



## COURSE OVERVIEW

# Domestic Violence

- ✓ Available in workbook
- ✓ Available in eLearning

ITEM # W 129



## COURSE DESCRIPTION

This course helps both the perpetrator and the victim overcome the self-defeating thoughts and behaviors that are the core issues in domestic violence.

This course focuses on the real causes of domestic violence and not just the symptoms. The course was designed for both the perpetrator and the victim. It helps victims handle their lack of cognition and propensity for re-victimization. For perpetrators, it helps with self-defeating thoughts and behaviors. It is a course of self discovery that helps individuals understand the negative forces that exist in domestic violence relationships.



## LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Develop empathy in personal relationships
- Positive relationship building skills
- Increased self-awareness and responsibility of generational cycles of abuse
- Develop anger avoidance skills
- Learn how to satisfy emotional hierarchy of needs in a positive manner
- Develop positive thinking skills within all relationships



## RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—Combination of self-directed learning and group instruction
- **Blended Learning**—Combination of online & offline curriculum



## COURSE INFORMATION

Course Format: eLearning and Printed Workbook

eLearning Length: 168 Slides

Scientific Model: Cognitive Restructuring

Author and Publisher: ACCI Lifeskills

Item Number: W 129

Workbook Pages: 24

Course Length: 6–8 hours



## COURSE CONTENT

### UNIT 1: LIZZIE

Domestic violence is a deliberate act of violence.

### UNIT 2: BUTTERFLIES

Victims are trapped in a web of deceit.

### UNIT 3: SUNRISE

Each new day offers an opportunity for change.

### UNIT 4: BROKEN RELATIONSHIPS

Freedom to choose.

### UNIT 5: GENERATIONS

Your beginnings don't have to be your endings.

### UNIT 6: EMOTIONAL NEEDS

Six elements in the hierarchy of emotional needs.

### UNIT 7: ANGER AVOIDANCE

Those who anger you control you.

### UNIT 8: HOW TO CHANGE

Change is a choice.



## CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial companions
3. Antisocial personalities
4. Antisocial relationships



## LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling
- Knowledge check