



ABUSE INTERVENTION GROUP CURRICULUM

WORKING AGAINST (GENERAL)

Male socialization/"Act like a man" box
Allies model/Three causes of abuse
Abusive behavior defined*
Sexual abuse defined
Economic abuse defined
Stalking
"DV house"
Self-talk*
Pro-abuse beliefs/When is abuse justified?

WORKING AGAINST YOURSELF (DISCONNECTION)

Denial process/3 ways of managing uncomfortable feelings
Defense mechanisms*
Stuffing vs. letting go of feelings
Shame/guilt
Mood altering substance abuse and activities and connection to abuse/violence
Victim stance
Externalizing
Treatment interfering behaviors

WORKING AGAINST THE OTHER (DISREGARD)

Self-absorption/grandiosity/egotism defined
Relational neglect
Differing perspectives can be equally legitimate
"Logic" is still based on individual assumptions
Business card metaphor

WORKING AGAINST THE RELATIONSHIP (DISTRUST)

Evans' power model*
Contempt
Attitudes towards/assumptions about women
Radiating intensity
Controlling behaviors*
Influence versus coercion

WORKING WITH (GENERAL)**WORKING WITH YOURSELF (CONNECTION)****SELF-AWARENESS**

Physiological self-observation
 Emotions 101*
 Anger as a secondary emotion
 Mindfulness/non-judgmental self-awareness
 Wise mind
 Warm blooded/cold blooded
 Emotional barometer
 Identifying needs vs. wants

SELF-MANAGEMENT

Primary accountability
 Self-compassion
 Self-care
 Pornography/erotica use
 Negative peer associations
 Time-outs*
 Holiday stress
 Radical acceptance
 Language is necessary to process emotions
 Ways you're working your program (internalizing the program)
 Relapse process/warning signs

WORKING WITH THE OTHER (REGARD)

Impact of abuse on victims
 Impact of abuse on children
 Impact of abuse on others/collateral/society
 Partner recovery process*
 Amends*
 Making an accountable apology
 Intentional vs. informational thinking
 Intention vs. perception
 The Platinum rule
 Humility
 Presence of firearms in the home
 Male privilege/entitlement
 How is the group doing?

WORKING WITH THE RELATIONSHIP (TRUST)

Assuming a collaborative relationship—seeing her as an ally
 Non-coerced informed consent
 Negotiation exercise*
 Qualities of a healthy relationship*

Qualities of a good husband/partner
Qualities of a good father
Conflict as a path to intimacy
Assertiveness*
Staircase of assertiveness*
“I feel” statements
Communication skills*
Getting to Yes/conflict resolution/negotiation
Right vs. effective
Repair attempts
Compassionate boundaries
Effective discipline with children/spanking/physical discipline*
Healthy sexuality
Intimacy

*-Hand-out available related to this topic

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