

What is Domestic Violence (DV) treatment?

When an individual is involved in DV there is specialized treatment available. The treatment addresses issues that cause DV and help reduce violence and builds safe and healthy relationships. DV treatment begins with an evaluation from a certified DV treatment program to see if treatment is appropriate. The evaluations look at an individual's life experiences, trauma history, motivations, readiness to change, strengths, cultural factors, social supports, mental health, substance use, and the incident.

What does DV treatment look like?

DV treatment mainly happens in a group setting and now uses a combination of remote and in-person sessions. Individual sessions are used when needed. The treatment focuses on understanding abuse, belief systems, impact on children, and creating respectful relationships. DV treatment helps individuals make a healthy support system, address cultural and family dynamics and accountability. The treatment also builds new skills to manage negative thoughts and feelings, relationships, communication, and problem-solving. The treatment uses assignments, feedback, worksheets, journals, and group sharing to help make positive change.

Does DV Treatment work?

In the past, there were questions about DV treatment. Some clients were successful in treatment but others were not and went on to commit more DV. In 2018, DV treatment providers joined with the University of Washington Harborview Medical Center and Washington Department of Social and Health to improve domestic violence treatment using the best evidence in behavioral health called Cognitive Behavioral Therapy and Dialectical Behavior Therapy. CBT is based on a theory that thoughts, feelings, and behaviors influence each other. CBT focuses on building skills to address unhelpful thoughts, difficulties managing intense negative emotions, and ineffective or problem behaviors. CBT-based treatments work for many conditions and problems and are the underlying theory for many effective therapies. For more information, you can read the new Washington state DV and CBT treatment manual [here](#).

The change in approach to treatment occurred when Washington's codes and standards for DV treatment were updated. DV treatment changed from a "one-size-fits-all" approach to a system with 4 different treatment levels to ensure high quality, evidence-based, and effective domestic violence treatment.

Today, Washington DV treatment providers use the latest techniques, adhere to the highest treatment standards, and partner with experts at the University of Washington and Gottman Institute to better aid their clients in having a successful life and relationships without violence.

What to expect in treatment?

DV treatment is an active, change-oriented approach to therapy.

The treatment is collaborative and transparent with clients. It involves teaching skills and coaching clients to do them in real life. It often uses measurement to see if the treatment is working.

How long will it take?

After completing an assessment, clients are assigned a level 1-4, with 1 being the lowest risk and 4 being the highest risk. The higher the risk level, the more treatment is recommended: Level 1 for six months where risk is low; Level 2 for nine months where there is a history of DV but few other needs; Level 3 for 12 months for critical risks and needs; and Level 4 for 18 months for high-level risks and needs.

How much will it cost?

The cost will vary by provider. In general, assessments may range from \$100-\$300, and weekly group sessions may range from \$25-\$50. DV treatment providers set their fees, so please get in touch with the DV treatment providers closest to you to inquire about cost.

Is treatment offered in different languages? Will treatment reflect my culture and community?

Yes, treatment is offered in various languages throughout the State of Washington. The languages they speak and offer treatment in are listed for each program.

Does the treatment have to be in person?

Programs recognize that COVID and hectic work schedules make in-person classes challenging. During the COVID pandemic, many DV treatment programs are offering treatment online. Once the pandemic is over, treatment must be in-person; unless the treatment is more than 45 miles from work or residence, there is a physical disability that impedes in-person treatment or other good cause.

Who provides treatment?

Washington DSHS keeps an up-to-date list of all certified DV treatment providers statewide.

This list includes providers in King, Snohomish, and Pierce Counties. It breaks down by cities, and also includes out of region providers who operate entirely remotely but are certified in Washington:



If I am a veteran is treatment available at the VA?

Yes. Veterans Administration offers a nationally recognized domestic violence treatment program called “Strength at Home.” For more information see <https://strengthathome.org/> and [https://www.socialwork.va.gov/IPV/VETERANS PARTNERS/WhatCanIDo/Strength Home Program.asp](https://www.socialwork.va.gov/IPV/VETERANS_PARTNERS/WhatCanIDo/Strength_Home_Program.asp),

What is the difference between DV-MRT and State Certified DV treatment?

DV-MRT ([Domestic Violence Moral Reconciliation Therapy](#)) is a cognitive behavioral approach to treatment that seeks to decrease recidivism by increasing moral reasoning. DV-MRT costs between \$100-150 dollars for the program. DV-MRT and cognitive behavioral treatment programs like Thinking for a Change are not considered state certified DV treatment by DSHS, and the providers below are not certified DV treatment providers under WAC 388.60B.

Side-By-Side Comparison of DVIT, DV-MRT, Anger Management			
	DVIT	DV-MRT	Anger Management
State certification required?	Yes	No	No
Assessment required?	Yes	No	No
Input required from victims?	Yes	No	No
Associated laws, regulations	RCW 26.50.150, WAC 388-60B	None	None
Special training to conduct intervention required?	Yes	Yes	No
Continuing education required?	Yes	No	No
What credentials are required to facilitate?	Counseling credential from DOH	None	None

Where is DV-MRT available?

Bellevue Probation and DV MRT:

425-452-6956

www.bellevuewa.gov/city-government/departments/parks/community-services/probation/services-programs

*Spanish group available

Bothell Probation and DV MRT:

425-487-5594

probation@bothellwa.gov

<http://www.ci.bothell.wa.us/DocumentCenter/View/9204/DV-MRT-Informational-Flyer>

Seatac Probation DV MRT:

206-711-2818

www.seatacwa.gov/home/showdocument?id=25543

Tukwila Probation DV MRT:

206-433-7145

<https://www.tukwilawa.gov/departments/municipal-court/probation-information-and-the-jail-alternative-program>