

# The Brøset anger management model



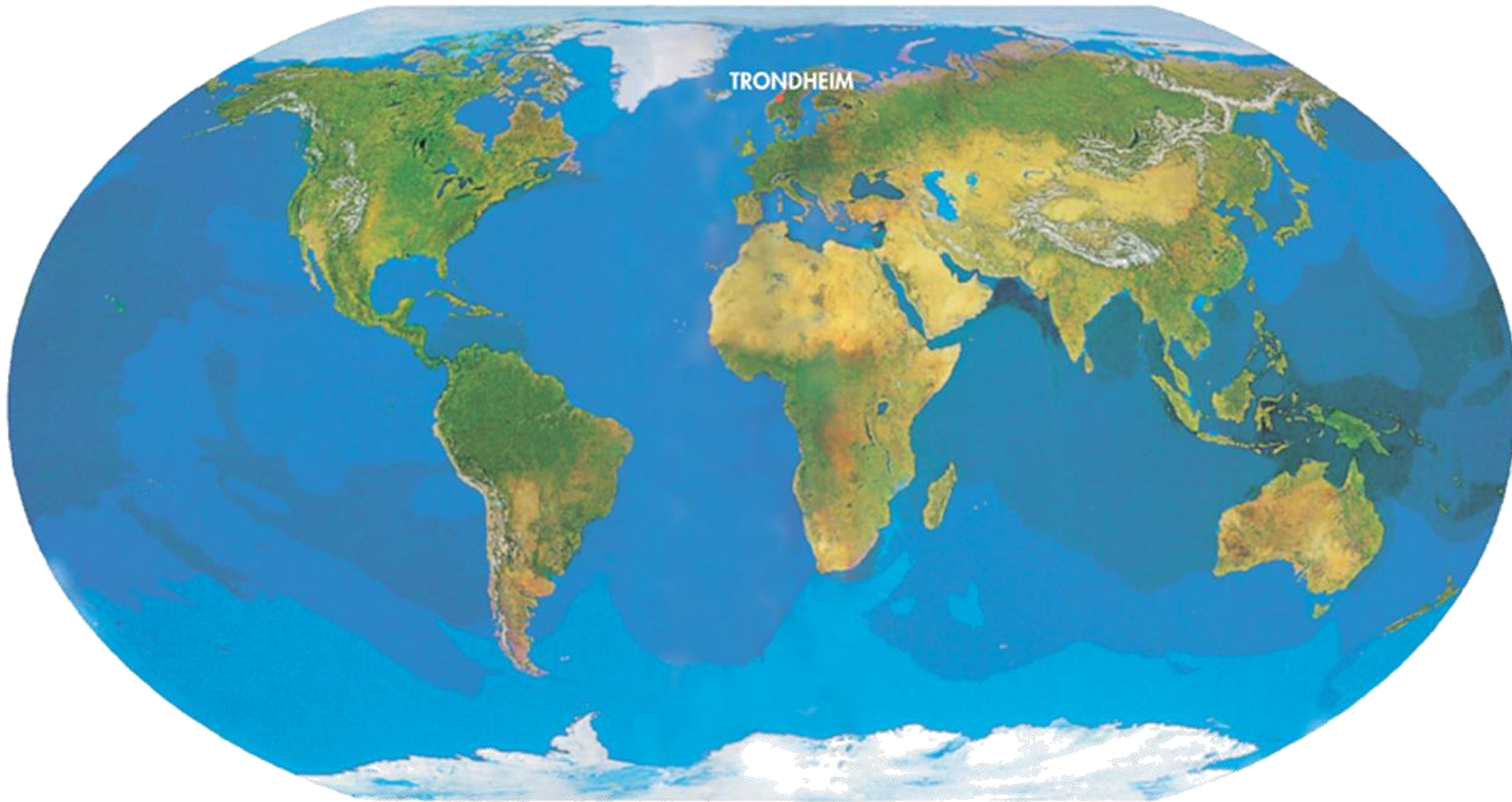
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# Overview of the presentation

- The Government's action plan against domestic violence
- The Brøset anger management model

# Trondheim on the world map





# The Government's action plan against domestic violence 2014-2017

- 2 treatment facilities for perpetrators of violence financially supported by the Government:
  - The Brøset Anger Management model by the Forensic Dept. Brøset
  - Alternative to violence (ATV), a NGO

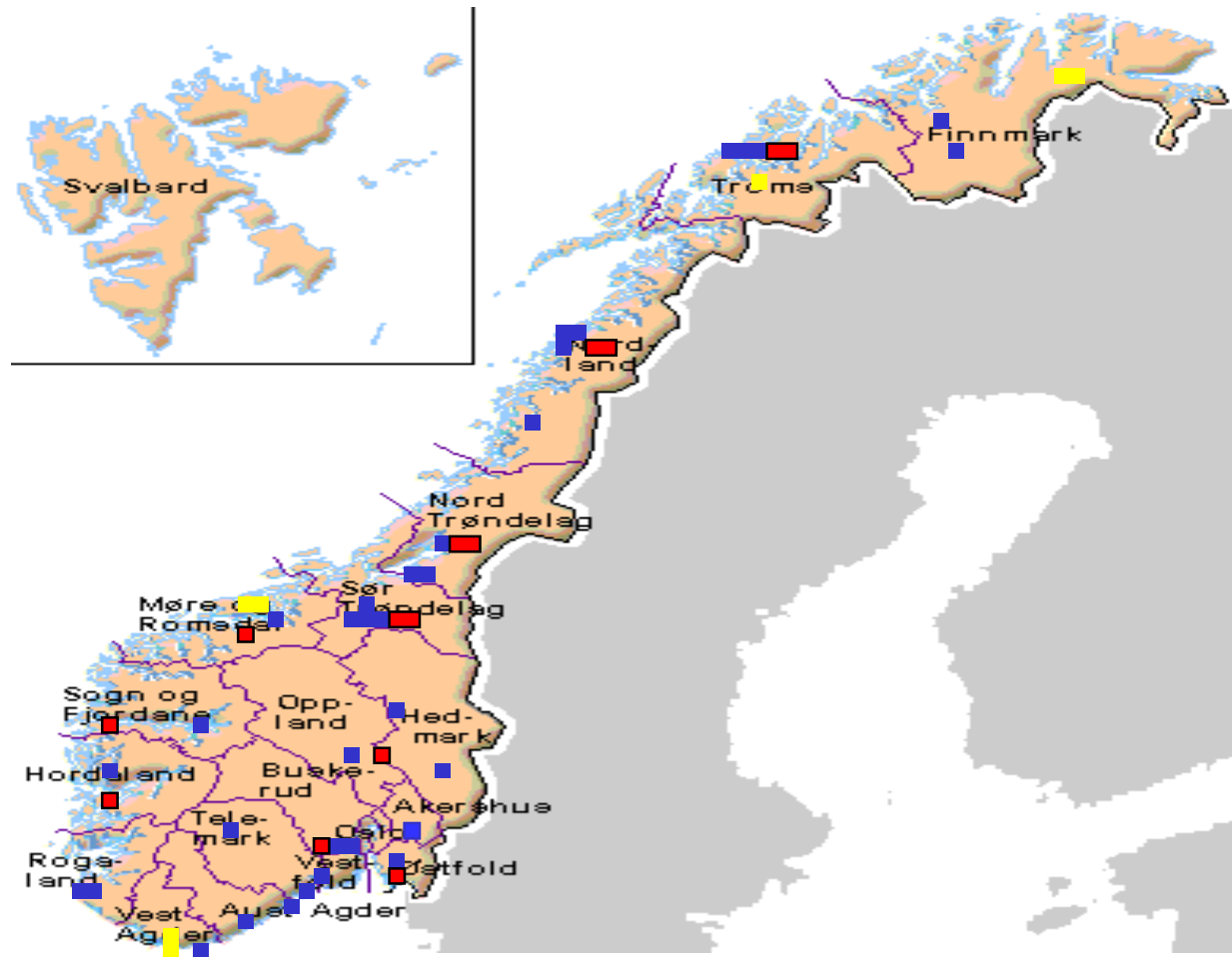
# National implementation of The Brøset anger management model

- Funded by The Norwegian Directorate of Health since 2003
- Basic training in Cognitive Behavioral Therapy and the Brøset anger management model
- So far 356 therapists all over Norway are trained to treat violent perpetrators (83 prison officers included)
- 356 therapists can potentially treat 8900 perpetrators each year (25 patients per 1 full time therapist)

# National implementation 2003-2015

- Status:
  - 27 Family centers
  - 18 psychiatric outpatient services
  - 15 child welfare centers and community based services
  - 7 youth institutions/services
  - 8 prisons
  - 8 probation offices
  - 2 Norwegian mediation service offices

# Treatment facilities: Mental health- and social services ■ Correctional services ■





# The Brøset anger management model

**Individual therapy 3 – 4 hours**

**Goal: To take responsibility for own emotion regulation and behaviour**

- Cognitive Behaviour Therapy (CBT)
- Recognising motivation / readiness to change
- In the individual sessions, the client learn the rationale of the method and the tools used in the group sessions
- Assessments
- Information from partner

# Group therapy session 1-5 psycho-educative

- Each participant's goal and expectations
- Identify risk situations
- Learn to gain control over anger by learning about own anger circle
- Learn about own triggers, thoughts, feelings, arousal and behaviour

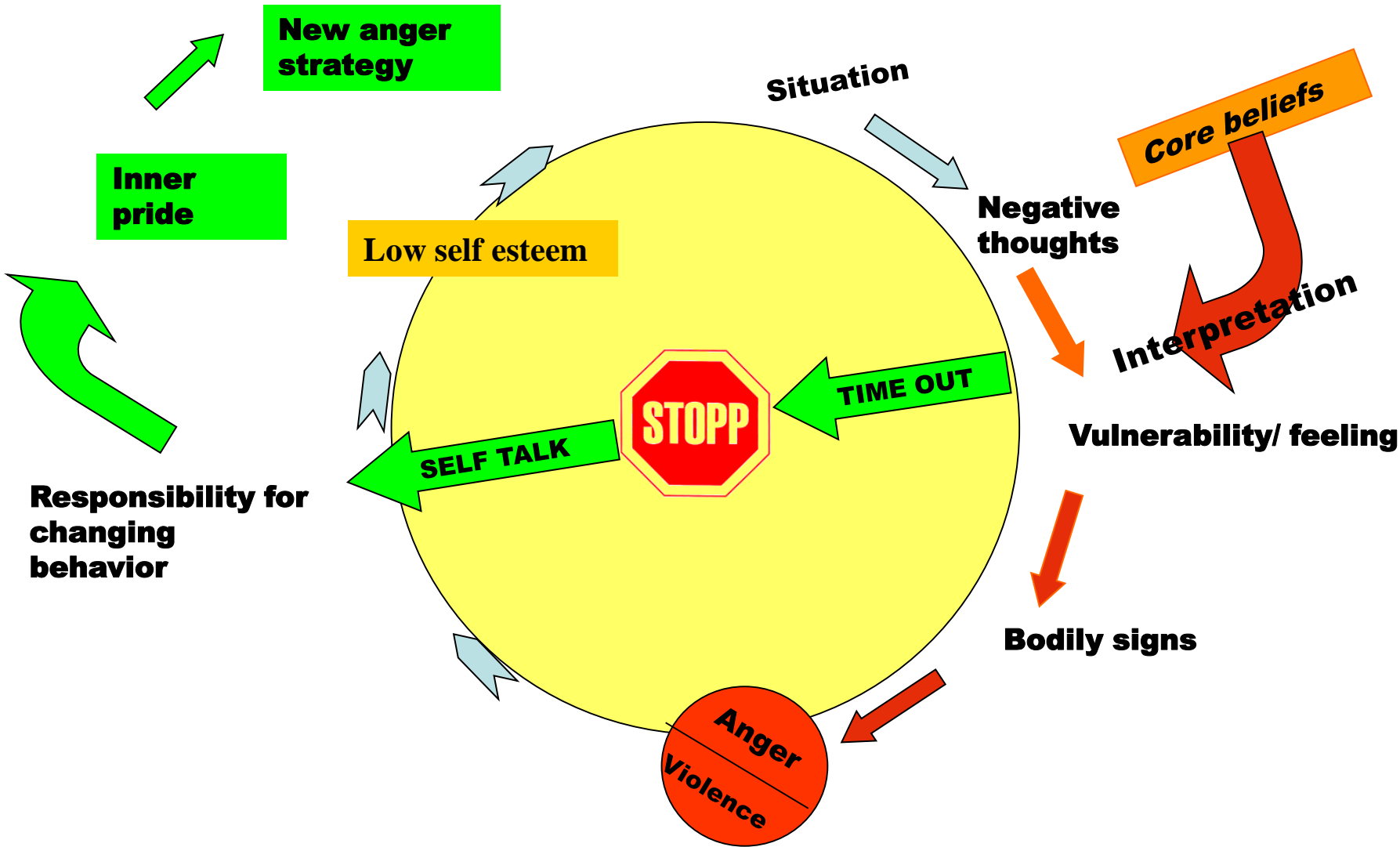
# Group therapy Session 1- 5 psycho-educative

- Alternative coping strategies, time-out, yellow cards
- Understanding automatic thoughts and learn about core beliefs and underlying beliefs
- Anger and violence in the family perspective, compassion, respect and cooperation in relationships
- Violence in the children's perspective

# Group therapy Session 6 – 15

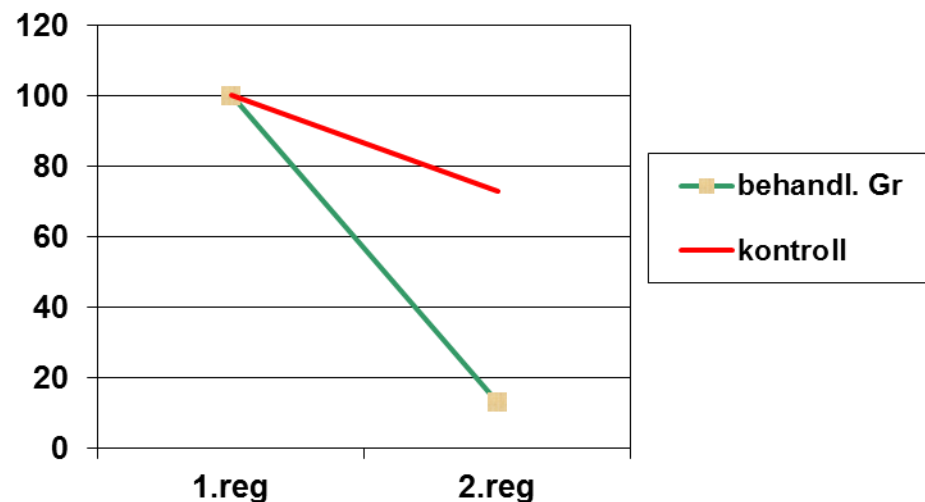
- Each client have to analyze a violent episode through the cognitive tools in the group
- By using Socratic questions, the therapists encourage the clients to come up with constructive alternatives of behaviour.
- Understand their own core beliefs in order to recognise them, question them , and acquire techniques for challenging them.
- Homework between sessions
- The group members evaluate each other and identify areas where they need to be cautious in the future.

# The Anger Cycle



Palmstierna T, Haugan G, Jarwson S, Rasmussen K, Nøttestad JA. ”*Cognitive – behaviour group therapy for men voluntary seeking help for intimate partner violence.*” Nord J Psychiatry 2012; 66:360–365.

- 37 men were randomized into 2 groups.
- **Treatment group** compared with **waiting list control group.**
- 72.7% of the control group were still physically violent at start of treatment compared with treatment group, where
- 13.3% reported continued use of physical violence after treatment (FISC's exact test  $P = ,004$ )



# Thank you!

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