

# YOUR LETTERHEAD

---

## Core Competencies Commitment

I, \_\_\_\_\_, acknowledge that in order for me to complete Domestic Violence Offender Treatment, I must actively participate in treatment. That means I have to demonstrate that I understand and apply the following Core Competencies to my life. My behavior has to be observable by others and consistent with my ongoing Treatment Plan Review.

By applying what I learn in treatment, I can demonstrate these Core Competencies, which come directly from the DVOMB *Standards*, by completing homework assignments; journaling; role-playing; actively participating in group sessions; complying with all court-ordered sanctions; following local, state, and federal laws; reacting differently in situations in which I used to choose to be violent and abusive.

---

A. I commit to eliminating my abusive behavior.

1. I will not use physical intimidation, psychological cruelty, or coercion toward my partner or child(ren).
2. I will begin developing a comprehensive Personal Change Plan which I will sign and submit to the Multidisciplinary Treatment Team (hereinafter referred to as "MTT") for approval.

B. I will demonstrate change by working on my comprehensive Personal Change Plan.

1. I will begin using portions of the Personal Change Plan.
2. I accept that working on abuse-related issues is an ongoing process. I will notice and watch myself in order to read, regulate, and control the changeover as it progresses.
3. I will begin designing my Aftercare Plan.
4. I will complete my Aftercare Plan and be prepared to implement it after I am discharged from treatment.

C. I will complete my comprehensive Personal Change Plan.

1. When I demonstrate behaviors, attitudes, and thought processes, as stipulated at the level of treatment I am obliged to complete, I will be approved by the MTT. This accomplishment will be deemed as a direct result of my efforts alone.
2. I realize that my comprehensive Personal Change Plan is driven by my level of risk toward my partner, my child(ren), and the community at large. I know that the Plan is required at all levels of DVOT. If the MTT assigned me to a higher risk level (either B or C), I know and expect that my Personal Change Plan will be more specific and detailed than those at the lower level(s).

D. I will develop empathy for others, including my partner, my child(ren), and the community at large.

1. I will be able to recognize and verbalize the effects of my actions on my partner/victim.
2. I will be able to recognize and verbalize the effects of my actions on my child(ren) and other victims such as family, friends, neighbors, professionals, and the community at large.
3. I will offer helpful, compassionate responses to others without turning attention back on myself. The MTT realizes that I may have significant disabilities related to empathy. If that is the case, the Approved Provider, along with the MTT may assess my capacity for empathy and may employ different kinds of treatment accordingly.

E. I accept full responsibility for my offense(s) and my abusive history.

1. As required, I will disclose my history of physical and psychological abuse towards my victim(s), child(ren), and the community at large. This disclosure will be at the group level, as well as in individual sessions with my probation officer and DVOT provider.
2. I will overcome my denial and minimization of my abusive behavior. If I exhibit severe denial, I realize that the MTT will consider ordering me to undergo individual sessions or a group format the denial.

3. I will increasingly disclose my thoughts, feelings, beliefs, and behaviors over time.
  4. I accept responsibility for the impact of my abusive behaviors on secondary and tertiary victims and the community at large.
  5. I recognize that abusive behavior is unacceptable. I agree that it is wrong; therefore, I will not repeat it. I will work hard on relinquishing my excuses and other justifications that blame the victim; including the claim that the victim provoked me.
- F. I will identify and progressively reduce my pattern of power and control behaviors, beliefs, and attitudes of entitlement.
1. I recognize that violence was made possible by the big picture which depicts my behaviors and attitudes.
  2. I will identify the specific forms of day-to-day abuse and control, such as isolation that I have utilized, as well as my underlying outlook and excuses that drove those behaviors.
  3. I will demonstrate behaviors, attitudes, and beliefs congruent with equality and respect in personal relationships.
- G. My accountability. (*Offender accountability is defined as accepting responsibility for one's abusive behaviors: including accepting the consequences of those behaviors, actively working to repair the harm, and preventing future abusive behavior.*)
1. I will recognize and eliminate all my minimizations of my abusive behavior—without prompting from anyone else to do so.
  2. I will demonstrate full ownership for my actions and accept the consequences. In so doing, I will examine my past abusive patterns in order to plan for future self-management and to create the structure I need that will make accountability possible. I acknowledge the vital need for such a path; otherwise I will probably fall back into my previous pattern of abuse.
  3. I realize that my present and/or former partner and my children may continue to challenge me regarding my past behaviors. If I behave abusively in the future, I will take the responsibility to report those behaviors honestly to my friends, relatives, probation officer, and to anyone else who I believe will hold me accountable. I know this is essential for my ever achieving my desire to remain violence/abuse-free.
- H. I accept that my behavior has, and *should* have, consequences.
1. I will identify the consequences of my own behavior so far, challenge my distorted thinking patterns, and understand that consequences are the result of my own choices. I will start making decisions based on my recognition of potential consequences.
  2. I realize that my abusive behavior was my own choice. It was intentional and goal-oriented. For example, I will no longer use excuses such as my being out of control, drunk, abused as a child, or under stress.
- I. I will participate and cooperate in treatment.
1. I will participate openly in treatment (for example, processing personal feelings, providing constructive feedback, identifying my own abusive patterns, completing homework assignments, presenting my letter of accountability).
  2. I will demonstrate responsibility by attending treatment as required by the Treatment Plan.
- J. I will be able to define the different types of domestic violence.
1. I will define coercion, controlling behavior, and all types of domestic violence (for example, psychological, emotional, sexual, physical, animal abuse, property, financial, isolation).
  2. I will identify in detail the specific types of domestic violence I have engaged in, and the destructive impact of that behavior on my partner and child(ren).
  3. I will demonstrate cognitive understanding of the types of domestic violence as evidenced by my

- giving examples and accurately labeling situations.
4. I will define the continuum of behavior from health to abusive.
- K. I will understand, identify, and manage my personal pattern of violence.
1. I will acknowledge my past/present violent/controlling/abusive behavior.
  2. I will examine and determine my motivations behind that behavior.
  3. I will understand learned pattern of violence and will be able to explain it to others.
  4. I will disrupt my patten of violence in order to obstruct its recurring.
- L. I will understand the intergenerational effects of violence.
1. I will identify and recognize past victimization and its origin, type, and impact.
  2. I will recognize the impact of witnessed violence.
  3. I will acknowledge that my upbringing has influenced current behaviors.
  4. I will develop and implement a plan to distance myself from violent traditional familial tendencies, as well as cultural roles. Examples: homework assignments such as Genogram, violence autobiography, and timeline.
- M. I will understand and use appropriate communication skills.
1. I will demonstrate non-abusive communication skills that include how to respond respectfully to my partner's grievances and how to initiate and treat my partner as an equal.
  2. I will demonstrate understanding of the difference between assertive, passive, passive-aggressive, and aggressive communication, and make appropriate choices in expressing my emotions.
  3. I will demonstrate appropriate active listening skills.
- N. I will understand and use "time-outs".
1. I will recognize the need for "time-outs" and/or other appropriate self-management skills.
  2. I will understand and practice all components of the time-out.
  3. I will demonstrate and be open to feedback regarding the use of time-outs in therapy.
- O. I will recognize financial abuse and management of financial responsibility.
1. I will consistently meet my financial responsibilities such as treatment fees, child support, maintenance, court fees, and/or restitution. The MTT may choose to require me to provide documentation that demonstrates that I am meeting these financial responsibilities.
  2. I will maintain legitimate employment, unless verifiably or medically unable to work.
- P. I will eliminate all forms of violence and abuse by **not** engaging in further such acts and/or committing new domestic violence offenses or any other violent offenses against other persons or animals.
- Q. I know I am prohibited from purchasing, possessing, or using firearms or ammunition. An exception may be made if there is a specific court order expressly allowing me to possess firearms and ammunition. In these cases, it is my duty to provide a copy of the court order to my Approved Provider to qualify this modification of my DV Contract. It is then the Approved Provider's duty to design treatment planning to address my storing of the firearm, (such as firearm shall not be allowed in the home) and other factors related to my risk of reoffending, safety planning, and victim safety.
- R. I will identify and challenge my cognitive distortions (irrational thinking patterns) that play a role in my violence. I will demonstrate an understanding of my distorted view of myself, others, and relationships (for example, gender role stereotyping, misattribution of power and responsibility, and sexual entitlement).

