Northwest Evaluation Center (NWEC) provides state-certified domestic violence intervention treatment (DVIT) to individuals in King County. Currently we have groups in North Seattle and Bellevue. The group sessions are a balanced approach of psychoeducation and therapeutic processing. Each session has a topic that is presented which lends to initiate group discussion and learning. These topics include (but are not limited to):

* Anger management
* Communication skills/styles
* Conflict resolution
* Defensive mechanisms
* Empathy
* Forgiveness
* What is DV?
* The impact DV has on all parties involved including children

**Objectives of Curriculum**

**The curriculum is designed to facilitate the cessation of battering by achieving five objectives**

* Assist participants’ understanding that acts of violence are a means of controlling their partners’ actions, thoughts, and feelings by examining the intent of their acts of abuse and the belief system from which they operate.
* Increase participant’s understanding of the causes of their violence by examining the cultural and social contexts in which they use violence against their partner and the possibility of using violence against a future or current partner.
* Increase participants’ willingness to change their actions by examining the negative effects of their behavior on their relationship(s), partner, children (if any), friends and themselves.
* Encourage participants to become accountable to those they have hurt through their use of violence by helping them to acknowledge the abuse, accept responsibility for its impact on their partner and others, and take specific steps to alter the choices they make.
* Provide participants with practical information about how to change abusive behavior by exploring non-controlling and non-violent ways of relating in intimate relationships.

The sessions are typically 90 minutes long (depending on the number of attendees) and the length of enrollment is dependent on what level the client is assessed to be; these levels are required by the WAC and the time of therapy is a minimum of 6 months and typically a maximum of 12 months.

Completion is not merely based on the time in treatment; it is dependent on the client’s ability to show empathy to the victim(s), refrain from reoffending during treatment, and convey accountability for their own actions.

These are open groups so individuals may begin at any time. The process to enroll includes a DV Assessment (if ordered by the court), an Intake/Assessment (this is done alone, not in the group) and then the decision by the supervisor as to what level the individual is in.

The cost is $75 for all individual sessions (most clients have 3 or 4 in total including the intake, an exit session and then one or two mid-point appointments) and $60 per group session.

NWEC also offers a DV Dads program. This program covers similar material to the standard DVIT program with more emphasis on how DV effects children as well as some education on child-development. Other topics in the DV Dads program include communicating with an ex-spouse and co-parenting in a positive way.