



Growing Free

A MANUAL for SURVIVORS of DOMESTIC VIOLENCE

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Growing Free A Manual For Survivors Of Domestic Violence

Wendy Susan Deaton, Michael Hertica



Growing Free A Manual For Survivors Of Domestic Violence:

Growing Free Wendy Susan Deaton, Michael Hertica, 2013-12-19 Break the pattern of abuse safely Battered women often become so frightened isolated and self doubting that they don't recognize they are being victimized They may minimize the seriousness of the abuse and make excuses for the abuser The checklists questionnaires and personal stories in *Growing Free* can provide the shock of recognition they need to be able to say This is wrong It has to end Combining psychological insight with practical safety information *Growing Free* helps the reader to understand and end the vicious cycle of wounding tension violence and remorse that characterizes all levels of domestic violence It outlines a series of steps abused women can take to ensure their emotional and physical safety *Growing Free* offers both practical and psychological resources including lists of abusive behaviors from ridiculing family members to physical violence common rationalizations for abuse used by both victims and perpetrator detailed discussions of protection orders and other legal matters detailed preparations and safety precautions that may make leaving less dangerous advice on what to take with you when you leave guidelines for establishing safe relationships in the future *Growing Free* provides readers with a straightforward action oriented approach to the problem of domestic violence A companion volume available separately *A Therapist's Guide to Growing Free* offers therapists a comprehensive outline of the issues tasks and goals involved in treatment with victims and survivors

A Therapist's Guide to Growing Free Wendy Susan Deaton, Michael Hertica, 2014-01-14 Help victims and survivors break the cycle of abuse Trying to get victims and survivors of domestic abuse to recognize their own victimization can be a frustrating experience They often become so frightened isolated and self doubting that they make excuses for the abuser Combining psychological insight with practical safety information this book helps therapists guide their clients into understanding and ending the vicious cycle of wounding tension violence and remorse *A Therapist's Guide to Growing Free* provides a comprehensive outline of the issues tasks and goals involved in the treatment of victims and survivors Its chapter by chapter breakdown of how violent relationships function and how to end them safely can help you guide a traumatized woman through her therapeutic journey The guide's companion volume *Growing Free A Manual for Survivors of Domestic Violence* is the perfect handout for clients in individual therapy group therapy and battered women's shelters Reading stories like their own may provide the shock of recognition they need to be able to understand and eventually to end the cycle of violence that characterizes all levels of domestic abuse It outlines a series of steps they can take to ensure their emotional and physical safety Its stories of women in abusive relationships and discussions of the cycle of abuse are direct and easy to read without ever being condescending *A Therapist's Guide to Growing Free* provides the insight and therapeutic models needed for effective intervention and treatment including psychological effects and belief systems of victims and survivors discussions and illustrations of the cycle of violence the effects of domestic violence on children and adolescents the therapeutic challenges of couple conjoint therapy handling crisis intervention suggestions for conducting group and therapeutic therapy

for victim and batterer A Therapist's Guide to Growing Free and its companion volume provide both therapists and clients with a practical action oriented approach to the problem of domestic violence It is ideal training and reference material for counselors at women's shelters emergency room personnel law enforcement officers and other professionals involved in the rescue support defense and treatment of victims and survivors *A Therapist's Guide to Growing Free* Wendy Susan Deaton, Michael Hertica, 2014-01-14 Help victims and survivors break the cycle of abuse Trying to get victims and survivors of domestic abuse to recognize their own victimization can be a frustrating experience They often become so frightened isolated and self doubting that they make excuses for the abuser Combining psychological insight with practical safety information this book helps therapists guide their clients into understanding and ending the vicious cycle of wooing tension violence and remorse A Therapist's Guide to Growing Free provides a comprehensive outline of the issues tasks and goals involved in the treatment of victims and survivors Its chapter by chapter breakdown of how violent relationships function and how to end them safely can help you guide a traumatized woman through her therapeutic journey The guide's companion volume Growing Free A Manual for Survivors of Domestic Violence is the perfect handout for clients in individual therapy group therapy and battered women's shelters Reading stories like their own may provide the shock of recognition they need to be able to understand and eventually to end the cycle of violence that characterizes all levels of domestic abuse It outlines a series of steps they can take to ensure their emotional and physical safety Its stories of women in abusive relationships and discussions of the cycle of abuse are direct and easy to read without ever being condescending A Therapist's Guide to Growing Free provides the insight and therapeutic models needed for effective intervention and treatment including psychological effects and belief systems of victims and survivors discussions and illustrations of the cycle of violence the effects of domestic violence on children and adolescents the therapeutic challenges of couple conjoint therapy handling crisis intervention suggestions for conducting group and therapeutic therapy for victim and batterer A Therapist's Guide to Growing Free and its companion volume provide both therapists and clients with a practical action oriented approach to the problem of domestic violence It is ideal training and reference material for counselors at women's shelters emergency room personnel law enforcement officers and other professionals involved in the rescue support defense and treatment of victims and survivors **A Safe Place to Grow** Vivienne Roseby, Janet Johnston, Bettina Gentner, Erin Moore, 2014-07-16 Discover the effective group treatment strategies that help your school aged clients A child immersed in a conflicted family life may be forced to cope with a multitude of trauma including violence abuse and insecurity In A Safe Place to Grow A Group Treatment Manual for Children in Conflicted Violent and Separating Homes highly respected experts give mental health professionals the tools to provide effective group treatment for children scarred by family environments of conflict and abuse This easy to understand step by step manual is a developmentally appropriate treatment curriculum for traumatized school aged children Age appropriate sections separate therapy for big or little kids focusing on efficacy while presenting a

comfortable multi ethnic multi cultural model A Safe Place to Grow has easy to understand descriptions of techniques with each session in the curriculum containing games and activities that are therapeutic yet flexible enough to be modified whenever the situation warrants A chapter is included to helpfully troubleshoot problems encountered when in session with either age group of children Useful illustrations accompany the text along with a comprehensive bibliography listing additional therapeutic resources for different types of family problems Appendixes are included for instruction on psycho educational groups for parents that enhance their sensitivity to their children s needs as well as providing an evaluation study of the group model itself A Safe Place to Grow provides a sequence of activities within the group model aimed at each of these five goals creating common ground and safety exploring the language and complexity of feeling defining and understanding the self defining and revising roles and relationships restoring a moral order A Safe Place to Grow is an essential resource for social workers psychologists family and child therapists school counselors and battered women and children s advocates

Domestic Violence and Abuse Laura L. Finley, 2020-01-07 This one stop resource for students activists educators and advocates provides a thorough and accessible overview of the many dimensions of domestic violence and abuse including risk factors consequences and resources Appropriate for readers at the high school level and above the volume focuses on the scope extent and characteristics of domestic violence by studying the issue from a variety of perspectives and vantage points including the voices of domestic violence survivors and the activists and advocates working on their behalf to end one of the world s worst human rights problems The volume also includes illuminating chapters devoted to contextual historical overview examinations of key issues and trends in the struggle to end domestic violence a chronology of key events relevant data and primary documents a glossary of terms and recommended online and print resources for further study and analysis

Treating Youth Who Sexually Abuse Stephen Lundrigan, 2014-01-14 A comprehensive program of treatment for adolescent sex offenders Covering every phase from assessment to relapse prevention this valuable book offers specific suggestions and backs them with the latest research as well as years of clinical experience Treating Youth Who Sexually Abuse An Integrated Multicomponent Approach is a training tool reference book and field manual for the use of therapists administrators and everyone involved with the assessment treatment and placement of sexually abusive youth Beginning with a broad view of the continuum of programs available and the structure of the service delivery system that provides treatment Treating Youth Who Sexually Abuse continues with specifics of program policy and design in both outpatient and inpatient settings From choice of client to aftercare the book covers the specifics of pretreatment various modalities of therapy inpatient and outpatient programs and relapse prevention programs The foundations of program structure and the specific components such as family therapy group therapy milieu treatment are integrated to make a powerful flexible and above all effective treatment tool Treating Youth Who Sexually Abuse offers practical advice and help for therapists and administrators including ready to use treatment materials reproducible group

curricula sample schedules for full day treatment and afterschool programs discussions of staff training and administrative concerns information on liability issues ideas for coordinating care with other treatment providers Treating Youth Who Sexually Abuse An Integrated Multicomponent Approach is an essential training tool for students a field manual for professionals and a reference book for everyone interested in sex offence specific treatment for youth With case studies diagnostic criteria helpful tables and diagrams listings of organizations in the field and Web addresses this volume deserves a permanent place on your professional bookshelf

A Man's Recovery from Traumatic Childhood Abuse Robert Blackburn Knight, Mark Falstein, 2014-02-25 First published in 2002 Routledge is an imprint of Taylor Francis an informa company

Child Trauma Handbook Ricky Greenwald, 2014-04-04 Understanding trauma Evaluation and treatment planning Safety and strength building Trauma resolution Making the most of gains Helping the child in daily life

Encyclopedia of Domestic Violence and Abuse Laura L. Finley, 2013-07-16 This comprehensive two volume work examines domestic abuse in the United States and worldwide providing research personal stories and primary documents that reveal the extent of the problem An estimated 1 300 to 1 800 Americans are murdered by intimate partners each year Far from being a problem that only impacts women domestic violence hurts society as a whole both socially as well as financially with an estimated direct and indirect cost of nearly 6 billion annually in the United States This book provides a timely and thorough reference for educators students scholars and activists seeking to better understand the global issue of domestic abuse The entries document the history of the domestic violence prevention movement provide explanations for abuse identify warning signs of hidden abuse describe types of victims and offenders and supply information on interventions and prevention programs Written by an array of experts in the field the book also integrates the personal stories of survivors and addresses abuse as a global issue by covering topics such as acid attacks and female genital mutilation

Mother-Daughter Incest Beverly Ogilvie, 2004-07-15 Provide more effective services for the victims of this underreported rarely investigated form of sexual abuse Until recently mother child incest was considered to be virtually nonexistent The majority of the sexual abuse literature focused on male perpetrated abuse or father daughter incest Mother Daughter Incest A Guide for Helping

Sexual Abuse and the Culture of Catholicism Myra L Hidalgo, 2012-10-12 An inside look at the reasons Catholic priests and nuns commit sexual abuse Sexual Abuse and the Culture of Catholicism digs beneath the public scandals to explore the underlying causes of sexual abuse by priests and nuns from the unique perspective of an abuse victim survivor who is an experienced mental health practitioner and social science researcher This powerful book includes the author's personal account of sexual abuse by a nun and her years of struggle to recover Passionate but scholarly and objective the book advocates the need for healing dialogue empirical research and informed prevention strategies to bring a meaningful resolution to the crisis of sexual abuse in the church Popular explanations for the reasons behind the crisis have included issues related to celibacy homosexuality the power structure of the church and poor seminary screening practices But none

of these theories are supported by research nor can they explain why Catholic priests and nuns may be more likely to abuse children than other adults in positions of trust. Sexual Abuse and the Culture of Catholicism uses a complex systemic approach to draw parallels between the church as a human system and a family that has experienced incest, presenting a model for a sexual trauma cycle in the church based on systemic sexual shame passed down through the beliefs and practices of Catholicism. Sexual Abuse and the Culture of Catholicism examines the prevalence and characteristics of sexual abuse by Catholic priests and nuns compared to sex offenders in the general population, celibacy, homosexuality, and the power structure of the church as contributing factors in the sexual abuse crisis. It offers an analogy of the church as a family in which incest occurs, the effects and causes of sexual offending from one generation to the next, how current research on sexual offending applies to sexual abuse by priests and nuns, healing and empowerment for those affected by religious-based sexual trauma, reform and renewal within the Catholic Church, and much more. Sexual Abuse and the Culture of Catholicism is a unique and important resource for clergy, religious order and lay leaders in the Catholic Church and other Christian denominations, social science researchers, social workers, and mental health professionals, lay and religious members of the Catholic Church, and anyone recovering from religious-based sexual trauma.

Effects of and Interventions for Childhood Trauma from Infancy Through Adolescence Sandra Hutchison, 2012-12-06

Successfully reach out and help children through the worst times of their young lives. Effects of and Interventions for Childhood Trauma from Infancy Through Adolescence: Pain Unspeakable explores an array of trauma-related topics pertaining to children of all ages from a variety of cultures and countries. This book covers the various ego stages of child development and addresses how each one is affected by traumatic experiences. This easy-to-read resource serves as a readily available reference for caregivers, professional or otherwise, who work with or encounter a child who has been traumatized. In Effects of and Interventions for Childhood Trauma from Infancy Through Adolescence, you will find actual accounts of traumatic incidents throughout the world, focused specifically on those incidents that have the most devastating impact on large groups of children. This book reviews the research on post-traumatic stress disorder and stress response-related symptoms, with brief descriptions of treatments for you to use with children who suffer from post-traumatic stress. Special features of this important tool consist of an extensive list of organizations and crisis hotline numbers, as well as recommended reading, video, and curricula resources. Effects of and Interventions for Childhood Trauma from Infancy Through Adolescence examines traumatic situations from many angles, including the many faces of trauma: accidents, fire, natural disasters, developmental considerations, including ego development, memory development, and the development of fears and responses; the way children respond to traumatic incidents; the types of interventions: individual, group, family, pharmacological, and school-based; cultural considerations from around the globe; how to establish a school-based Trauma Response Team. Effects of and Interventions for Childhood Trauma from Infancy Through Adolescence includes real case studies, fictional sample cases, and suggestions that walk you step by step through the possible scenarios that can occur with

children during or after a traumatic event Each section of the book ends with a helpful summary highlighting the most important information

Real Life Heroes Richard Kagan, 2013-06-17 Help children overcome the pain of trauma and develop a healthy sense of self *Real Life Heroes A Life Story Book for Children Second Edition* is the updated classic that helps children with traumatic stress move from painful or fractured memories to a more positive perspective not by denying hardships but by drawing strength from the supportive people in their lives This innovative workbook uses a creative arts approach that encourages children to work with caring adults to develop autobiographies through a wide range of activities including drawings music movies and narrative The results foster positive values and a sense of pride in children as they form a stronger bond with caring and committed adults and protection from adversity and stressors that exist in everyday life *Real Life Heroes A Life Story Book for Children Second Edition* is a therapeutic resource that helps children overcome the difficulties they may face including divorce separation placement learning problems serious illness and hospitalization The workbook highlights and preserves for children the moments in their lives when important people family friends and community showed kindness caring understanding and courage giving the child a sense of value that can promote transformation of troubled children from victims into tomorrow's heroes The life storybook is especially useful for work with children in foster and adoptive families and group care programs Topics addressed in *Real Life Heroes A Life Story Book for Children Second Edition* include helping children recognize and express feelings affect regulation inviting the child to draw act out and write a brief story of someone in his or her life who has acted like a hero helping a child recall memories of adults who provided care helping a child remember strengths skills and supportive relationships that helped him or her encouraging a child to chronicle his or her moves between different locations and homes helping a child build self-soothing skills with imagery and body awareness skills helping a child process difficult memories utilizing skills support from caring adults and cognitive processing techniques helping a child to develop a successful self image for the future *Real Life Heroes A Life Story Book for Children Second Edition* is a rich resource for counselors psychotherapists teachers parents adoptive parents foster parents grandparents and mentors who are working to help troubled children to overcome traumas and to rebuild hope and a positive identity

Trauma-Centered Group Psychotherapy for Women Hadar Lubin, David Read Johnson, 2012-02-27 Learn effective PTSD group treatment The awareness of psychological trauma has grown exponentially in the past decade and clinicians in many areas have increasingly found themselves confronted with the need to provide trauma-related services to clients Still there remains a serious lack of manuals that guide clinicians using group therapy to treat posttraumatic stress disorder PTSD *Trauma Centered Group Psychotherapy for Women A Clinician's Manual* is the important how-to resource that fills this void with a successful theory-based field-tested model of group therapy for traumatized women Concise and full of clinical examples this helpful text includes a session-by-session guide for clinicians and a workbook for clients Comprehensive and practical *Trauma Centered Group Psychotherapy for Women A Clinician's*

Manual not only describes the theory method and rationale for this effective treatment but also offers a complete step by step clinician s manual and client workbook to help implement the model and establish effective practice Explained in depth are unique methods such as the use of testimonial and ceremonial structures to heighten the therapeutic impact and case examples of individual client histories and progress through treatment In addition appendices detailing a treatment contract and a script for a trauma program Graduation Ceremony are also included Chapters in Trauma Centered Group Psychotherapy for Women cover concepts of group therapy with traumatized populations developmental theory of trauma and posttraumatic stress disorder usefulness and challenges of various formats of group therapy session by session instructions for clinicians session by session workbook for clients guidance in handling difficult treatment and clinical situations group therapy procedures and rules managing traumatic re enactments empirical support for TCGP and much more With a detailed bibliography and numerous diagrams charts and tables for visualizing information Trauma Centered Group Psychotherapy for Women is an ideal resource for mental health clinicians of all types graduate students and educators state mental health commissions and agencies libraries hospitals and clinics

The Systematic Mistreatment of Children in the Foster Care System Lois Weinberg, 2014-07-16 The Systematic Mistreatment of Children in the Foster Care System tells the stories of 10 children in the foster care system from diverse ethnic and cultural backgrounds and the efforts by advocates to find them permanent places to live appropriate schooling and other essentials they need to survive The children s case studies highlight the difficulties in placing and maintaining them in healthy living situations with supportive educational mental health and other services The book shows how children fall sometimes over and over again through the deep cracks that exist within and between the various agencies of the multi agency system of care that was designed to help them Appropriate placement and services for children in foster care typically requires the coordination and collaboration of several agencies including the juvenile court child protective services CPS school districts and departments of mental health DMH The Systematic Mistreatment of Children in the Foster Care System shows how these agencies frequently fail to meet their legal obligations to children in the system and what can be done to address these failures and the outcomes they produce The Systematic Mistreatment of Children in the Foster Care System includes an introduction to the child protective services system the general route by which children in the United States are removed from their parents custody because of abuse and neglect the major components of the Individuals with Disabilities Education Act and the problems in getting foster children s educational needs met the difficulties in securing stable out of home placements strategies for stabilizing home placements problems in funding for out of home placements strategies for advocating the removal of children from inadequate out of home placements legislation and practices for bringing about needed policy changes and much more Equally valuable as a professional tool and as a classroom resource The Systematic Mistreatment of Children in the Foster Care System includes introductions to specific issues presented in each chapter case studies that illuminate the issues

presented subsections for each case study chapter entitled Prevention Intervention Advocacy Considerations and What Had Gone Wrong boxed items highlighting practical strategies laws and other relevant information and a conclusion and summary of each chapter

Social Work with Groups Sue Henry, Jean East, Cathryne Schmitz, 2016-05-23 Hone your group work skills to make sessions even more meaningful Social Work with Groups Mining the Gold examines a wide array of varieties of social group work practice from corrections through empowerment and international issues It explores ways to deal with youth violence following the shootings at Columbine High School issues of social exclusion empowerment practice groups in correctional settings group work practice with seniors gender diversity multicultural groups teleconferencing groups and education for social work group practice Every chapter author who contributed to this timely and important volume reflects the gold to be mined in the use of groups in social work Linda Hutton shares her first hand experience of working with chronically paranoid schizophrenic clients who are also chemically addicted Marshall Rubin and Carol J Hinote explore ways of working creatively with different populations Rubin confronts the use of structured program designs and Hinote describes the challenge of being a woman worker with a group of mentally ill men Paul Abels and Sonia Leib Abels examine the use of narratives in social work with groups Beverly Ryan and Patty Crawford discuss the creation of support groups for elderly people dealing with loss and Jean East Susan Manning and Ruth J Parsons explore ways for group work to advance the social work empowerment agenda Social Work with Groups also explores case studies of a school based project to prevent violence a European group work plan to fight social exclusion in a multicultural environment a prison based group work program ways to use gender diversity to enrich the group experience Social Work with Groups brings you insightful commentary from the people who are developing cutting edge programs and expanding the boundaries of group work No social worker who wants to function most effectively in a group setting should be without it

Group Work Timothy Kelly B, 2012-12-06 Explore the latest research and practice information in group work Group Work Strategies for Strengthening Resiliency is a collection of research and information presented at the Twentieth Annual International Symposium on Social Work with Groups Resiliency issues are explored in relation to children couples managers survivors of torture poor women HIV AIDS affected youth and other population groups The contributors were keynote speakers and paper presenters at the symposium They represent a wide range of fields of practice and experience For social workers students educators and practitioners this volume examines how group work can improve resiliency in your community Here s a sample of what you ll find inside Keynote Speaker Jeremy Woodcock s experiences in his groundbreaking resiliency work with victims of torture Alex Gitterman s brilliant exposition of the notions of resiliency and vulnerability he outlines the current thinking and puts it into a group work context case examples that illustrate resiliency in children a discussion of how residential settings can function like a 24 hour group and how to use that group effectively to strengthen the resiliency of the residents a way to use groups to help develop social and economic capital for poor women through investment clubs group themes and practice strategies for

group work with couples who have differing HIV status Group Work Strategies for Strengthening Resiliency also contains chapters reflecting the personal experiences of the authors One shares her transformation from a worker who did case work in a group into a social group worker Another shares a reminiscence of a personal journey during her formative years as a budding group worker From its description of how the use of group work principles and skills can benefit managers and programs to its challenge to group workers to incorporate some community work skills into their repertoire Group Work Strategies for Strengthening Resiliency is more than a fascinating read it is a tool to help you keep abreast of the latest theory and practice in this ever changing field

Effects of and Interventions for Childhood Trauma from Infancy Through Adolescence Sandra B. Hutchison, 2005 Hutchison a child therapist explores trauma related topics pertaining to children of all ages from a variety of cultures and countries in this reference for professional and nonprofessional caregivers of children who have been traumatized

We are Not Alone Jade Christine Angelica, 2002 The central features of this workbook are two first person fictional narratives that were written for a Massachusetts District Attorney's Office to provide to victims of child abuse so that they could understand the process of criminal justice they find themselves in

EMDR Within a Phase Model of Trauma-Informed Treatment Ricky Greenwald, 2012-02-27 A practical guide to learning and using EMDR Trauma is a potential source of most types of emotional or behavioral problems Extensive research has shown EMDR to be an effective and efficient trauma treatment EMDR Within a Phase Model of Trauma Informed Treatment offers mental health professionals an accessible plain language guide to this popular and successful method The book also introduces the Fairy Tale Model as a way to understand and remember the essential phases of treatment and the tasks in each phase This manual teaches a clear rationale and a systematic approach to trauma informed treatment including often neglected elements of treatment that are essential to preparing clients for EMDR The reader is led step by step through the treatment process with scripted hands on exercises to learn each skill In addition to presenting the fundamental EMDR procedures EMDR Within a Phase Model of Trauma Informed Treatment teaches a treatment system that can be applied to a variety of cases Using research supported and proven effective methods this book takes you through the treatment process with easily understood dialogues and examples Explicitly guided exercises produce hands on skills and familiarize you with ways to explain trauma to clients and prepare them for EMDR You will also learn to problem solve challenging cases using the trauma framework EMDR Within a Phase Model of Trauma Informed Treatment also includes an Instructor's Manual with sample syllabus teaching tips PowerPoint slides test bank Additional discussions address why trauma matters posttraumatic symptoms the trauma wall the structure of trauma treatment the role of EMDR the eight phases of EMDR preparing clients for EMDR legal and medical issues in EMDR problem solving strategies in EMDR sessions treatment strategies for a variety of presenting problems using EMDR with children and adolescents use and application of the fairy tale model on line and digital resources Designed to be a comprehensive primer companion supplemental textbook and valuable reference resource

EMDR Within a Phase Model of Trauma Informed Treatment is ideal for clinicians already trained in EMDR those actively learning EMDR and mental health professionals interested in EMDR Note that to practice EMDR requires formal supervised training

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