was facing prison
- She had a new boyfriend who was a drug dealer
- He planned to douse her with gas, threaten her with the flame -> the entire car ignited

Mark Fregia

- The 2 children in the back seat died
- Both adults suffered severe burns
- Fregia tried to save kids, failed
- Ran back to highway, stole a car, fled to San Francisco -> Tenderloin where he hung out as a teen -> said he planned to commit suicide by overdosing on heroine

Mark Fregia

- Was it “scorched earth “ (destroy everything because all is lost? (prosecution)
- Or a threat gone very wrong (defense)

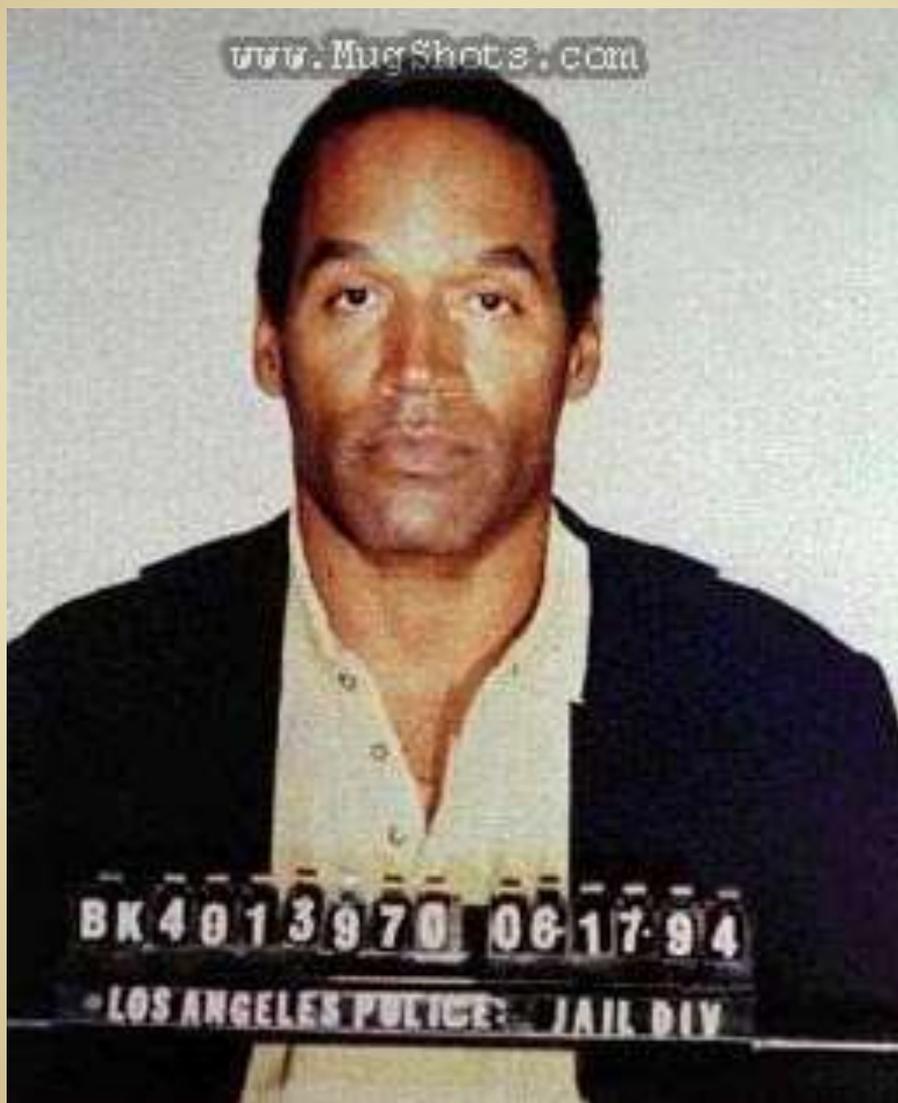
Mark Fregia

- Fregia loved his kids, never had abused them- lived for them, believed he would still see them while in prison
- Was not suicidal at time of event -> commandeered car, didn't jump in front of one
- Had Hx of suicidal ideation, not action
- Was found guilty on a reduced charge

Reactive Abandonment Killing

- occurs during failed attempt to ward off abandonment
- weapon is found at location by perpetrator
- may be dissociative rage state
 1. extreme violence - overkill
 2. poor or no memory – amnesia
 3. Little or no attempt to conceal crime
 4. desperation flight – frequently toward “home” or “secure base”
- thoughts of suicide (suicidal ideation) and depression after the flight

OJ Simpson Mugshot



Case # 3 : OJ Simpson

- Simpson was celebrity NFL football player/newscaster
- Nicole Brown-Simpson was leaving him after attempted reconciliation
- Girlfriend-of-the-month was also leaving him
- Had noted masked dependency- huge double standard

Spousal Homicide Case # 3

OJ SIMPSON

Marriage

- had prior separations
- domestic violence (eg. 1988, 1991)
- relationship typified by jealousy as main trigger

Pre-homicidal State

- Simpson and wife Nicole had separated, were attempting reconciliation
- reconciliation was failing, Simpson was excluded from family gathering that involved his daughter
- same day he was “dumped” by his new girlfriend

OJ Simpson (cont.)

Homicide

- brutal, numerous slashes to Nicole, throat cut, nearly decapitated
- Ron Goldman killed at same time → probably circumstantial

Post-Homicide

- Simpson flies to Chicago on red eye
- discovery of dog with bloody prints leads to police notification
- Simpson told of situation in Chicago
- returned with cut finger
- “slow speed” chase, Simpson either was or faked suicidality (had bag with \$10,000, his Passport, and a fake beard and mustache)

Outcome: Not Guilty in Criminal Court, Criminally responsible in Civil Suit

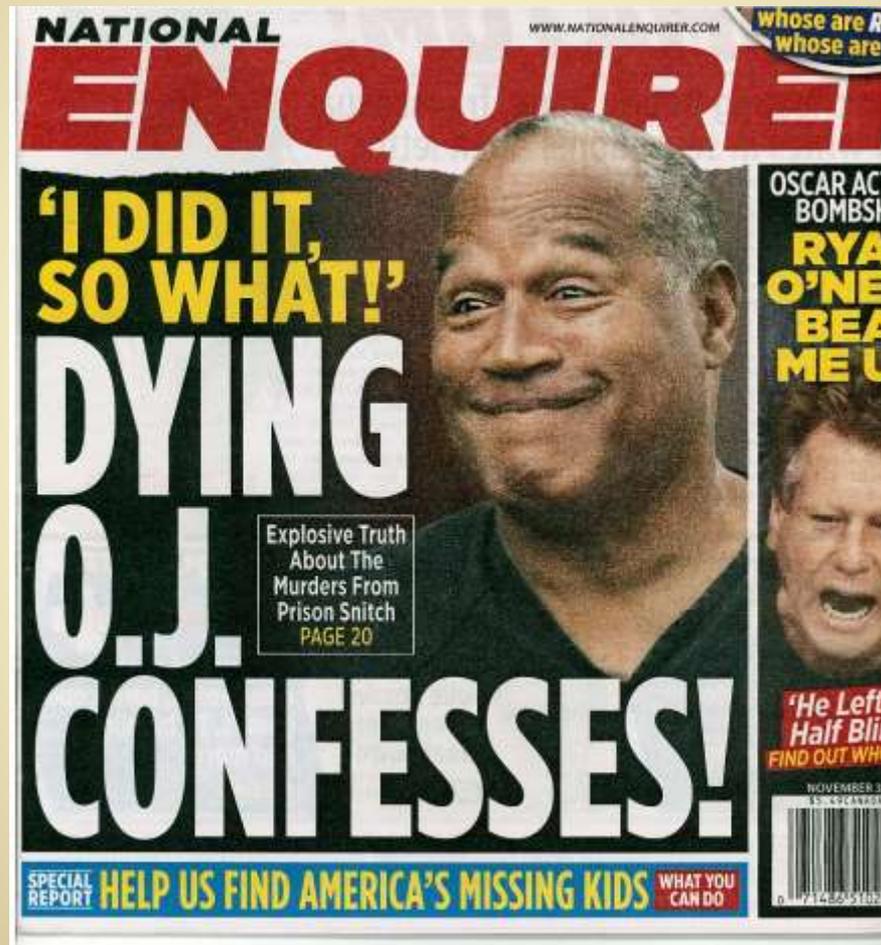
Attachment Issue

- Father left home when OJ was a child
- Father was known as a professional female impersonator-> caused the family shame
- Mother had to work 2 jobs to raise the kids

Case of OJ Simpson

- Nicole Brown-Simpson was leaving him after attempted reconciliation
- Girlfriend-of-the-month was also leaving him
- Had noted masked dependency- huge double standard

OJ 2014 Confession



Jodi Arias

- Trial 2013 Arizona
- Killed bf (Travis Alexander)
- was not living with her
- Travelled hundreds of miles to (see? Kill?)him

Stabbed him 29 times, slit his throat,
shot him in the head

- Lied about her whereabouts to police
- Found guilty of murder in Arizona court despite BWSD (Alice LaViolette)



Jodi Arias

- 1st story to police: she was not near murder scene
)Mesa, Arizona)
- 2nd story: two intruders broke into Alexander's home murdering him and attacking her
- 3rd story: BWSD – he had become enraged when she dropped his camera

Jodi Arias

- Bf was trying to break up with her
- Most likely: Borderline PD
- No corroboration of prior abusiveness by him

- Found guilty

- Original penalty phase: Jury hung at 8 (death) to 4
- Penalty phase remaining- death penalty is possible but unlikely
- Set for November 2014

Tips for Police

Spousal homicide perpetrator after the fact:

- 1) unlikely to be a threat/danger to the police
- 2) more likely to be suicidal
- 3) try to get statement as soon as legally feasible
 - do not lead the suspect
 - accurately record memories and memory blanks
- 4) Look for perpetrator between crime site and symbolic “home”

Attachment Summary

- Insecure attachment provides a potential for abandonment rage -> extreme anger
- In the extreme abandonment homicides seem triggered by extreme rage states sometimes accompanied by dissociation
- Attachment may be the strongest motive we have -> survival
- Also implicated in suicides (“thwarted belongingness” Van Orden et al 2010)

Conclusions

- Abusiveness has its origins in early attachment
- Disruptions to secure bonding produce emotional reactions
- These are at least as important as observational mechanisms
- Early trauma, attachment disruption, shaming and later modeling of IPV form a personality constellation of mutually enforcing dysfunctions

Policy?

- Broadened targets for CJS-court mandated therapy
 - “blended behavioral therapy”-> attachment, trauma symptoms control, borderline thinking
- Preventive programs to help single mothers
- Preventive intervention in high conflict homes
- Martial/couples therapy for coercion traps

Comparison of Treatments

CBT anger	DBT borderlines	Attachment	Trauma
Therapeutic bond	Therapeutic consistency	Secure base	Therapeutic consistency
acceptance of client (empathy)	radical acceptance	non-judgmental attunement (empathy)	empathy
anger diary	core skills	attachment-fear diary	Anxiety /trauma symptom diary
change anger/abuse	change impulsivity	change attachment-anxiety	Lower trauma based anxiety

Early Intervention

- MacLeod & Nelson (2000) “proactive family interventions had greater effect sizes at follow up” (effect size sustained or grew)
- Reactive interventions (school aged child, react to identified problem) tend to fade in effect size (largest immediately after intervention, then fade at follow-up)
- This was true for measures of emotional reactivity, motivation, relationship skills, self esteem of parent and child

Best programs

- Proactive (e.g. nurse visits, providing health info, info on child development: attachment, parenting strategy practice: Prenatal/Early Infancy Project Olds & Kornacher 1998)
- Begin prenatally
- Intensive family preservation
- High levels of participant involvement
- Empowerment/strengths based approach

Best Programs

- Had more than 12 visits
- Had 6 month + duration
- Social support – introduction to informal sources of support (social network) + community resource availability

Results

- 56 prevention programs had effect size of .41 over control (outcomes for intervention group exceed 66% of those in control)
- Better parental attitudes, observed parental behaviors, wide spectrum measures of family wellness – supportive, affectionate parent-child relationships, stimulating home environment

Why is early intervention important?

- May serve important preventive function for, inter alia, abusive traits
- E.g. empathy, emotion regulation
- By comparison D' for court mandated treatment is .34 (Babcock et al 2004)

- “ The child who I saw being hit by his mother is three times more likely to become violent in intimate relationships than a child who was not hit. The moment that he hits a woman, it is legislated that he be taken out of the context of his biography and into an automatic legal process in which he will be held absolutely accountable for any violence he committed. He will be defined as a product of patriarchy, and his masculine privilege will account for the sole source of his aggression.”
- -----Linda Mills, *Insult to Injury*, p. 3.