

## ELIGIBILITY

The Managing Emotions With Integrity (MBI) Program offers services to men over the age of 18 with anger and abusive behaviors who are either court-ordered or who voluntarily recognize the need to change abusive behaviors in their lives. The intervention program (MBI Program) is offered on-site in a number of East Tennessee counties and can be expanded to other localities on an "as-needed" or requested basis.

## FEES

Group fees for the program are based on a sliding scale fee schedule according to the net income of the client. Adjustments are made for court-ordered child support payments and/or significant verifiable expenses.

## INTEGROUS COUNSELING CENTER

The MBI Program meets the standards and rules for Batterers Intervention Programs as promulgated by the Domestic Violence State Coordinating Council and codified by the Tennessee State Legislature. The program is a member of both the state and local task forces against domestic violence.

Integrous does not discriminate in admission, access to treatment or employment in its programs and activities.

## INFORMATION AND ASSISTANCE FOR THE WOMAN / VICTIM

Do you need information about or assistance with:

- Legal Assistance
- Orders of Protection
- Shelters
- Women's Support Groups
- Individual Counseling
- Women's Advocacy
- Children's Services
- Referrals for Housing
- Employment
- Education

Contact your local women's shelter advocacy program.

In the Knoxville area call:

- YWCA — 865-523-6126
- Family Crisis Center 24-Hour Hotline — 865-637-8000

In other counties, contact the local law enforcement agency for the local telephone number.

The National Domestic Violence Referral Service numbers are:

**1-800-799-7233**

**Or**

**1-800-356-6767**



**Managing Behaviors With Integrity Program**

# INTEGROUS COUNSELING CENTER, LLC

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## DESCRIPTION

Integrus Counseling Center's Managing Behaviors With Integrity (MBI) Program is a psycho-educational intervention and counseling program for men who have anger and abuse issues with their partners or other family members. The program is for both court-ordered and voluntary clients and is 24 to 45 sessions (weeks) depending on the locale or jurisdiction.

## MISSION STATEMENT

We are committed to providing a harmonious environment that supports the dignity, well-being and growth of all customers. We are also committed to providing these services at an affordable rate for all customers. Integrus Counseling, understanding that anger and abusive issues are harmful in all relationships, is dedicated to working to end this anger by focusing our efforts not only on relationships, but also the interconnectedness of home, school, work - all of life. We understand that to fully bring about this change, we must work with the larger community to bring change in cultural values and belief systems that oppress others. We look to women and children's movements to keep the reality of the problem and the vision of the solutions before us.

## PURPOSE

To work to ensure the safety of victims of domestic violence and abuse.

To help clients develop an understanding of the cycle of violence / types of abusive behaviors.

To aid clients in finding methods to reduce and appropriately manage anger.

To assist clients in accepting responsibility for their behavior and to become aware of the reason(s) for their angry, violent and abusive behaviors.

To improve self-awareness / self-communication abilities.

To develop appropriate communication skills with others... wife, partner, children, extended family, co-workers and friends.

To improve client's self-image.

## OTHER INTEGROUS COUNSELING CENTER SERVICES

- JUVENILE INTERVENTIONS GROUPS
- ALCOHOL AND DRUG ASSESSMENTS
- PSYCHO-SOCIAL ASSESSMENTS
- INDIVIDUAL & COUPLES COUNSELING
- DIVORCING PARENTS CLASSES

## WHAT IS DOMESTIC VIOLENCE ?

The legal definition is: *Inflicting or attempting to inflict physical injury on an adult or minor by other than accidental means, placing an adult or minor in fear of physical harm, physical restraint, or malicious damage to the personal property of the abused party.* More importantly, it is the use of abuse to control and maintain power over your partner, such as:

**Physical Abuse...**Hitting, slapping, punching, shoving, threatening to harm or kill wife/partner, children, self.

**Emotional Abuse...**Putting your wife/partner down, making her feel bad about herself, making her think she is crazy, making feel guilty, threatening to take children.

**Verbal Abuse...**Calling her names, using profanity to upset her, not taking her concerns seriously, making her afraid by using looks, gestures and actions.

**Sexual Abuse...**Sexually assaulting her, marital rape, forcing her to have sex against her will, using pornography in the relationship.

**Economic Abuse...**Preventing her from getting or keeping a job, making her ask/beg for money, taking her money.

**Property Abuse...**Breaking furniture, doing damage to your home, smashing her possessions, selling her belongings.

**Isolation...**Controlling what she does, who she sees and talks to, controlling where she goes, limiting outside activities, not allowing her to be with her family.