

DOMESTIC VIOLENCE

WHAT'S IN IT FOR ME WHY SHOULD I TAKE THIS PROGRAM

- Court approved Program for those charged with domestic violence
- Learn how to improve your relationship even if you don't have to
- Improve your behaviors and become a better person

LEARNING OUTCOMES DOMESTIC VIOLENCE (Men's healthy relationships)

MODULE 1 Define and Identify Abuse

MODULE 2 Describe Stress and the Consequences of Stress

MODULE 3 Emotion Regulation SKILLS (Managing Rather Than Being Managed by Anger)

MODULE 4 Discuss the impact of shame and guilt on behavior and self-image

MODULE 5 Forgive Self and Other

MODULE 6 Empathy

MODULE 7 Discuss Future Relationships

MODULE 8 Discuss the role of communication in relationships

MODULE 9 Discuss Violence and the impact on children

MODULE 10 Describe Addictions

MODULE 11 Develop personal boundaries and respect the boundaries of others

MODULE 12 Self-Esteem and Self-Care

MODULE 13 Describe how culture and family patterns affect behaviors and attitudes

MODULE 14 Describe the role of Grief and the implication for Change management

MODULE 15 Legal