

ANGER MANAGEMENT HAS NO PLACE IN DOMESTIC ABUSE

Domestic abuse is NOT an anger management problem.

An inability to control one's anger is one of the most common ways a perpetrator will scapegoat their behaviours and minimise their choice and role to abuse and harm others in domestic abuse cases.

Perpetrators seek to obtain power and control over their victim-survivor and are very much in control of themselves and their feelings. If perpetrators were unable to control their anger, they would be abusive to everyone, and not solely to their partners and children.

Evidence shows that domestic abuse perpetrators who complete anger management programmes do not stop abusing, but instead choose another tool or strategy to reach the same end.

For anger management to be effective the individual needs to identify the source of their anger and then take steps to de-escalate the situation/scenario. Perpetrators wrongly identify the victim-survivor as 'provoking' them when the reality is a perpetrator's anger and frustration is caused by their sense of losing control over the victim-survivor.

Anger management programmes are not informed by the typologies and dynamics of domestic abuse and therefore ill inform individuals who are abusive. Perpetrators utilise coercive and controlling behaviours and psychological torment to the victim-survivor before displaying abusive anger, and their anger is a tool and not a true reflection of their emotions.

A false label of having an inability to manage one's anger further serves a perpetrator to deflect and deny their choices and projects blame to others, using 'anger management issues' as an excuse for this. The techniques taught are easily falsified and shown by the perpetrator to the victim-survivor, giving a false sense of hope and newfound safety, further endangering them and inhibiting their survival skills in this false sense of security.

Additionally, anger management strategies do not address non-physical abuse and does not challenge perpetrators to tackle the root cause for the abuse which is their unrelenting effort to control the thoughts, feelings and actions of their victim-survivor.

Enrolling a perpetrator onto an Anger Management Programme will simply collude with the perpetrator and validate to them that they are right and that they have no responsibility or accountability for their conscious choices. This will also invalidate and trivialise the victim-survivor's experiences.

