The Brøset anger management model

Stig Jarwson, RPN, MSc.
Merete Berg Nesset, RPN, MSc., PhD-candidate
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

- **Vulnerability/feeling**: Bodily signs
- **Core beliefs**: Interpretation
- **Negative thoughts**: Vulnerability/feeling
- **Core beliefs**: Interpretation
- **Responsibility for changing behavior**: Inner pride
- **New anger strategy**
- **Low self esteem**
- **Self talk**: STOPP
- **Time out**: STOPP
- **Anger Violence**

- 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 = 0.004)
Thank you!

Contact information:

**Merete Berg Nesset**
RN, RPN, MSc in Health Science,
PhD-candidate in clinical medicine
St. Olavs University Hospital
Dept. of Brøset
Center for Research and Education in Forensic Psychiatry
Email: Merete.Berg.Nesset@stolav.no

**Stig Jarwson**
RN, RPN, MSc in Social work
St. Olavs University Hospital
Dept. of Brøset
Center for Research and Education in Forensic Psychiatry
Email: Stig.jarwson@stolav.no