

## Batter's Accountability Self-help group

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### Support Group Meeting Assignment

#### Batter's Accountability Self-help group

The self -help group that I attended was a close group at Mixteca, located in the Sunset Park area of Brooklyn, NY. As an ACS worker, I often refer clients to this type of self-help group, but I have never experience one. At first, I was skeptical, however; it was insightful. Before I join the group, the group leader introduced me as a MSW intern and I was there to learned and observed. I introduced myself and stated I'm here to learn more about support groups. The members of the group introduced themselves and stated why they were here. There were 12 members ranging from young adult to mid 60's. All the members were Hispanic. The attend this group because they want to freely express themselves. When expressing their experience, the batter's accountability group, they were honest and open about their feelings and behaviors. They describe what led them to join the group and what they hope to achieve through attending. They share their experiences during the group meetings, including any challenges and insights gained. They were respectful and considerate of others in the group, and they were told to avoid blaming or attacking others for their own behavior. They should focus on their own personal growth and progress, and be willing to receive feedback and support from others in the group. By expressing their experience in a thoughtful and constructive way, they can benefit from the guidance and support of the group and work towards building healthier relationships. This how the group leader started the group after the members introduced themselves.

A batter's accountability group meeting is a type of self-help group that is designed to provide support and accountability for individuals who struggle with domestic violence or anger management issues. This group is led by a LCSW therapist and is based on the principles of mutual aid and peer support.

The group structure is physical environment that is conducive to open sharing and supportive interaction. Members of the group can be diverse in terms of age, gender, ethnicity, and other factors. The leadership of the group is typically provided by a professional therapist or counselor, who is responsible for facilitating the group process and ensuring that members feel safe and supported.

The group process typically involves sharing personal experiences and providing mutual support. Members take turns sharing their experiences and emotions related to their struggles with domestic violence or anger management issues. The purpose of the meeting is to help members identify triggers for their behavior, develop coping strategies, and learn new ways of responding to difficult situations.

Accountability is a key aspect of this group. Members are encouraged to take responsibility for their actions and to hold themselves accountable for their behavior. This includes being open and honest about their struggles, as well as making a commitment to change their behavior and to work towards building healthier relationships.

During the meeting, members are encouraged to share their successes and challenges, and to offer support and encouragement to one another. The group facilitator also provides guidance, feedback, and support as needed.

The group application of this type of self-help group is to provide ongoing support and accountability for individuals who struggle with domestic violence or anger management issues. By participating in this group, members learn new skills, develop healthy coping strategies, and receive support and encouragement from their peers.

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In conclusion, a batter's accountability group meeting was an effective way for individuals to receive support and accountability as they work towards overcoming domestic violence or anger management issues. This type of self-help group provides a safe and supportive environment for individuals to share their experiences and emotions, and to receive guidance and support as they work towards building healthier relationships.

Guidance and support that was provided during the batter's accountability group meeting include:

1. Learning effective communication skills: Members of the group learned how to express themselves in a healthy and non-violent manner, and how to listen actively to others.
2. Understanding the root causes of their behavior: Group members receive guidance on identifying triggers for their behavior and exploring underlying issues that contribute to their violence or anger.
3. Developing coping strategies: Members learn strategies for managing their anger or frustration in healthy ways, such as through exercise, relaxation techniques, and mindfulness practices.
4. Addressing patterns of behavior: Group members work together to identify patterns of behavior that contribute to their violent or abusive behavior, and develop plans for addressing these patterns.
5. Rebuilding relationships: The group offer support and guidance for rebuilding damaged relationships with partners, family members, or others affected by their behavior.
6. Developing a support network: Members receive support and encouragement from others in the group, and encouraged to build a network of supportive friends and family members outside of the group.

## Batterer's Accountability Self-help group

Overall, guidance and support during the batterer's accountability group meeting help the members to develop healthier patterns of behavior and build positive relationships with others.

### Reference:

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3. National Institute of Justice. (2003). *Batterer intervention programs: Where do we go from here?* Washington, DC: U.S. Department of Justice, Office of Justice Programs. (This report discusses the effectiveness of batterer's accountability groups)
4. Saunders, D. G., & Hamberger, L. K. (2005). Issues in the design and evaluation of batterer intervention programs. *Journal of Aggression, Maltreatment & Trauma*, 11(3/4), 191-215. doi: 10.1300/J146v11n03\_09 (This article discusses batterer's accountability groups and their effectiveness)
5. Adams, D., & Horton-Nelson, M. (2019). *Groups: A counseling specialty*. New York: Routledge. (Chapter 11 covers Batterer's accountability groups and their role in group counseling)