



Presented by

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The Profile of a Batterer

And How to Differentiate
Them From Victims

Learning Objectives

Be able to identify the characteristics of a batterer

Recognize that batterers are very much in control of their behavior, not out of control

Understanding the belief system of a batterer

Understanding why batterers are abusive

Differentiating between a victim and a batterer

Most victims are female

- **4 of 5 victims of IPV are female**
 - (Bureau of Justice Statistics Intimate Partner Violence Report 1994-2010)
- **The Majority of Domestic Violence was committed against:**
 - **Females 74%**
 - **Males 26%**
 - (Bureau of Justice Statistics, Non-fatal Domestic Violence 2003-2012)
 - **Women were more likely to be killed by intimate partner (39% vs 3%)**
 - **Women were more likely to sustain serious injuries (13% vs 5%)**
 - (Bureau of Justice Statistics, Intimate Partner Violence : Attributes of Victimization 1993-2011)

Most batterers are male

- “National surveys supported by NIJ, CDC, and BJS that examine more serious assaults do not support the conclusion of similar rates of male and female spousal assaults. These surveys are conducted within a safety or crime context and clearly find more partner abuse by men against women.”
- “Measuring Intimate Partner (Domestic) Violence” National Institute of Justice)

Furthermore

- “A review of the research found that violence is instrumental in maintaining control and that more than **90 percent of ‘systematic, persistent, and injurious’ violence is perpetrated by men.**”

Measuring Intimate Partner (Domestic) Violence, National
Institute of Justice

Therefore...

- Most of the following material pertains to male batterers, although many of the dynamics of intimate partner violence perpetrated by females and the characteristics of female batterers are similar to those of male batterers.

Characteristics of a Batterer

Not every batterer has every trait

- Controlling Behavior
- Extreme Jealousy
- Quick involvement
- Threats of violence
- Unrealistic expectations
- Isolation of the victim
- Blames others for problems
- Blames others for feelings
- Hypersensitivity
- Cruelty to Animals or Children
- Use of force in sex
- Verbal Abuse
- Two very different “personalities”
- Past history of Battering
- Breaking and Striking Objects
- Using force during an Argument

Controlling Behavior

- Starts out as a concern for her “safety” or making sure she uses her time well
- Becomes more controlling over with whom she spends her time, where she goes, etc.
- Becomes more controlling over her personal choices such as how she wears her hair, clothing, and make-up
- Makes all the big decisions in the relationship
- Controls the money, including her earnings

Extreme Jealousy

- Says it is a sign of love but is actually a sign of insecurity and possessiveness.
- Constantly accusing her of flirting or cheating.
- Also jealous of the time she spends with friends, family, and the children.
- May ultimately lead to stalking behavior to make sure she is not cheating. May enlist his family or friends to keep an eye on her.

Quick Involvement

- Typically, together less than 6 months before being engaged or living together.
- Pressures her to move faster in the relationship than she's comfortable with.
- The Hooks:
 - Saying I love you
 - Having sex
 - Moving in together/buying a house together
 - Getting married/engaged
 - Having a child together

Unrealistic Expectations

- He depends on the woman for all of his needs: physical, sexual, emotional, etc.
- He expects her to be the perfect girlfriend, mother, lover, friend.
- He wants 100% of her attention whenever he wants it.

Isolation

- He tries to cut her off from all resources (friends, family, agencies).
- He accuses her supporters of “causing trouble.”
- He prohibits her from working or going to school or other activities that do not involve him.

Blames Others for His Problems

- Someone is always doing him wrong or out to get him
- He may make mistakes and then blame his partner for upsetting him and keeping him from concentrating on/doing his job.
- He will blame his partner for almost anything and everything that goes wrong.
- He says, “I wouldn’t have done this if you/she hadn’t done that.”

Blames Others for His Feelings

He will say things like:

- “You make me mad.”
- “You’re hurting me by not doing what I ask.”
- “I can’t help being angry.”

Hypersensitivity

- Easily insulted
- Claims his feelings are hurt when he is really angry
- Takes the slightest setbacks as personal attacks
- Rants and raves about the injustice of things that are just part of daily living
- He can dish it out, but cannot take it

Cruelty to Animals or Children

- Punishes animals brutally
- Insensitive to their suffering
- Unrealistic age-related expectations of children
- May tease children relentlessly
- High lethality risk – no empathy

Playful Use of Force During Sex

- Throwing her
- Holding her
- Acting out fantasies during sex where she is helpless
- The idea of rape excites him
- Shows little concern about whether she wants to have sex and sulks or uses anger to manipulate her into compliance
- Begins sex while she is sleeping
- Demands sex when she is ill or tired.

Verbal Abuse

- Saying things that are cruel and hurtful
- Degrading her
- Cursing
- Belittling her accomplishments
- Telling her she's stupid and can't survive without him
- Not letting her sleep
- Calls her names

Rigid Gender Roles

- Expects her to serve him
- Demands that she meet his needs
- Demands that she obeys him in all things
- Sees women as inferior to men
- Often insists on traditional division of labor

Two Very Different “Personalities”

- Sudden changes in mood
- Charming and friendly in public
- Monster behind closed doors
- Intentional and contrived

Past Battering

- Often has abused former wives or girlfriends
- Claims they were crazy or “made” him do it
- Will abuse any/every woman he is with; not situational or circumstantial

Threats of Violence

- Any threat of physical force meant to control his partner
 - “I’ll slap your mouth off.”
 - “I’ll kill you.”
 - “I’ll break your neck.”
- Excuses it by saying “Everybody talks like that.”

Breaking or Striking Objects

- Used as punishment
- More often used to terrorize her into submission
- It is an implied threat
- Examples
 - Pounding on the table
 - Punching the wall
 - Throwing things around or near her

Any Force During an Argument

- Holding her down
- Physically restraining her from leaving the room
- Pushing or shoving
- Pinning her against the wall

More Batterer Traits

Obsessive	Self-centered	Fear of abandonment/being alone	Full of double standards	Very few close friends
Difficulty showing empathy	History of substance abuse	Manipulative	Low self esteem	Sense of entitlement
No awareness of/respect for boundaries	Emotionally dependent on his wife and children	Low frustration tolerance	Witnessed violence in the home as a child	Over attributes hostile behavior to others
Usually very concerned with public image	Love/hate relationship with his mother	General disregard for women	Often speaks for partner in public	Makes most of the relationship decisions
	Out of touch with feelings other than anger			

Batterers are very much in control of their behavior

- They control whom they abuse
- They control where they abuse (usually in private rather than public places)
- They control the extent of the abuse
- They control where on the body they abuse
- They control whether they use a weapon
- They typically destroy their partner's belongings, but not their own. Often it is a sentimental belonging.

Why Men Abuse

- They have learned to
- He is afraid of her power
- To intimidate and control
- To get what he wants
- To make her submissive
- To show ownership
- Because it works
- Because he is not held accountable
- Fear of losing his partner
- Fear of being alone

Beliefs of Batterers

- Men are superior to women.
- Men and women have very specific gender roles.
- Women have no right to their own opinions.
- Women have no right to make decisions.
- Women have no right to leave the relationship.
- No one (including law enforcement or judges) have a right to tell me what to do.
- I always have to be right.
- I am the only one that matters.
- I won't get caught.

Differentiating between Batterers and Victims

BATTERERS

- Typically uses force to control the other person
- Usually accepts no blame
- Feels anger when being attacked
- Can put a stop to the abuse when he chooses
- Often refers to partner as crazy/bipolar/mentally ill
- Children are often afraid of the batterer

VICTIMS

- Typically uses force to protect self or children
- Usually takes more than share of the blame
- Feels fear when being attacked
- Cannot end the abuse
- Typically refrains from demeaning partner in front of others
- Children will often cower behind the victim, but look to the abuser for approval

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