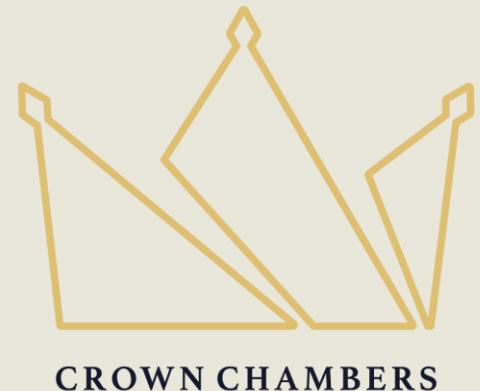


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East Riding Children's Service/ PODAS



#HumberLFJBConference2025



Clinical Risk Assessment Inventory

PODAS
PREVENTION OF DOMESTIC
ABUSE SERVICE

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ABUSE SERVICE

Criminogenic factors	Very high risk -2	High risk -1	Minimum risk acceptable 0	Positive (reduced risk) +1	Ideal (risk much reduced) +2	Rate for each
1. Attitude to violence	Belief system which supports the use of violence generally	Belief system which supports the use of violence to victim group	Sees violence as inappropriate	Evidence that he sees violence as inappropriate and as an abuse of power	Actively opposed to violence	
2. Culpability	Professes his innocence and denies all incidents or allegations of violence	Accepts culpability but minimises the extent of his actions	Admits guilt	Admits guilt and acknowledges other incidents	Admits guilt and makes full disclosure of all incidents	
3. Responsibility	Accepts culpability but denies all responsibility for his violence	Accepts culpability but justifies himself or minimises responsibility	Accepts responsibility for his violence	Accepts full responsibility and acknowledges his problem	Accepts full responsibility and takes steps to deal with his problem	
4. Attitude to risk	Refutes risk and the need for safety measures	Acknowledges need for safety measures but no compliance	Makes some use of safety contingencies	Makes full use of safety contingencies	Generates creative solutions to avoid risk	
5. Remorse	Exhibits no regret or remorse for abusive actions	Exhibits regret but no remorse	Exhibits some remorse	Exhibits remorse but has not acted upon it	Evidence of full remorse and apology/atonement	
6. Victim empathy	No understanding of or interest in the harm suffered by his victim	Little understanding; sees his victim as no worse off	Begins to understand that his abuse has an impact on the victim	Demonstrates some empathy for his victim	Exhibits genuine empathy and shows willingness to make amends	
7. Substance use	Frequent intoxication	Occasional intoxication	Understands the need to adhere to script or agreed alcohol limits	Consistently adheres to script or agreed alcohol limits	Makes minimal use of alcohol or drugs	
8. Impulse control	Very reactive; no capacity to contain aggressive impulses	Minimal capacity to contain aggressive impulses	Understands the need to contain impulses and demonstrates some ability	Regular evidence of capacity for containment	Consistent ability to contain impulses	
9. Motivation to change	Not motivated to change, no interest in change or change not seen as possible	Ambivalence or motivation is for an inappropriate or external reason	Emergence of internal motivators for change	High motivation for change	Motivated to change for the welfare of others as well as self	
10. Commitment to programme	Attends but shows no commitment to programme requirements	Attends but only engages when pushed	Understands need to engage; emergence of some commitment	Generally committed	Fully committed and encourages others	
11. Stress management	Unable to relax; no insight of need, no use of stress management & self-care	Recognition of stressors and symptoms but little action taken	Acknowledges limits and begins stress management and self-care	Regular use of stress management and self-care	Makes life-style adjustments; healthy and regular self-care	
12. Self-reflection	Shows no ability to self-reflect or to make sense of his situation	Denies the role of self-reflection in the process of change	Understands the role of self-reflection and makes an effort	Evidence of regular self-reflection	Consistent evidence of regular and insightful self-reflection	
13. Understands function of behavior	Sees his violence as isolated, spontaneous unrelated acts	Unable to accept that his violence is functional	Accepts that his violence is functional and forms part of a pattern of behaviour	Acknowledges the need to make broader changes in his (controlling) behaviour	Demonstrates capacity to address wider personal changes	
14. Cognitive distortion	His perceptions, assumptions or general thinking are significantly and frequently distorted	His perceptions, assumptions or general thinking are at times distorted	Some awareness of his tendency to distort reality	Ability to make reality checks to challenge any cognitive distortions	General absence of cognitive distortions	
15. Vulnerability	Total inability to tolerate any exposure of core pain without resorting to aggression	Very limited ability to tolerate any exposure of core pain	Ability to tolerate exposure of core pain in safe company	Ability to tolerate vulnerability	Evidence that vulnerability presents no threat	
16. Attachment	Obsessional attachment and strives to possess his partner. Fixated on (imagined) infidelities	Separation anxiety; jealous or suspicious. Monitors partner's activities	Anxious about separation but recognises partner's need for autonomy	Begins individuation, accepting of separateness	Secure in relationship and supportive of partner's independence	
17. Gender roles	Very rigid belief in traditional polarized gender roles/expectations	Tends to adhere to traditional gender roles	Acknowledges need to adapt to new gender roles	Begins to adapt to new gender roles	Evidence of change and move toward gender role parity	

Total	
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Rater (1)..... intake final individual

Rater (2)..... mid-group post group

Abuse Checklist

Assessment 1

Many people regret hurting their loved ones and want to stop but find it difficult to own up to what they have done and so only reveal a fraction of their violence and abuse. Change means finding the courage to face up to the full extent of your abusive behaviour so that you can do something about it. The following categories represent some of the behaviours that people report using against their partners. Please read each item below and place a number between 0 and 5 in the box provided to best describe (see scale) how often you have acted in that particular way.

never	once	twice	occasionally	frequently	constantly
0	1	2	3	4	5

PSYCHOLOGICAL ABUSE

	Insult your partner/family member or call him/her names		Not keep to your agreements
	Make him/her out to be stupid or mad		Demand obedience from him/her
	Put him/her down, especially in public		Force him/her to do housework to your standards
	Blame him/her; make him/her feel guilty		Treat him/her as a servant; act "Lord/Lady of the Manor"
	Twist him/her words		Interrupt him/her or not let him/her speak
	Lie or deny what you have done		Ignore him/her, 'blank' him/her or refuse to listen
	'Eye up' other men/women; threaten affairs		Dictate what clothes he/she wears
	Sulk or withhold attention or support		Prevent him/her having contact with friends / family
	Tell him/her to leave		Not let him/her go where / when he/she wants
	Threaten suicide or self-harm		Restrict him/her use of the car or telephone
	Manipulate the children to take sides		Make him/her account for every minute of him/her time
	Threaten to involve social services		Listen to his/her phone calls or read her mail
	Accuse him/her of having affairs		Deprive him/her of food or sleep
	Been accused of 'harassing' them or have engaged in harassment to them or a third party involved with them		Asked or persuaded any third party to contact them on your behalf
			Total

FINANCIAL ABUSE

	Exclude him/her from deciding about spending money		Spoil him/her chances of paid work
	Make your partner ask or beg for money		Hold money back or steal from him/her
	Make him/her account for every penny he/she spends		Be secretive about money
	Leave him/her house-bound with all the child-care		Put him/her on an 'allowance'
			Total

SEXUAL ABUSE

	Get angry if you don't have sex		Put him/her down sexually
	Touch him/her sexually without her consent		Treat him/her like a sex object
	Use pressure or threats to obtain sex		Force him/her to use pornography
	Make him/her perform sexual acts against his/her will		Force him/her into prostitution
	Physically attack sexual parts of his/her body		Force him/her to have sex with someone else
			Total

INTIMIDATION

	Use aggressive looks or gestures		Rip, destroy or soil his/her clothes
	Swear, shout or scream in his/her face		Pound your fists or punch the wall
	Make him/her do degrading things		Throw food, objects, furniture around
	Harass him/her by spying; stalking; checking up		Destroy possessions he/she loves or destroyed or vandalised their property.