
FACILITATOR GUIDE

Beyond Anger and Violence

A PROGRAM FOR WOMEN

Stephanie S. Covington

WILEY

CONTENTS

Praise for Beyond Anger and Violence i

Materials Needed for Each Session xxix

Introduction xxxvii

Chapter 1: Information for the Facilitator 1

Part 1: Facilitating This Program 1

The Therapeutic Environment 1

Closed Groups 2

Prior to Each Session 3

Grounding and Self-Soothing Activities 4

Interruptions 4

Participant Workbooks 4

Art Supplies 4

Use of the DVD 5

Knowing the Women in the Group 5

Cofacilitating 6

Tips on Conducting a Group Session 6

Facilitator Reliability 6

Facilitator Style 6

Facilitating Group Interaction 7

Answering Questions 9

Demonstrating Cultural Awareness 9

Adjusting the Timing 9

Sharing Reading and Writing Tasks 10

Using Guided Imagery	10
Completing the Collages	11
Yoga Poses and the Mind-Body Connection	11
Distributing Handouts	11
Dealing with Challenging Situations	11
Staff Training	13
Part 2: Research on <i>Beyond Violence</i>	14
Feasibility of <i>Beyond Violence</i>	14
Short-Term Outcomes of <i>Beyond Violence</i>	15
A Randomized Control Trial in the General Population	15
Research Articles on <i>Beyond Violence</i>	16
Reference	16

Chapter 2: The Theoretical and Research Foundations for *Beyond Anger and Violence: A Program for Women* 17

Introduction	17
The Effects of Gender Socialization on Women	17
The Feminist Ecological Model	19
The Social-Ecological Model	20
Individual	20
Relationship	20
Community	21
Societal	21
Relational-Cultural Theory	21
Trauma Theory	23
Research on Women and Anger	24
Feelings of Powerlessness and Lack of Control	25
Mental Health	26
History of Trauma	26
Substance Use	26
Eating Disorders	27
Aggressive Behavior	27
Addiction Theory	28
The Holistic Health Model of Addiction	28

Abuse, Trauma, and Substance Use	30
Childhood Abuse	31
Sexual Abuse and Assault	32
Intimate Partner Violence	32
PTSD and Substance Use	32
Eating Disorders	33
Gambling	34
Empowerment Theory	34
Best Practices for Prevention Programs	35
References	35

Orientation Session: Introduction to the Program 41

Session Overview	41
Background Information for the Facilitator	42
Facilitator Welcome and Introduction	43
Group Introductions	46
Quiet Time	47
Overview of Program	47
Group Agreements	50
Session Format	53
Lecture: Triggers	55
Activity: Five Senses	56
Activity: Breathing and Exhaling	58
Lecture: Anger and Violence	59
Check-In	64
Discussion: What Would You Like to Get from This Group?	65
Lecture: The Social-Ecological Model	66
Activity: Creating a Container	71
Lecture and Activity: Survey	73
Assignment	78
Self-Soothing Activity: Palms Down, Palms Up	78
Closing	79
References	80

Part A: Self 83

Session One: Thinking Our Thoughts 85

Session Overview	86
Background Information for the Facilitator	86
Quiet Time	87
Welcome	87
Self-Soothing Activity: Creating a Container	87
Review of Group Agreements	89
Thinking About the Last Session	89
Review of Assignment	89
Session Goals	90
Lecture: The Spiral of Violence and Nonviolence	90
Activity: Thinking, Feeling, and Substance Use	94
Discussion: Thinking, Feeling, and Substance Use	95
Lecture: Automatic Thoughts	96
Lecture: Cognitive Distortion	97
Activity: My Typical Distorted Thinking	100
Activity: Feelings Inside and Outside	102
Activity: DVD of <i>What I Want My Words To Do To You</i>	103
Activity: Understanding Keila and Understanding Me	104
Thinking About This Session	107
Assignment	107
Self-Soothing Activity: Palms Down, Palms Up	107
Closing	109
References	110

Session Two: Feeling Our Feelings 111

Session Overview	111
Background Information for the Facilitator	112
Quiet Time	112
Welcome	112
Self-Soothing Activity: Creating a Container	113
Thinking About the Last Session	114

Review of Assignment	114
Session Goals	115
Activity: Identifying Feelings	116
Lecture: Feelings as Clues	118
Activity: Beliefs About Feelings	119
Activity: Intensity of Feelings	120
Lecture: Emotional Wellness	122
Activity: Feelings and the Body	125
Activity: The Observer Self	129
Thinking About This Session	132
Assignment	132
Self-Soothing Activity: Palms Down, Palms Up	133
Closing	134

Session Three: Violence and Trauma in Our Lives 135

Session Overview	136
Background Information for the Facilitator	136
Quiet Time	137
Welcome	138
Self-Soothing Activity: Creating a Container	138
Thinking About the Last Session	139
Review of Assignment	139
Session Goals	140
Lecture: A Definition of Violence	140
Activity: Types of Abuse	142
Lecture: The Process of Trauma	144
Activity: Calming Strategies	152
Activity: Two Calming Activities	153
Activity: Calming Collage	155
Activity: Five Senses	156
Discussion: Keila's Options	157
Daily Anger Log	158
Thinking About This Session	159
Assignment	159

Self-Soothing Activity: Palms Down, Palms Up	160
Closing	162
References	162

Session Four: The Effects of Trauma 163

Session Overview	163
Background Information for the Facilitator	164
Quiet Time	165
Welcome	165
Self-Soothing Activity: Creating a Container	165
Thinking About the Last Session	166
Review of Assignment	166
Session Goals	166
Activity: Adverse Childhood Experiences Survey	167
Lecture: The Adverse Childhood Experiences Study	170
Discussion: The Effects of Trauma on the Brain	173
Lecture: The Effects of Substance Use on the Brain	174
Discussion: Personal Experiences with Substances	177
Lecture: Triggers	178
Activity: Triggers and the Body	180
Thinking About This Session	182
Assignment	183
Self-Soothing Activity: Palms Down, Palms Up (or optional yoga pose, Breath of Joy)	184
Closing	186
References	186

Session Five: Women and Anger 187

Session Overview	188
Background Information for the Facilitator	188
Quiet Time	189
Welcome	189
Self-Soothing Activity: Creating a Container	189
Thinking About the Last Session	190
Review of Assignment	190

Session Goals	191
Lecture: Anger	192
Activity: Words for Anger	195
Activity: Meeting a Feeling	196
Lecture: The Anger Funnel	200
Activity: The Anger Funnel	202
Activity: Anger Osmosis	204
Activity: Anger Triggers	205
Lecture and Discussion: Hidden Anger	207
Activity: Self-Inflicted Violence	209
Activity: Personal Anger Inventory	211
Thinking About This Session	215
Assignment	215
Self-Soothing Activity: Palms Down, Palms Up	216
Closing	217
Reference	217

Session Six: Tools for Managing Anger 219

Session Overview	220
Background Information for the Facilitator	220
Quiet Time	221
Welcome	221
Self-Soothing Activity: Creating a Container	221
Thinking About the Last Session	222
Review of Assignment	222
Session Goals	223
Activity: Anger Management Strategies	224
Activity: Anger Dos and Don'ts	226
Activity: Self-Reflection Tool	228
Activity: Visualization and Collage of My Personal Best	234
Thinking About This Session	237
Assignment	237
Self-Soothing Activity: Palms Down, Palms Up	237
Closing	239

Session Seven: Understanding Ourselves 241

- Session Overview 241
- Background Information for the Facilitator 242
- Quiet Time 243
- Welcome 243
- Self-Soothing Activity: Creating a Container 243
- Thinking About the Last Session 244
- Review of Assignment 244
- Session Goals 245
- Activity: DVD of *What I Want My Words To Do To You* 246
- Discussion: DVD 247
- Activity: Understanding My Anger 247
- Discussion: Understanding My Anger 249
- Activity: Understanding My Behavior 249
- Lecture: Becoming Whole 251
- Thinking About This Session 254
- Assignment 254
- Self-Soothing Activity: Palms Down, Palms Up 254
- Closing 256

Part B: Relationships 257

Session Eight: Our Families 259

- Session Overview 259
- Background Information for the Facilitator 260
- Quiet Time 261
- Welcome 261
- Self-Soothing Activity: Deep Breathing 261
- Thinking About the Last Session 262
- Review of Assignment 263
- Session Goals 263
- Lecture: Risk Factors 264
- Activity: Family Sculpture 266
- Lecture and Discussion: Family Sculpture 280

Lecture and Discussion: The Cost of Violence	283
Activity: Feelings and the Family	284
Discussion: The Family Anger Questionnaire	286
Activity: Wheel of the Nurturing Family	287
Thinking About This Session	292
Assignment	292
Self-Soothing Activity: Deep Breathing	293
Closing	293
References	294

Session Nine: Communication 295

Session Overview	295
Background Information for the Facilitator	296
Quiet Time	296
Welcome	296
Self-Soothing Activity: Deep Breathing	297
Thinking About the Last Session	298
Review of Assignment	298
Session Goals	299
Lecture: Communication Styles	300
Activity: Communication Styles	301
Activity: Nonverbal Communication	303
Activity: Communicating Emotions	304
Activity: Strategies for Creating Connection in Communication	310
Activity: Responses to Stress	311
Discussion: Responses to Stress	312
Thinking About This Session	312
Assignment	313
Self-Soothing Activity: Deep Breathing (or optional yoga pose, Seated Pigeon)	314
Closing	315
Reference	315

Session Ten: Power and Control 317

Session Overview	318
------------------	-----

Background Information for the Facilitator	318
Quiet Time	319
Welcome	319
Self-Soothing Activity: Deep Breathing	319
Thinking About the Last Session	320
Review of Assignment	320
Session Goals	321
Lecture: The Power and Control Wheel	322
Activity: The Power and Control Wheel	324
Lecture: Types of Abuse in Relationships	329
Discussion: Types of Abuse in Relationships	332
Lecture: The Violence Continuum and Escalation	333
Activity: De-escalation	336
Thinking About This Session	340
Assignment	341
Self-Soothing Activity: Deep Breathing	342
Closing	343
References	343

Session Eleven: Conflict Resolution 345

Session Overview	346
Background Information for the Facilitator	346
Quiet Time	346
Welcome	347
Self-Soothing Activity: Deep Breathing	347
Thinking About the Last Session	348
Review of Assignment	348
Session Goals	349
Lecture: Fair Fighting	349
Activity: Words, Words, Words	352
Discussion: Fair Fighting	353
Lecture and Activity: Impulse Control	354
Activity: The Equality Wheel	357
Activity: DVD of <i>What I Want My Words To Do To You</i>	362

Thinking About This Session 363
Assignment 363
Self-Soothing Activity: Deep Breathing 365
Closing 366

Session Twelve: Creating Our Relationships 367

Session Overview 368
Background Information for the Facilitator 368
Quiet Time 369
Welcome 369
Self-Soothing Activity: Deep Breathing 369
Thinking About the Last Session 370
Review of Assignment 370
Session Goals 371
Activity: Falling in Love 372
Discussion: Love and Addiction 374
Activity: Contrasting Intimate Relationships and Addictive Relationships 375
Discussion: How to End a Relationship 378
Activity: Relationship Collage 380
Thinking About This Session 381
Assignment 381
Self-Soothing Activity: Deep Breathing 382
Closing 383
Additional Resources 383

Part C: Community 385

Session Thirteen: Our Communities 387

Session Overview 388
Background Information for the Facilitator 388
Quiet Time 389
Welcome 389
Self-Soothing Activity: Progressive Muscle Relaxation 389
Thinking About the Last Session 393
Review of Assignment 393

Session Goals	393
Activity: Our Communities	394
Activity: Visualization	396
Discussion: Visualization	400
Activity: Collage of My Community	401
Discussion: Collage of My Community	402
Activity: Friendship	402
Thinking About This Session	403
Assignment	403
Self-Soothing Activity: Progressive Muscle Relaxation	405
Closing	409
References	409

Session Fourteen: The Importance of Safety 411

Session Overview	411
Background Information for the Facilitator	412
Quiet Time	413
Welcome	413
Self-Soothing Activity: Progressive Muscle Relaxation	413
Thinking About the Last Session	416
Review of Assignment	417
Session Goals	417
Discussion: Safety in the Community	418
Activity: The Four Kinds of Safety	419
Activity: DVD of <i>What I Want My Words To Do To You</i>	421
Lecture: Environment and Behavior	422
Discussion: Safe and Unsafe Environments	424
Activity: Safety and the Body	424
Activity: Community Maps	425
Thinking About This Session	429
Assignment	430
Self-Soothing Activity: Progressive Muscle Relaxation (or optional yoga pose, Modified Triangle)	430
Closing	433
References	434

Session Fifteen: Creating Community 435

- Session Overview 435
- Background Information for the Facilitator 436
- Quiet Time 436
- Welcome 436
- Self-Soothing Activity: Progressive Muscle Relaxation 437
- Thinking About the Last Session 439
- Review of Assignment 440
- Session Goals 440
- Activity: DVD of *What I Want My Words To Do To You* 441
- Discussion: DVD 441
- Activity: Crossroads 442
- Lecture: Making Good Decisions 445
- Thinking About This Session 446
- Assignment 447
- Self-Soothing Activity: Progressive Muscle Relaxation 448
- Closing 451

Session Sixteen: The Power of Community 453

- Session Overview 453
- Background Information for the Facilitator 454
- Quiet Time 454
- Welcome 454
- Self-Soothing Activity: Progressive Muscle Relaxation 455
- Thinking About the Last Session 456
- Review of Assignment 456
- Session Goals 457
- Activity: DVD of *What I Want My Words To Do To You* 457
- Discussion: DVD 458
- Activity: Writing About a Kind Act 459
- Thinking About This Session 460
- Assignment 460
- Self-Soothing Activity: Progressive Muscle Relaxation 460
- Closing 461

Part D: Society 463

Session Seventeen: Society and Violence 465

- Session Overview 465
- Background Information for the Facilitator 466
- Quiet Time 467
- Welcome 468
- Self-Soothing Activity: Breathing in the Positive 468
- Thinking About the Last Session 469
- Review of Assignment 470
- Session Goals 470
- Lecture: Reviewing the Risks for Violence 470
- Activity: The Culture Wheel 472
- Activity: Institutional and Cultural Supports for Domestic Violence 474
- Discussion: Supports for Domestic Violence 479
- Lecture: Working to End Violence 479
- Discussion: What This Means to Me 484
- Lecture: Art as an Expression of the Levels of Violence 484
- Thinking About This Session 487
- Assignment 487
- Self-Soothing Activity: Breathing in the Positive 488
- Closing 489
- References 489
- Organizations Mentioned in the Session 490

Session Eighteen: Creating Change 491

- Session Overview 491
- Background Information for the Facilitator 492
- Quiet Time 493
- Welcome 493
- Self-Soothing Activity: Breathing in the Positive 493
- Thinking About the Last Session 494
- Review of Assignment 494
- Session Goals 495

Activity: Health, Harmony, and Wholeness	495
Discussion: Health, Harmony, and Wholeness	498
Lecture: The Spirals of Transformation	498
Activity: Your Spirals	501
Activity: DVD of <i>What I Want My Words To Do To You</i>	501
Thinking About This Session	502
Assignment	502
Self-Soothing Activity: Breathing in the Positive (or optional yoga pose, Twisted Branches to Open Wings)	502
Closing	503

Session Nineteen: Transforming Our Lives 505

Session Overview	505
Background Information for the Facilitator	506
Quiet Time	506
Welcome	506
Self-Soothing Activity: Breathing in the Positive	507
Thinking About the Last Session	508
Review of Assignment	508
Session Goals	508
Activity: Visualization	509
Discussion: Visualization	510
Lecture: The Role of Remorse in Transformation	511
Discussion: The Process of Transformation	513
Lecture: Making Amends	514
Activity: Making Amends Role Play	516
Discussion: Making Amends Role Play	517
Activity: Forgiveness	518
Thinking About This Session	519
Assignment	519
Self-Soothing Activity: Breathing in the Positive (or optional review of four yoga poses)	520
Closing	521
Reference	521

Session Twenty: Honoring Ourselves and Our Community 523

- Session Overview 524
- Background Information for the Facilitator 524
- Quiet Time 525
- Welcome 525
- Self-Soothing Activity: Breathing in the Positive 525
- Thinking About the Last Session 526
- Review of Assignment 526
- Session Goals 527
- Lecture: The Relational Wheel 527
- Discussion: Are You Becoming the Person You Want to Be? 530
- Activity: ORID 531
- Activity: Appreciation 533
- Activity: Become the Change You Want to See 534
- Thinking About This Program 534
- Self-Soothing Activity: Breathing in the Positive 535
- Closing 536

Appendix 1: Yoga Poses 537

1. Breath of Joy 537
2. Seated Pigeon's Pose 539
3. Modified Triangle 540
4. Twisted Branches to Open Wings 541

Appendix 2: Handouts to Cut Out and Distribute 543

1. For the Orientation Session: "Five Senses" Cards 544
2. For Part B, Session Ten: "De-escalating/Self-Calming Statements" 545
3. For Part B, Session Eleven: "Words That Escalate and Words That Help" 546
4. For Part B, Session Twelve: "Contrasting Intimate Relationships and Addictive Relationships" 547
5. For Part D, Session Eighteen: "Health, Harmony, and Wholeness" 548
6. For Part D, Session Twenty: "Become the Change" Cards 552

Appendix 3: Gender-Responsive Resource Guide 553

About the Author 559

About the Cover 561

Feedback Form 563