

## 2-Day Counselor Training (sample agenda)

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### DAY ONE: UNDERSTANDING THE ISSUE

- 8:30 Welcome / Announcements / Introductions
- 8:45 VIDEO Excerpt: "Battered - America Undercover"
- 9:15 GLOBAL VIOLENCE AGAINST WOMEN and DOMESTIC VIOLENCE:  
Historical Overview of Women's Social Status & Violence Against Them
- 9:45 BREAK: Food & Fun!
- 10:00 DOMESTIC VIOLENCE: Defining the Problem
- \* Definitions
  - \* Myths & Misconceptions about DV, the Abusers & the Victims
  - \* Relationship Dynamics
  - \* Characteristics of Abusers
  - \* Why Battered Women "Stay"
  - \* The Cycle of Abuse
  - \* Survival Dynamics: How Chronic Abuse Changes the Victim
  - \* Continuum of Abuse
- 11:15 GUEST SPEAKER: Recovering Abuser
- 12:00 LUNCH
- Optional Videos: "Rough Love" - Dating Violence (battered Teens)  
"Just to Have a Peaceful Life" (battered senior citizen)
- 1:00 PUTTING A FACE ON DV: Survivors of Abuse speak out  
Video & guest speakers
- 2:00 BREAK (snacks!)
- 2:15 DOMESTIC VIOLENCE: A Health Care Crisis  
Identifying Symptoms Of Abuse,  
How to Interview & Refer Victims in your Workplace
- \* The Health Care Effects Of Battering
  - \* Injuries & Indicators Of Abuse
  - \* Interview Techniques
  - \* 10 Things That Work / 10 Things That Don't Work
  - \* 4 Necessary Paradigm Shifts
  - \* Appropriate and Inappropriate Referrals
  - \* When Should DV Be Reported To The Authorities?
- 3:15 VIDEO: Federal Law " Violence Against Women Act" Bonnie Campbell
- 4:00 Break
- 4:15 WORKING WITH VICTIMS: Goals & Objectives  
Crisis Counseling: 911 tape / video excerpts (Effects on the Children)  
Basic Guidelines for Intervention
- 5:00 Small Group Discussion
- 5:15 Assessing Your Helping Effectiveness
- 5:30 Dismissal / Certificates

## DAY TWO: PSYCHOSOCIAL EFFECTS OF ABUSE & COUNSELING BATTERED WOMEN

- 8:30 Welcome / Announcements / Feedback & Discussion
- 8:45 Small Group Discussion: "One new thing I've learned that I'll use to help"
- 9:00 Impact of Abuse on Families  
Video: "Battered": Victims, recovering abusers & their children speak out;  
(PTSD, Revictimization / lack of justice / victim-blaming, etc.)
- 9:45 BREAK
- 10:30 Effects of Trauma on the Victims:  
The Stockholm Syndrome / Traumatic Bonding:  
Videos examples: Loretta's Story, "Lisa" 911 Tape
- 11:30 Survivor Speaker: Living with the Physical & Psychological Effects
- 12:30 LUNCH  
Optional Video (1 hour) "Broken Vows: Religious Perspectives on Domestic Violence"
- 1:30 Victim or Abuser? How to tell the difference between an actual Victim of  
DV and an Abuser claiming to be one
- 2:00 Multiple Vulnerabilities of Victims: Assessment & Treatment Issues  
Post-Traumatic Stress Disorder (PTSD)  
Childhood Trauma: Sexual Abuse  
Other Adult Trauma: Sexual Abuse in Domestic Violence  
Depression  
Substance Use / Addiction Issues  
Substance Use treatment & Trauma Treatment
- 3:00 BREAK
- 3:15 Intervention Techniques that Build Self-Esteem & Promote Safety  
Problems with Applying the Co-Dependency Model to Victims
- 4:00 BREAK
- 4:15 Cognitive Trauma Therapy for PTSD in Battered Women:  
Working out Guilt, Anger, Shame & Anxiety  
Building Self-esteem & Coping Skills
- 4:45 Advocacy: What it is, Why it's Imperative & Tips on Doing it Effectively
- 5:15 Group Discussion: Insights, Comments & Feedback
- 5:30 Dismissal /Certificates