

## ABOUT ALLIES IN CHANGE

*Allies in Change* is a nonprofit psychological services center and social activist organization offering individual, couples, and group counseling. We specialize in addressing domestic violence, abuse, and anger issues.

We also help people who are dealing with depression, stress, anxiety; those who want to build better relationships with others; and people who want to understand and effect change in their lives.

We have 30 weekly, two hour abuse intervention groups, which are offered Monday through Friday, as early as 10:00 AM and as late as 7:15 PM.

## MEN'S ABUSE INTERVENTION GROUPS

Our Abuse Intervention Groups provide an accountable and supportive setting for men to understand the role of male socialization, identify the ways they have been abusive or controlling of others, examine and change their beliefs about abuse, and practice acceptable alternatives.

We respectfully confront their denial and pro-abuse beliefs while supporting them in making non-abusive choices and embracing more pro-social beliefs. We make consistent use of evidence based practices including motivational interviewing, cognitive behavioral interventions, role plays, and the research of John Gottman.

Groups are co-facilitated by highly qualified and experienced staff, who are responsive to both the needs of the client and the referring party.

Our program meets Oregon State requirements for batterer intervention providers.

## DOMESTIC VIOLENCE TRAININGS

*Allies in Change* offers trainings and community education for professionals, agencies, and other organizations for a variety of issues, including, but not limited to: understanding domestic violence, risk assessment, and managing stress.

## COUNSELING RATES

### GROUP

Abuse Intervention (Referred) ♦♦♦ \$40\*\*  
Abuse Intervention Intakes ♦♦♦♦♦ \$50\*\*  
Abuse Intervention Groups ♦♦♦ \$40\* - \$60  
Relationship Groups ♦♦♦♦♦♦ \$30\* - \$60

### INDIVIDUAL & COUPLES

Licensed Therapists ♦♦♦♦♦ \$80\* - \$120  
Grad Student Therapists ♦♦♦ \$20\* - \$40

\*Sliding scale rates based on income, contact our office for details

\*\*Automatic reduced rate for clients referred by preferred referral sources

## HEALTH INSURANCE

We accept a variety of health insurance plans.  
We can check benefits in advance of your appointment and bill on your behalf.

## LOCATIONS

### BEAVERTON / WEST PORTLAND

1675 SW Marlow Ave, Ste 110, Portland, OR 97225

*A short walk from Sunset Transit Center*

### EAST PORTLAND

1007 NE Broadway, Suite 221, Portland, OR 97232

*A short walk from Hollywood Transit Center*

### OREGON CITY

714 Main St, Suite 207, Oregon City, OR 97045

*A short walk from Oregon City Transit Center*

## ABOUT OUR STAFF

Our individual and couples therapists are all licensed mental health professionals (Psychologist, LCSW, LMFT). All are experienced and skilled in their work. Our group facilitators are highly qualified, well-trained, and experienced.



## SPECIALIZED GROUPS FOR ABUSIVE INDIVIDUALS

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**Men ♦ Women**

**Specialized Groups ♦ Trainings  
Individual ♦ Couples ♦ Groups**

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1675 SW MARLOW AVE, SUITE 110  
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ALLIES@ALLIESINCHANGE.ORG

## SPECIALIZED GROUPS

Research has found that not all men who are abusive are the same. *Allies in Change* recognizes that there are subgroups of abusive men that require specialized abuse intervention groups tailored to specific individuals.

### MEN'S ANGER MANAGEMENT

Our 12-Week Anger Management teaches specific anger management skills as well as addresses underlying beliefs that contribute to anger. This group is most appropriate for men dealing with emotional reactivity, whether it's at home, on the road, or the workplace, and may be directed towards family, friends, or strangers. Our program is 12 weeks in length with open enrollment.

### EMOTIONALLY INTENSE

One subgroup of abusive men struggles with psychological distress and emotional intensity as well as their abusive behavior. Typical qualities of these men include: uncontrolled or intense emotions, mood swings, general moodiness, history of mental health problems, insecurity or anxiety about intimate relationships.

In addition to the standard curriculum, Dialectical Behavioral Therapy (DBT) skills are taught. DBT skills include teaching clients to effectively manage distress, regulate emotions, and practice mindfulness skills to reduce emotionally impulsive behavior.

### LOW FUNCTIONING

Some abusive men have significant cognitive and/or social deficits that interfere with their ability to learn and function well in a typical group. Such deficits might include low IQ, memory problems, and concrete thinking. This group is designed to compensate for those deficits by offering a simplified curriculum that involves more repetition and is more concrete to increase comprehension and retention of material. More individual attention is also given.

## CRIMINALLY ORIENTED

One subgroup of abusive men is more criminally oriented. Typical qualities of this subgroup of abusive men include:

- ◆ Histories of abusive behavior with non-family members as well as family members
- ◆ A prior criminal history involving non-domestic violence crimes
- ◆ Less remorse for their behavior and less genuine concern for their victims
- ◆ Patterns of criminal thinking and rationalization similar to more generally criminal men

This sub-group of abusive men is at greater risk of recidivating and of making inappropriate use of traditional abuse intervention program skills and concepts.

Unique aspects of this specialized group include:

- ◆ Addressing issues related to generalized violence and criminality as well as domestic violence through a solution-focused/skill-building approach
- ◆ Limited focus on empathy building with a greater focus on "enlightened self-interest" to deter further abusive behavior
- ◆ Less peer interaction/discussion to deter development of a negative peer culture
- ◆ Less focus on subtle aspects of abuse and control which might help these men become "better batterers"

### SEXUAL ABUSE

This group targets abusive men with a *pattern* of sexual abuse of former or current partners. This pattern may include unwanted touching or sexual activities, threats or pressure about sexual activities, and a preoccupation with sex, inappropriate flirtations, and/or a tendency to over sexualize human interactions. Unique aspects of this specialized group include, but are not limited to:

- ◆ A modified curriculum to address client needs and dynamic risk factors while fulfilling BIP requirements
- ◆ An additional focus on sexual thoughts, fantasies, and behaviors
- ◆ Support for the development of healthy sexuality

### RESPECTFUL PARENTING

This group is similar in content to our other abuse intervention groups except with a heavier emphasis on parenting issues. This is an especially appropriate group for men who have struggled with parenting issues as well as those who are parenting but are not currently in a romantic relationship.

## RELATIONSHIP

While voluntarily enrolled men are present in most of our groups, these particular groups are exclusively composed of voluntary men seeking to work on their relationship and confront anger, control, and abuse issues. This group has less focus on legal issues, probation compliance, and other criminogenic factors with a heavier focus on building their relationships.

### ADVANCED

This group is for abusive men who have been enrolled in this or another abuse intervention program for over a year and are interested in doing further longer term work around their behavior. There is a greater focus on more subtle aspects of abuse how to heal the relationship, and how to make amends.

### ABUSIVE WOMEN

The causes of women's abusive behavior tend to be more complicated and somewhat different than the common causes of men's abuse. Many women arrested for domestic violence are "secondary aggressors"--while abusive, it is within the larger context of more serious and on-going abuse from their partner. The women's group curriculum is similar to that of the men's program except there is additional focus on victimization issues common among women including managing trauma, assertiveness, and boundary setting.

### WOMEN'S ABUSE RECOVERY

This group focuses on providing support to women who are either currently in or have been in an abusive relationship. Group members work towards recovery by learning about various forms of abuse and controlling behaviors and beliefs, while learning how to set clear boundaries, develop effective communication skills, and practice positive self-care methods. The group offers support for day-to-day living in addition to examining the challenges of relationships.