### APPENDIXES

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Appendix A

Demographic Worksheet

Directions: Please complete this form. Thank you for your cooperation.

Question:

Rage is considered to exceed healthy anger. It will overpower normal brain functioning because it loses the rational component found within healthy anger. A person full of rage feels out of control and seeks to hurt another in a physical way. **Have you ever felt this way toward an intimate partner (past or present)?** Please circle either: **Yes** / **No**

- If you wish to possibly be interviewed in a later portion of this study, please give your name: _______________________________________
- If you wish to possibly be interviewed in a later portion of this study, please give the name of your social worker who will set up the interview time: ______________________
- Date of birth: ______________________
- Birthplace: _______________________________________
- Race: _______________________________________
- Cultural/ethnic background: ______________________
- Sexual orientation (circle one): **Heterosexual** / **Bi-Sexual** / **Lesbian**
- Marital status: _______________________________________
- Number of children: ______________________
- Highest education completed: ______________________
- Have you ever acted out your rage physically toward partner? ______________________
- Sex of partner you had rage toward? **Male** / **Female**

Optional Questions:

- Past history of domestic violence? **Yes** / **No**
- Past history of sexual abuse? **Yes** / **No**
Appendix B

Aggression Questionnaire

Taken from: The Aggression Questionnaire Manual


Directions: Circle one response number for each statement.

[1=Not at all like me; 2=A little like me; 3=Somewhat like me; 4=Very much like me; 5=Completely like me]

1. My friends say that I argue a lot.
2. Other people always seem to get the breaks.
3. I flare up quickly, but get over it quickly.
4. I often find myself disagreeing with people.
5. At times I feel I have gotten a raw deal out of life.
6. I can’t help getting into arguments when people disagree with me.
7. At times I get very angry for not good reason.
8. I may hit someone if he or she provokes me.
9. I wonder why sometimes I feel so bitter about things.
10. I have threatened people I know.
11. Someone has pushed me so far that I hit him or her.
12. I have trouble controlling my temper.
13. If I’m angry enough, I may mess up someone’s work.
14. I have been mad enough to slam a door when leaving someone behind in the room.
15. When people are bossy, I take my time doing what they want, just to show them.
16. I wonder what people want when they are nice to me.
1 2 3 4 5 17. I have become so made that I have broken things.
1 2 3 4 5 18. I sometimes spread gossip about people I don’t like.
1 2 3 4 5 19. I am a calm person.
1 2 3 4 5 20. When people annoy me, I may tell them what I think of them.
1 2 3 4 5 21. I sometimes feel that people are laughing at me behind my back.
1 2 3 4 5 22. I let my anger show when I do not get what I want.
1 2 3 4 5 23. At times I can’t control the urge to hit someone.
1 2 3 4 5 24. I get into fights more than most people.
1 2 3 4 5 25. If somebody hits me, I hit back.
1 2 3 4 5 26. I tell my friends openly when I disagree with them.
1 2 3 4 5 27. If I have to resort to violence to protect my rights, I will.
1 2 3 4 5 28. I do not trust strangers who are too friendly.
1 2 3 4 5 29. At times I feel like a bomb ready to explode.
1 2 3 4 5 30. When someone really irritates me, I might give him or her the silent treatment.
1 2 3 4 5 31. I know that “friends” talk about me behind my back.
1 2 3 4 5 32. Some of my friends think I am a hothead.
1 2 3 4 5 33. At times I am so jealous I can’t think of anything else.
1 2 3 4 5 34. I like to play practical jokes.
Appendix C

In-depth
Interview Guide

The following questions will be asked during the in-depth interview. Variation in the order of the questions asked will be permitted in order to facilitate a conversational flow of questioning and promote rapport between the participant and the interviewer. Probes will be utilized to encourage elaboration of responses and to clarify the investigator’s understanding of the responses.

Introductory comments/questions:

To begin, can you tell me a little about yourself?

(Probe: Have any children? How’s your progress in drug & alcohol recovery? How long until you’re released?)

1. Can you tell me about the difference between anger and rage?
   • How do you look?
   • Would I be able to tell just by looking at you if you were experiencing rage?

2. What might be some things to cause you to feel rage?
   • Do you remember the first time you ever felt rage? How old were you? What caused you to feel that way?

3. When you have felt rage, can you describe the changes your body experienced?
   • What were some of the emotional and/or physical changes you remember?

4. Who do you think taught you to express rage while you were growing up?
   • Did either parent have a hot temper?
   • Did you grow up in a violent or abusive home?
   • Is there anyone from the past that you feel rage towards now?

5. In what ways do you think your race or skin color has led you to feel rage?
   • Have you experienced any racism or discrimination that may add to your feelings of rage?
6. In what ways do you think possibly not having enough money may have contributed to feelings of rage?

7. In what ways do you think being a woman has led you to feel rage?
   • Have you ever wished that you weren’t a woman but a man? If so, why?
   • Do you think life would be easier if you were a man? If so, how?

8. Can you describe the most significant or memorable time you expressed rage towards an intimate partner, not counting those times you were either high or drunk?
   • Do you remember if you thought your partner was coming to attack you first? (probe for potential acts of self-defense or perceived threat)

9. Can you describe any thoughts you had toward your partner *during* your experience of rage?
   • Did you want to kill him/her?
   • Did you wish that he/she was dead?
   • Was there anyone from the past that you were thinking of during that experience of rage towards your partner?

10. How did you feel about your partner *after* your experience of rage?
    • Any regret, remorse?
    • Did you wish that you did more harm than you actually did to your partner?

11. How do you feel about yourself *during* your experience of rage?
    • Did you feel that you had a right to act that way?
    • Did you feel a sense of justice?

12. How do you feel about yourself *after* your experience of rage?
    • Satisfied? Ashamed?

13. How do you think your feelings of rage have led you to be incarcerated?
    • Indirectly, from using drugs? If so, do you think you have used drugs to escape feelings of rage? Do you use drugs to avoid feeling rage, afterwards to help you calm down, both, or neither?
    • Directly, for assault charges, etc.?

14. Is there anything else you could tell me about your experience of rage that would help me better understand?

Follow-Up Interview Questions:

• Might there be anything that you have thought of since we last met that you would like to tell me about your experience of rage?

• What was it like for you to talk to me about your experience of rage?
Appendix D

VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY
APPLICATION FOR APPROVAL OF RESEARCH INVOLVING
HUMAN SUBJECTS

Project Title:

Women’s Experiences of Rage Toward their Intimate Partners:
Diverse Voices Within the Criminal Justice System

Investigator:
Kimberly R. Flemke, MFT
Doctoral Candidate
Department of Human Development
Virginia Polytechnic Institute and State University
Research Protocol

Justification of Project

The purpose of this research is to explore women’s experiences of rage toward their intimate partners. Due to the nature of qualitative inquiry, those interviewed will inform the investigator’s understanding of what constitutes an experience of rage. However, in order to have some working definition of rage, this study will have rage exceed the continuum of healthy anger that ranges from low, moderate, and high.

The process of anger starts in the “old” brain (limbic system), and takes on flight or fight characteristics. From there, anger is channeled through the “new” brain (the part of brain where reason is used), which allows a person to first recognize the problem causing the anger and then choose how to deal with the problem. From this perspective, rage is believed to exceed healthy anger, as it overpowers the new brain. Rage is dangerous because it loses the rational component that anger has and reacts in ways that seeks to hurt or damage another. Often, it is described as anger that feels out of control. For this study, rage will be specifically defined as an emotion exceeding anger, where physical action is taken to hurt or damage an intimate partner. This basic definition will be used to screen for women who identify with experiencing this description of rage toward an intimate partner.

This study serves to gain a deeper understanding of women’s perceptions and experiences of rage that are within the criminal justice system. Particular interest is focused on how these women make meaning of their rageful experiences toward their intimate partners. In addition, this study will investigate women’s perceptions of how race, class, and gender affect their
experience of rage. This research will contribute to an understanding of women offenders of domestic violence.

**Procedures**

A Philadelphia prison, Philadelphia Industrial Correctional Center (PICC), was used to select the sample of women. This prison is a medium-security prison for women and a maximum-security prison for men. This study took place on the treatment block for adult women with addictions, OPTIONS unit. Ages of inmates are 18 years and older. This treatment block has been chosen because of the variety of support services offered and encouraged for the women inmates, including group therapy, family therapy, and individual therapy, along with a range of support groups. Due to the implementation of these various therapeutic support systems, there are appropriate clinical outlets should any participants desire follow-up discussion regarding their interviews with the Principal Investigator.

To begin, the Principal Investigator had the unit’s director, Deborah Lee, MSW, introduce the both Principal Investigator and an overview of the study during the morning meeting to the inmates. The Principal Investigator then introduced herself and offered a rationale for this particular research. During this time, the various components needed for data collection were highlighted and explained: the demographic worksheet, Aggression Questionnaire, in-depth interviews, and follow-up interviews. The follow-up interviews and a decompression exercise at the completion of data collection were implemented at the request of the prison’s clinical staff to ensure psychological well-being and closure for the participants.

After the study was introduced, the Principal Investigator spent time answering any questions the inmates had concerning the study. It was emphasized that participation was strictly voluntary. The women were informed that the information provided by them during the course of
study was confidential and used for research purposes only. Those who would have access to
the information would be the Principal Investigator and her research committee, comprised of
five university professors. The inmates were assured that any information they discussed with the
Principal Investigator would not be shared with any prison staff, including correctional officers
or social workers. In addition, participants were also informed of a professional stenographer
who would be accompanying the Principal Investigator during the interviews; all interviews were
given a pseudonym and coding number to protect confidentiality.

These women were clearly informed however, of the limits of confidentiality and the
duty to warn if it was revealed that they plan to harm themselves or others. The Principal
Investigator applied for a Certificate of Confidentiality from the National Institute of Mental
Health (NIMH). This was received on May 30th, 2002, and is in effect until June 30th, 2003.

The Principal Investigator then proceeded to read aloud the informed consent form (see
Appendix B) to all possible participants, in order to make clear what they would be agreeing to if
they decided to participate. Due to the voluntary nature of this study, each inmate was informed
that her decision to continue or discontinue with the study would have no bearing on her length
on incarceration or later probation/parole status. It was made clear that she could discontinue at
any time if she so chose without suffering any penalties or negative results. For those who had
signed the consent form, they were invited to stay to participate in the first part of the study,
completing the demographic worksheet (see Appendix C) and Aggression Questionnaire (Buss
& Perry, 1992), while those who did not volunteer to participate by signing the form were
allowed to leave.

The Principal Investigator then asked the participants to complete the demographic
worksheet while it was read aloud, which took approximately 10 minutes to complete. This form
had a two-fold purpose: 1) it determined for the Principal Investigator those who were eligible
to participate in a follow-up interview from the participant’s indication of experiencing past rage
toward an intimate partner; and 2) it collected basic demographic information. Only the first
question was used for screening eligibility. The rest of the questionnaire was used to create a
profile of the population from which the sample was drawn.

Once that worksheet was complete, the Aggression Questionnaire was passed out. The
Aggression Questionnaire (AQ) (Buss & Perry, 1992) measured women’s levels of anger and
aggression and their abilities to channel those feelings into constructive outlets. This instrument,
an updated version of the Buss-Durkee Hostility Inventory (Buss & Durkee, 1957), has five
subscales that measure physical aggression, verbal aggression, anger, hostility, and indirect
aggression. It is commonly used within correctional settings, as it can document need for service
and focus on rehabilitative efforts. It is a brief measure, consisting of only 34 questions, which
are written on a third-grade reading level. This tool was read aloud to the group of participants,
allowing them time to answer each question. This lasted approximately 15 minutes to complete.

The Principal Investigator then proceeded to explain the second part of the project, which
involved the in-depth interviews (see Appendix D) and follow-up interviews. Those asked to
participate in the interviews were drawn from a list that was compiled from participants who had
indicated experiencing rage toward an intimate partner on their demographic worksheet. All
interview times were scheduled through each participant’s social worker. From the compiled list
of volunteers, women were interviewed until saturation was reached, which involved 37
participants. Interviews lasted approximately 60 minutes.

It was explained to the participants that once the in-depth interviews were completed,
there would be a brief follow-up interview, which allowed women to discuss reactions to the
initial interview, as well as any additional thoughts pertaining to the subject matter that occurred since the first interview. These interviews lasted approximately 20 to 30 minutes. All interview notes were typed by the hired stenographer and given to the Principal Investigator, where they were locked within a file cabinet in the Principal Investigator’s office.

At the completion of data collection, decompression focus groups were offered, which were not included in the data analysis. Rather, the focus groups were used to debrief the women regarding their participation in this research. It allowed participants a chance to listen and discuss their feelings regarding the study, the topic of rage, and possibly any additional thoughts or suggestions regarding the subject. This technique was chosen due to the usefulness of focus groups, which allowed participants to hear others’ opinions and experiences to help clarify their own (Rossman & Rallis, 1998). Two focus groups ran, and lasted approximately 60 minutes each. The groups averaged six participants each.

Both the sample selection process and the data collection process was pilot tested.

**Risks and Benefits**

This study, its procedures and questions are not intended to cause risks. Participants of this project were assured of their right to withdraw from the research at any time, before or during the time of the interview. The discussion of rage toward an intimate partner may be uncomfortable or upsetting to discuss. Participants will be encouraged to inform the investigator if the interview process makes them uncomfortable. As a trained therapist, the investigator will refer the participants to see their assigned clinical social worker, which they see on a regular basis. Interview questions are not intended to cause risk.

This study will contribute to the paucity of literature concerning women’s experiences of rage displayed through intimate violence. Literature on women’s experiences of rage serves to
increase understanding and awareness of female offenders of domestic violence. Therapists working with women who perpetrate acts of rage and violence will be more informed as how to improve treatment and interventions. In addition, as incarceration rates for women over the past decade have increased at alarming rates, these interviews may prove beneficial for understanding potential recidivism of these inmates. Participation in the study will allow women an opportunity to share their stories that have the potential to provide valuable education to others.

Also, the investigator has worked on this treatment unit, OPTIONS, last year as a forensic family therapist. She is very familiar inside the prison and is well acquainted with the director, social workers and correctional officers that she will need to interact with during the data collection process. Many inmates may recognize the investigator due to her previous time spent on the block and not feel threatened or scared to discuss their experiences during the interview. The investigator will not extend interviews to previous clients whom she has treated.

Confidentiality/Anonymity

Participants are assured confidentiality and anonymity. The Investigator conducted the interviews, and was accompanied by a professional stenographer who took notes of the interviews. The stenographer was thoroughly informed of the rights to confidentiality that the participants have; the stenographer signed an agreement of confidentiality form to ensure her commitment to upholding the strictest confidence. The list of participants’ names as well as the interview transcripts, are kept by the Investigator in a locked file cabinet inside the Principal Investigator’s office. Transcripts have been coded with numbers to replace identifying information. Reports and presentations of the results and conclusions of this study will use pseudonyms only.
Informed Consent

An Informed Consent for Participation of Investigative Projects is attached (see Appendix B). This form was read aloud to each participant. Much time was spent making sure that each woman fully understood that their decision to participate or not to participate would have absolutely no bearing on their treatment in the program or their parole/probation status.

Biographical Sketch

Kimberly R. Flemke, MFT

The investigator is a doctoral candidate in Marriage and Family Therapy in the Department of Human Development. She successfully completed the following coursework pertaining to research, statistics, methodology, and marriage and family therapy:

- EDRE 6794 BEHVIORAL SCIENCE RESEARCH I
- EDRE 6614 QUALITATIVE METHODS IN ED RES
- STAT 5634 STATISTICS FOR BEHAVIORAL SCIENCE
- HD 5514 RESEARCH METHODS
- HD 5974 ADVANCED COUPLES THERAPY
- HD 5964 PRACTICUM HD
- HD 6404 SYSTEMS FAMILY THERAPY
- HD 6414 CLINICAL MFT I
- HD 6424 CLINICAL MFT II
- HD 6434 CLINICAL MFT III
- HD 6444 CLINICAL MFT IV
- HD 6474 PROFESSIONAL & ETHICAL ISSUES
- HD 6464 CLINICAL SUPERVISION OF MFT

The investigator’s experience in conducting qualitative research includes:

The investigator conducted focus groups for college women at two different college settings for the qualitative research project (EDRE 6614), “College Women’s Perceptions and Expressions of Anger” during the summer of 2000 and fall of 2001 as a preliminary study for this current dissertation research.
The investigator is also currently working for the University of Pennsylvania on a project for the Pennsylvania Commission on Crime Control and Delinquency, known as the “Weed and Seed Project”. She conducts focus groups and in-depth interviews with community leaders and city officials throughout the York, Lancaster, and Harrisburg areas of Pennsylvania. The investigator has taught three undergraduate classes of the course “Introduction to Social Research Methods” (FAM 142) at Messiah College, Grantham, PA, in the fall of 2001.

**Faculty Advisor**

Dr. Katherine Allen is the advisor for the investigation. She has considerable experience conducting qualitative research on diverse women's lives. She teaches graduate and undergraduate courses on qualitative research and family diversity.
Appendix E

Certificate of Confidentiality Letter

April 18, 2002

Ms. Olga Boikess
Office of Resource Management
National Institute of Mental Health
6001 Executive Blvd., MSC 9653
Room 8102
Bethesda, MD 20892-9653

Dear Ms. Boikess:

Thank you for assisting me in obtaining the NIMH Confidentiality Certificate. The following is my response to the requested information:

1. Name and address of applicant research institution:

   Virginia Polytechnic Institute and State University
   Department of Human Development
   366 Wallace Hall
   Blacksburg, VA 24061

2. Site where research will occur:

   This research will occur in a single site within the facilities of the Philadelphia Prison System:
Philadelphia Industrial Correctional Center

7901 State Road

Philadelphia, PA 19136

The data collection, involving questionnaires and interviews, will be drawn from the OPTIONS unit, an addictions recovery unit for adult women, under the director of Deborah Lee, MSW.

3. **Title of research project:**
   “Women’s Experiences of Rage Toward Their Intimate Partners: Diverse Voices Within the Criminal Justice System”

4. **Source and number of supporting grant:** Not applicable – dissertation research

5. **IRB approval:** See supplementary materials

6. **Principal Investigator:**
   Kimberly Flemke, MFT, Ph.D. Candidate

   301 Chestnut St., #1313

   Harrisburg, PA 17101

   Phone: 215-280-4511 / Fax: 717-691-6040

   kflemke@hotmail.com

   • Received MFT in 1998 from MCP Hahnemann University (formerly Allegheny University)

   • Completed doctoral clinical internship within the Philadelphia Correctional Industrial Center as a Forensic Family Therapist

   • Completed preliminary research for dissertation exploring college women’s perceptions and expressions of anger
Currently works as a research assistant for the University of Pennsylvania

**Principal Investigator/Dissertation Advisor:**

Katherine Allen, Ph.D.
Virginia Polytechnic Institute and State University
401C Wallace Hall
Blacksburg, VA 24061
Phone: 540-231-6526
kallen@vt.edu

- Received Ph.D. in 1984 from Syracuse University in Family Studies
- Currently Professor of Family Studies at Virginia Polytechnic Institute and State University, Blacksburg, VA
- Currently Coordinator of the Masters program in the Department of Human Development.
- Author of many publications dealing with family diversity, feminist family studies, qualitative research, and interdisciplinary pedagogy.

7. **Beginning date and expected end date of project:**

Start date: May 1\textsuperscript{st}, 2002 – End date: May 1\textsuperscript{st}, 2003

8. **Description of the project:**

The primary purpose of this exploratory research project is to better understand incarcerated women’s experiences of rage towards their intimate partners. The first part of this study will involve any adult women volunteers (ages 18 and older) on the addictions recovery unit to gather on the block for approximately 15 to 20 minutes where the Principal Investigator will read aloud a demographic questionnaire and an anger
survey, which will be passed out for each participant to complete. The demographic
questionnaire will take approximately 5 to 10 minutes to answer. Women of all races and
ethnic backgrounds will be invited to participate. This form has a two-fold purpose: 1) it
will determine for the Principal Investigator those who are eligible to participate in a
follow-up interview from the participant’s indication of experiencing past rage toward an
intimate partner; and 2) collect basic demographic information. Only the first question
will be used for screening eligibility. The rest of the questionnaire will be used to create a
profile of the population from which the sample will be drawn. The second part will
involve only those participants that acknowledged meeting the criteria for having
experienced rage toward an intimate partner. Those who are eligible and interested will
later participate in a follow-up in-depth interview with the Principal Investigator, which
will be scheduled through their social worker on a later date. After compiling a list of
willing participants, women will be interviewed until saturation is reached. It is estimated
that approximately 25 to 30 women will be needed for interview. Interviews are expected
to last 60 to 90 minutes. Each woman interviewed will be given a pseudonym for the
study. Both the sample selection process and the data collection process will be pilot
tested.

Participants are assured confidentiality and anonymity. The investigator will
conduct the interviews and the transcriptions of those tapes. The list of names of the
participants, as well as audiotapes, will be kept by the investigator in a locked file cabinet
inside the Principal Investigator’s office and will be erased after the tapes have been
transcribed. The Principal Investigator will have access to the audiotapes and transcripts
in order to collaborate with her advisor and committee on conducting data analysis

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throughout the research project. Audiotapes and transcripts will be coded with numbers
to replace identifying information. Reports and presentations of the results and
conclusions of this study will use pseudonyms only.

9. **Means used to protect subjects’ identities:**
Each participant is given a code number and will be provided pseudonyms in the final
draft of the dissertation. All data about participants will be kept in locked files.

10. **Reasons for requesting a Certificate of Confidentiality:**
Data gathered from participants includes information related to experiences of rage,
possible assaultive behavior to their intimate partners, and information that pertain to
participants’ psychological well being and mental health. If the information is released
against the participants’ wishes, this information could be damaging to the inmates’
incarceration experience, as well as damaging to their lives once the participants are
released from prison.

11. **Informed Consent Forms:** See supplementary materials

12. **Research not funded by NIH in which drugs will be administered:**
Not applicable – no drugs will be involved within this research.

13. **Research with controlled drugs will be administered:** Not applicable – no drugs will be
involved within this research.

14. **Testing for communicable diseases:**
Not applicable – no drugs will be involved within this research.
Assurances:

- This institution agrees to use the Certificate of Confidentiality to protect against the compelled disclosure of personally identifiable information and to support and defend the authority of the Certificate against legal challenges.
- The institution and personnel involved in the conduct of the research will comply with the applicable Federal regulation for the protection of human subjects or, if no such Federal regulation is otherwise applicable, they will comply with 45 CFR Part 46.
- This Certificate of Confidentiality will not be represented as an endorsement of the project by the DHHS or NIH or used to coerce individuals to participate in the research project.
- All subjects will be informed that a Certificate has been issued, and they will be given a description of the protection provided by the Certificate.
- Any research participant entering the project after expiration or termination of the Certificate will be informed that the protection afforded by the Certificate does not apply to them.

________________________________________  _______________________________________
Signature of Principal Investigator               Signature of Principal Investigator

________________________________________
Signature of Institutional Official
VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY

Informed Consent
Women Experiencing Rage toward Their Intimate Partner

What is it?

- This project is designed to better understand women who experience rage and acts of violence toward their intimate partner.

What Will I Have to Do?

- Fill out a form that takes between 5 to 10 minutes on your background and personal history.
- Fill out an anger survey that takes approximately 10 minutes to complete.
- If you answer that you have felt rage toward an intimate partner (past or present), you will be eligible to meet with the investigator for a follow-up interview. That would be the time to describe in detail what your experience of rage was like, and would last anywhere from 60 to 90 minutes.
- You would allow a professional note-taker, who has signed a confidentiality agreement, to be present during the interviews. These notes will be used for research purposes only. All names will be changed to an alias. The notes will be stored in the Investigator’s office at Messiah College, and will be in a locked file cabinet.
- At no time will the investigators release the results of the study to anyone other than the individuals working on the project without your consent, including the prison staff. Those specific individuals working on this project include the Principal Investigator and five university professors:
  Kimberly Flemke, MFT – Principal Investigator; Katherine Allen, Ph.D. – Dissertation Chair; Howard Protinsky, Ph.D., Sandy Stith, Ph.D., Karen Rosen, Ph.D., and Claire Renzetti, Ph.D. – Committee members.

What are the Benefits?

- You will help deepen the clinical understanding of women’s experiences of anger and rage.
- You will help deepen the clinical understanding of women who act violently towards their intimate partners.
- Your input may further enhance the clinical treatment of female offenders of domestic violence.
- You will be eligible to receive a copy of the final report if you request one.
What are the Risks?
• This project should involve no more than minimal risks from asking you to talk about upsetting or difficult issues. These risks may include emotional upset and anger.

Is it Private?
• All information you give is confidential. The investigator's final report will be a summary of responses from all participants. Your name will not be included in any publications or presentations of the results, but will be changed to a fake name.
• These would be the only times when the investigator may need to break the confidentiality:
  • If you threaten to hurt yourself or someone else, your social worker will be notified and must take steps to protect you or others.
  • If you reveal information that leads the investigator to think that you have abused a child or dependent adult, appropriate city officials must be notified.

Can I quit if I want to?
• The interviews are voluntary. You may withdraw from it at any time. You are free not to answer any research questions that you choose without penalty.

Approval of Research
• This research project has been approved, as required, by the Institutional Review Board for projects involving human subjects at Virginia Polytechnic Institute and State University, and by the Department of Human Development.

IRB Approval Date ________________ Approval Expiration Date ________________
Participants' Agreement and Responsibilities

- I have read and understand what my participation in this research involves and I know of no reason that I cannot participate in this project. I have had all my questions answered and hereby give my voluntary permission for participation in this project.

I HAVE BEEN INFORMED OF THE REASONS FOR THIS STUDY.
I HAVE HAD THE STUDY EXPLAINED TO ME.
I HAVE BEEN GIVEN THE OPPORTUNITY TO ASK QUESTIONS.
ALL OF MY QUESTIONS HAVE BEEN ANSWERED TO MY SATISFACTION.
I HAVE HAD THIS CONSENT FORM READ ALOUD TO ME.
I HAVE CAREFULLY READ THIS CONSENT FORM AND HAVE RECEIVED A COPY.
I AGREE TO PARTICIPATE IN THIS STUDY.

_________________________________________  ____________________________
Signature                                      Date

Should I have any questions about this research, my rights involved in this research, and whom to contact in the event of a research-related injury involving myself, I may contact:

- Kimberly Flemke, MFT, Investigator
  Messiah College
  One College Ave.
  Grantham, PA 17027

- Katherine R. Allen, Faculty Advisor
  Virginia Tech
  Dept. of Human Development (0416)
  College of Human Resources and Education
  Blacksburg, VA, 24061

- Joyce Arditti, Departmental Reviewer
  Virginia Tech
  Dept. of Human Development (0416)
  College of Human Resources and Education
  Blacksburg, VA, 24061

- David M. Moore, Chair
  Virginia Tech
  IRB, Office of Research Compliance
  Research and Graduate Studies
  Blacksburg, VA, 24061

This Informed Consent is valid from _______________ to ________________.
Appendix G

Coding Scheme:

100 How I recognize I’m feeling rage and not anger
   101 Outward changes – physical appearance & actions
   102 Internal changes – physiological & cognitive
   103 Describing the emotional process

200 Do past experiences cultivate current rage?
   204 Childhood memories connected to rage – abuse & abandonment
   205 People who have been influential in expressing rage

300 Things that can cause me to feel rage now as an adult
   306 Protection of self and children/family members
   307 Emotional pain and abuse
   308 Painful memories triggered

400 Rage expressed towards intimate partners
   409 Means of expressing rage
   410 Motivations for rage
   411 Thoughts and feelings after experience of rage

500 Perceptions of how race, class, and gender impact rage
   512 Inability to see any connections to contextual factors and rage
   513 Having some understanding of how rage is impacted

600 How women’s rage relates to the criminal justice system?
   614 Illegal actions taken to compensate for not having enough money
   615 The role of drugs - a coping strategy for feelings of rage
VITA

Kimberly R. Flemke

EDUCATION

Ph.D. of Human Development, Virginia Polytechnic Institute and State University, 2003
Marriage & Family Therapy Program, Blacksburg, VA

Dissertation -- “Women’s Experiences of Rage towards their Intimate Partners:
Diverse Voices within the Criminal Justice System”

Master of Family Therapy, Medical College of Pennsylvania & Hahnemann University, 1998
Philadelphia, PA (Formerly - Allegheny University of the Health Sciences) - COAAMFT

Bachelor of Science in Family Studies, Messiah College, Grantham, PA, 1995

HONORS & AWARDS

June 2002  Fahs-Beck Scholar -- Fund for Research & Experimentation Dissertation
Recipient, New York Community Trust
June 2002  Faculty member selected to attend the New Leadership of Pennsylvania
Conference, Center for Women in Politics in Pennsylvania, Chatham College
April 1999  Virginia Tech, Scholarship Recipient (Roop Scholarship),
“Research on the Empowerment of Women”
May 1998  Graduated with Academic Honors, Hahnemann University
May 1998  Inducted into the Alpha Eta Society, the National Honor Society for Mental
Health Professionals

PROFESSIONAL ASSOCIATIONS

- National Council on Family Relations (NCFR)
- American Association of Marriage and Family Therapists (AAMFT)
RESEARCH EXPERIENCE

May 2001 - June 2002  University of Pennsylvania
School of Social Work, Center for the Study of Youth Policy
Research Assistant, “The New Jersey Homicide Severity Study”
• Reviewed statutory and aggravating mitigators of homicide reports sent by the Appellate Courts for the state of New Jersey
• Wrote thumbnail sketches eliminating any racial and ethnic identifiers presented within the composite reports that were used to determine life or death sentences of the defendants – used to determine if any racial profiling occurred on past sentencing

Aug 2001 - Present  University of Pennsylvania
School of Social Work, Center for the Study of Youth Policy
Project Coordinator, Pennsylvania Commission of Crime and Delinquency, “Weed & Seed”
• Held focus groups of city officials and community leaders to facilitate discussions surrounding current drug trends and acts of intervention
• Conducted in-depth interviews of city officials and community leaders to gain information surrounding current drug trends and acts of intervention
• Data analysis of monthly reports submitted to Lt. Governor, Mark Schweiker
• Developed spreadsheets depicting the financial resources and output of both Weed and Seed organizations

TEACHING EXPERIENCE

Aug 1998 - May 2000  Virginia Tech, “MARRIAGE & FAMILY DYNAMICS” (3 credit hours)
Graduate Teaching Assistant – 4 Semesters
• Prepared and taught 3 weekly lectures for approximately 150 undergraduate students
• Created exams and writing exercises to coincide with lecture material

July 2000 - Aug 2000  Virginia Tech, “FAMILY RELATIONSHIPS” (3 credit hours)
Instructor, Summer Session II
• Prepared daily lectures for six weeks, along with exams, and writing exercises for an undergraduate course of approximately 25 students

Aug 2001 - Dec 2001  Messiah College, “INTRO TO SOCIAL RESEARCH METHODS” (3 cr.s)
Lecturer, 3 Sections
• Prepared lectures, exams, and writing exercises for approximately 25 undergraduate students
Aug 2001- Dec 2001  Messiah College, “INTRO TO INTERPERSONAL RELATIONS” (3cr.s)  
Lecturer, 1 section  
• Prepared lectures, exams, and writing exercises for approximately 25 undergraduate students

Feb 2002- May 2002  Messiah College, “HUMAN SEXUALITY” (3 credit hours)  
Lecturer, 2 Sections  
• Prepare lectures, exams, and writing exercises for approximately 70 undergraduate students

Feb 2002- May 2002  Messiah College, “MEN AND WOMEN IN AMERICAN SOCIETY” (3 cr.s)  
Lecturer  
• Prepare lectures, exams, and writing exercises for approximately 35 undergraduate students

Feb 2002- May 2002  Messiah College, “INTRO INTO MARRIAGE & FAMILY THERAPY” (3 cr.s)  
Lecturer  
Prepare lectures, exams, and writing exercises for approximately 20 undergraduate students

CLINICAL EXPERIENCE

Sept 1996- Aug 1997  HELPLINE, FAMILY & YOUTH CENTER, Lansdale, PA  
Drug and Alcohol Treatment Center  
Family Therapy Intern  
• Worked with male and female adolescents from group homes run by Helpline Center  
• Received weekly In-Service training to further enhance clinical skills for drug and alcohol issues

June 1997- May 1998  MCP HAHNEMANN UNIVERSITY HOSPITAL, Philadelphia, PA  
Dept. of Psychiatry, Out-Patient Clinic  
Family Therapy Intern / Group Therapist Intern  
• Maintained a caseload of individuals, couples and families  
• Co-facilitated weekly support group for chronic pain  
• Prepared and maintained treatment plans for all patients in caseload  
• Worked closely with a medical-back up, creating continuity of care for patients
Oct 1998- Dec 1999  COMMUNITY CORRECTIONS OF VA, INC., Roanoke, VA
Group Therapist Intern (for sexual offenders)
• Co-facilitated a weekly heterogeneous group of convicted sexual offenders
• Helped facilitate a weekly Anger Management group for men

July 1999- Nov 1999  JOSEPH J. PETERS INSTITUTE, Philadelphia, PA
(Programs for sexual offenders)
• Psychological assessments of sexual offenders

Oct 1998- July 2000  FAMILY THERAPY CENTER of VIRGINIA TECH, Blacksburg, VA
Couples & Family Therapy Intern
• Family-Consultant for cardiac rehabilitation patients and their families, working conjointly
  with the Cardiac Rehab Program of Virginia Tech
• Developed and co-facilitated weekly “Empowerment Group” for women using IFS model
• Often work as part of collaborative team during live supervision of sessions
• Receive live supervision using EMDR &/or Hypnosis with trauma victims

Dec 1999- July 2000  COMMUNITY CORRECTIONS OF VA, INC., Roanoke, VA
Lead Group Therapist (for sexual offenders)
• Lead facilitator for group therapy that includes both male and female offenders
• Responsible for monthly evaluations to various probation officers

Aug 2000- Aug 2001  MCP HAHNEMANN UNIVERSITY
FORENSIC FAMILY THERAPY TREATMENT PROGRAM, Phila., PA
Philadelphia Industrial Corrections Center (Minimum/Maximum Security Prison)
Forensic Family Therapist
• Conduct weekly couple and family therapy sessions with inmates and their families during incarceration and follow-up into community programs for drug & alcohol recovery

Sept 2000- Aug 2001  BUCKS COUNTY, PA ADULT PROBATION & PAROLE DEPARTMENT
Individual and Group Therapy
• Provided clinical evaluations for women mandated to therapy for domestic Violence charges
• Provided 26 weeks of clinical treatment and intervention – both individual and group therapy
INVITED LECTURES & WORKSHOPS

April 1999  
**Virginia Tech, College of Human Resources & Education**  
“Knowing the Difference between Intimacy & Fusion”

June 1999  
**Radford University, Radford, VA**  
Co-Presenter, “Using Narrative and Play Therapy with Children and Adolescents”

Sept 1999  
**Virginia Tech, College of Human Resources & Education**  
“Understanding Sexual Abuse: Looking at Victims & Offenders”

Oct 1999  
**Virginia Tech, College of Human Resources & Education, Professional Seminar Series for Graduating Seniors**  
“Gender & Professionalism”

Dec 1999  
**University of Pennsylvania, School of Social Work**  
All-day Cont. Education Workshop, Co-Presenter with Mary Cavanaugh, MFT  
“Batterers: The Myths & The Reality”

Jan 2000  
**Virginia Tech, Human Development Teaching Symposium**  
Co-organizer & Presenter, “How to Teach Sensitive & Controversial Issues to Large Undergraduate Classes”

Nov 2001  
**MCP Hahnemann University, Philadelphia, PA**  
**Graduate Courses in Couples and Family Therapy**, Doctoral lecture  
“Advanced Couples Therapy”  
Co-Presenter, “Batterers: The Myths & The Reality”

Nov 2002  
**MCP Hahnemann University, Philadelphia, PA**  
**Graduate Courses in Couples and Family Therapy**, Alumni Showcase Presentation  
“Women’s Experiences of Rage towards their Intimate Partners”

April 2003  
**University of Pennsylvania, School of Social Work**  
(Scheduled)  
All-day Continuing Education Workshop  
“A Cry of Rage: Women Offenders of Domestic Violence”

CONFERENCE PRESENTATIONS

April 1999  
**Quint-State Conference, Knoxville, TN**  
Poster Presentation,  
“Intimate Female Friends in the Context of Therapy”
Feb 2000  **Southeastern Council on Family Relations, 2000** – Annual Meeting  
Presenter, “Teaching about Controversial, Multicultural, and Sensitive Topics in Large Undergraduate Family Courses”  
- Techniques and suggestions for teaching on domestic/family violence  
- Techniques used to illustrate ethnic influences regarding nonverbal experiences

Mar 2000  **Virginia Tech - 16th Annual Research Symposium, Blacksburg, VA**  
Poster Presentation, “Women & Anger: The Use of Focus Groups in Qualitative Research”

April 2000  **Quint-State Conference, Athens, GA**  
Paper Presentation, “The Marginalization of Intimate Friendship between Women within the Context of Therapy”

April 2000  **Quint-State Conference, Athens, GA**  
Workshop Presentation, “Systemic Trends in Fibromyalgia: A Close Look at Two Case Studies”

April 2000  **Quint-State Conference, Athens, GA**  
Workshop Presentation, “Female Batterers: The Myths & The Reality”

July 2000  **AAMFT Annual Research Conference, Reno, NV**  
Co-presenter with Karen Rosen, Ed.D, Sandra Stith, Ph.D., Eric McCollum, Ph.D.  
“Domestic Violence: Treating the Family”

Oct 2001  **American Association of Marriage and Family Therapy (AAMFT)**  
**National Conference, Nashville, TN**  
Co-Presenter with Howard Protinsky, Ph.D., and Jen Sparks, MFT  
Advanced Workshop, “Eye Movement Relationship Enhancement”

Oct 2001  **American Association of Marriage and Family Therapy (AAMFT)**  
**National Conference, Nashville, TN**  
Roundtable Presentation, “Working with Incarcerated Mothers and their Children”

Nov 2001  **National Council on Family Relations (NCFR)**  
**National Conference, Rochester, NY**  
Paper presentation with Katherine Allen, Ph.D.  
“A Feminist Analysis of College Women’s Expressions of Anger”

Nov 2001  **National Council on Family Relations (NCFR)**  
**National Conference, Rochester, NY**  
Paper presentation with Argie Allen, MFT  
“The Impact of Separation between Mothers and their Children due to Incarceration”
May 2002  2002 Pennsylvania Criminal Justice Research and Technology Conference, Valley Forge, PA  
Co-presenter with Neil Weiner, Ph.D., and the UPENN Weed & Seed research team “The Evaluation of the Weed & Seed Project”

PUBLICATIONS


*References furnished upon request*