

Client & #:	
CORE COMPETENCIES	Month Covered/Comments
A. Eliminate abusive behavior	
1. PCP (MTT app.)	
B. Demonstrate change	
1. Implements portions of PCP 2. Accepts change as ongoing process 3. Begins work on Aftercare Plan 4. Complete Aftercare Plan b/f discharge	
C. Completes PCP	
1. PCP reflects TX level (MTT app.) 2. Specifically detailed for levels B & C	
D. Empathy	
1. Recognize & verbalize effects on victim 2. Recognize & verbalize effects kids & family 3. Offers compassion w/o turning attention on self	
E. Accepts full responsibility for actions	
1. Disclose Hx of abuse 2. Stops denial and minimization 3. Increase in self-disclosure over time 4. Accepts responsibility for impact of abuse on others 5. Recognize abusive behavior unacceptable	
F. Reduce patterns of control and power behaviors, beliefs and attitudes of entitlement	
1. Recognize core beliefs 2. Identify specific forms of abuse and control 3. Demonstrate equality and respect in personal relationships	
G. Accountability	
1. Recognize & eliminate all minimizations of abusive behavior 2. Demonstrate full ownership of actions/accepts consequences 3. "Accept that partner/former partner & children may continue to challenge them regarding past or current behaviors. Should they be abusive in the future they consider it their responsibility to report it honestly to family and friends, PO, and others who hold them accountable."	
H. Acceptance behavior has/should have consequences	
1. Identify consequences of behavior 2. recognize abusive behavior is a choice, intentional & goal oriented	
I. Participation & cooperation in TX	
1. Participates openly in TX 2. Attends TX	

J. Ability to define types of DV	
<ol style="list-style-type: none"> 1. Defines: coercion, controlling behavior, psychological emotional, sexual, physical, animal abuse, property, financial, isolation..all types of DV. 2. Identifies specific types of DV engaged in 3. Demonstrate understanding of DV by giving examples 4. Defines continuum of behavior from healthy to abusive 	
K. Understand, identify and manage own pattern of violence	
<ol style="list-style-type: none"> 1. Acknowledge past/present violent/controlling/abusive behavior 2. Explore motivation 3. Understands learned violence/explain to others 4. Stops violence before it happens 	
L. Understanding of intergeneration effects of violence	
<ol style="list-style-type: none"> 1. Identify & recognize past victimization; origin/type/impact 2. Recognize impact of witnessed violence 3. Acknowledge own upbringing influences current behaviors 4. Develop/implement plan to distance oneself from traditional violent tendencies/cultural roles 	
M. Understand and use appropriate communication skills	
<ol style="list-style-type: none"> 1. Respond respectfully and treat partner as an equal 2. Know difference b/t passive, passive-aggressive, aggressive & assertive communication 3. Demonstrate appropriate active listening skills 	
N. Understand and use “time-outs”	
<ol style="list-style-type: none"> 1. Recognize need for time-out or other self-mgmt. skill 2. Understand and practices time-out 3. Is open to feedback regarding time-out in therapy 	
O. Recognize financial abuse and mgmt. of financial responsibility	
<ol style="list-style-type: none"> 1. Meet ALL financial responsibilities (MTT may require proof) 2. Maintains employment unless proved otherwise 	
P. Eliminate all forms of violence and abuse	
<ol style="list-style-type: none"> 1. No further engagement of in acts of abuse, no new charges of DV or violent offenses against animals or others 	
Q. Prohibited from purchasing, possessing and/or using firearms or ammo	
<ol style="list-style-type: none"> 1. Exemption by court order only 2. Must provide court order to Approved Provider 3. Approved Provider will design TX plan to address storage, risk, victim safety and safety planning. 	
R. Identify and challenge cognitive distortions that play a role in offender violence	