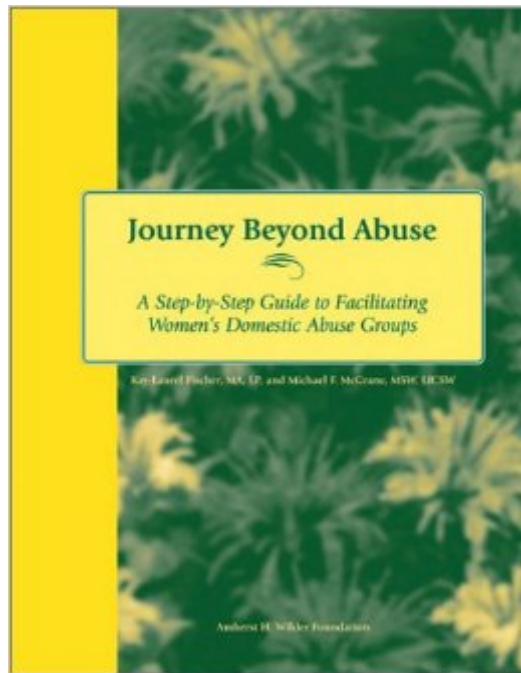


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# Journey Beyond Abuse: A Step-By-Step Guide To Facilitating Women's Domestic Abuse Groups



## Synopsis

Create compelling women's groups that deal effectively with domestic abuse. *Journey Beyond Abuse* and its accompanying participant's journal, *Moving Beyond Abuse*, give you complete tools for facilitating a powerful group with life-changing results. Used together, these unique books can help you create a program where women increase their understanding of the dynamics of abuse, feel less alone and isolated, feel empowered to make positive choices, and have a greater awareness to channels of safety. Adapt this flexible program to your group's specific needs. No two groups are the same. *Journey Beyond Abuse* gives you twenty-one group sessions, which you can combine to create groups of differing length and focus. The sessions are based on the successful program developed by the Amherst H. Wilder Foundation which had been used with more than 1,200 women. You'll get detailed instructions on how to facilitate each session including its goals, format, activities, and important issues that the session raises for both the participants and facilitators. This practical guide also includes an overview of the history, philosophy, and goals of this model and how to best use the program; information and tips on how to handle 28 special issues such as child care, safety and protection, and substance abuse; facilitation techniques, cofacilitation, intake and individual counseling, and recommended policies and procedures; useful appendices including reproducible forms such as a women's domestic abuse summary sheet, her goals and strengths, self-care plan; and much more.

## Book Information

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## Customer Reviews

I relied on this book heavily for the three years I lead psychodynamic, short-term group therapy for women victims of domestic violence. It is excellent! The exercises and handouts are engaging and enlightening for the women clients, and the book is easy to use and verry practical. I did not follow the book in strict order (which could be done), but used the exercises in the group as I saw that it fit. I still remember one handout on the "59 reasons that women stay in abusive relationships" that I handed out to the group, and one woman said, "There are that many! I had no idea..." There is also an exercise where the women write down the negative things they have heard people say to them in their lives, then read aloud, defend against that statement, and crumple it up and throw it away in the garbage. I found it hokey when I read it, but it was very powerful when I did it in group. Anyway, if you are leading groups for DV victims, this is a must. The groups I lead were mostly African-AM, Latina, Muslim, and low income, homeless, and mentally ill. And although I don't remember that the book focused much on how issues of sexuality, race, class, or mental illness affect DV specifically, it did a great solid job with DV issues that are common across all of these groups. I used other books to supplement this one to address additional issues.

We use this book for Domestic Violence Education at the agency where I work as a counselor. It is an excellent curriculum for dealing with the many issues facing survivors of domestic violence. I see understanding increasing and transformation happening as women progress through the curriculum.

As society struggles with the concept that women abuse their partners it is critical that there is curriculum to address that thinking. This curriculum opens our thinking to have open discussions around it.

I work at a domestic violence shelter. I use this book for some of our support groups. It is a very good book. It is more for personal use, rather than a support group setting.

Great material for women support groups with great results!

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