

MEN'S ALTERNATIVES TO VIOLENCE

A Domestic Violence Prevention Education Program

MAV is a 52 week program designed to address men's issues around domestic violence. The first component will focus primarily on education and presenting basic skills to cope with any potential explosive situations which may arise for group participants. The text used for this group is the work manual, *Learning to Live Without Violence*, by the noted Domestic Violence Prevention-Intervention pioneer, Daniel Sonkin, PHD.

Content of the program is as follows:

Week 1: Chapter 1

Define different types of interpersonal violence.

1. Physical
2. Sexual
3. Psychological/Emotional Violence.

How to stop violence using time-outs. Review of time-out procedure – 1. Tell person that you are feeling angry and that you need a time-out. 2. Leave for 1-hour and don't drink, use drugs or drive. 3. Return in 1- hour and discuss why you were angry or set a time when you can discuss it.

Discussion of how violence effects trust in a relationship.

Homework: Practice Time outs

Week 2: Chapter 2

Why do men/we batter? Usually a response to an out of control situation. Messages that society give men/us about violence ie. War, men are suppose to be in control, being physically dominant is "macho", etc... Common profiles of male batterer; low self-esteem, explosive tempers, need to control others, feeling that their lives are out of control, isolated, poor communicators, "macho" attitude, dependent upon others for practical and emotional needs.

Minimizing violence and blaming others. Discuss Cycle of Violence: 1. Tension building. 2. Explosion/violence. 3. Honeymoon – hearts & flowers.

The affects of the violence on children. Angry, confused, fearful, distrustful, helpless frustrated.

Homework: Practice time outs. Handout exercise – Pg 18.

Week 3: Chapter 3

When someone tells you – "You have to go to counseling" Blaming someone else for your dilemma. Taking responsibility for "your" actions. Domestic Violence is a Crime. Violence in context. Domestic Violence and the Military – Training in violence. Make the best of the situation – counseling is there to help.

Homework: Practice time outs. Study Questions – Pg. 25.

Week 4: Chapter 4

How to recognize anger. Exercise to have men/us look at what physical signs they have before their anger is out of control. Physical signs of anger usually appear before realizing that we are feeling anger.

Discuss anger scale. Define the intensity levels of anger, scale 1 to 10. Ways that anger is used. 1. Stuffing it. 2. Escalating it. 3. Directing it. Discuss pros and cons of each. Role play exercise using "I" statements to direct anger. Anger is an emotion. Violence is a behavior.

Homework: Practice time outs. Anger Journal.

Week 5. Chapter 5

The relationship between the use of alcohol other drugs and violence. Stages of drug use. 1. Experimentation. 2. Social. 3. Abuse. 4. Addiction. Pharmacology of drugs: Stimulants, depressants, hallucinogens and other. Poly drug use, the synergistic effect. Cross addictions. Co-dependency. Effect of drugs in the family
Homework: Time outs. Chemical use history.

Week 6. Chapter 6

Learning to listen to others. How to communicate effectively. Open vs Closed communication. Body language, tone of voice and words. How we communicate anger to others. Barriers to effective communication. Listening skills exercise.
Homework: Time outs. Communication exercise with partner/others.

Week 7: Chapter 7

What are feelings? The difference between thoughts and feelings. Check-in exercise to have each participant learn how to discuss/share their feelings. Introduce “feelings vocabulary” – feelings log. How to express your feelings in a healthy manner. Feelings are never wrong. What happens when we don’t express our feelings. Which feelings are you most uncomfortable expressing?
Homework: Time outs. Feelings journal.

Week 8: Chapter 8

Being assertive vs. aggressive. The passive aggressive scale. Who are you passive with? Aggressive with? Why? What is a passive-aggressive behavior and why we use it? How to get your needs met by being assertive.
Homework: Time outs. Study questions Pg. 68.

Week 9: Chapter 9

Defining stress. External vs. internal. Stress is learned. How to recognize stress. The physical and emotional signs of stress. How to cope with stress: Deep breathing, visualization. Talking with others. Identify source of your stress. Feeling and changing or accepting the stress. Ways that stress comes out negatively. Violence, physically, illness e tc.
Homework: Time outs. Practice coping techniques to deal with stress.

Week 10: Chapter 10

What is jealousy? Usually a fear that a partner will give something away the you feel is yours. Why are we jealous? 1. Low self-esteem. 2. Loss early in life. Respecting others personal boundaries. Exhibiting less control over your partner and feeling more in control of yourself. Confronting jealousy. Real or perceived. Who are you jealous of and why?
Homework: Time outs. Study questions Pg. 85.

Week 11. Chapter 11

How to develop healthy patterns with your partner/others. Listen to one another's needs. Respecting each other's boundaries. Communicating openly and honestly. How to fight fair. Not hitting below the belt. How to change negative patterns in your relationship. Group discussion on ideas of how to change unwanted behaviors.
Homework: Time outs. Develop a plan to change unwanted behavior.

This series of sessions may be repeated at the end of a cycle. Some topics/chapters may take more than one session. During this period time will be provided to address personal and interpersonal issues. The structure of this group is open and is subject to focusing on the needs of the group. The following is a partial list of issues which are likely to be addressed through group discussion and group exercise.

- Family of origin
- Values
- Parenting
- Communication
- Being responsible for your own behavior
- Developing support systems
- Intimate relationships
- Expressing anger appropriately
- Making positive changes
- Coping skills
- How violence effects those around you
- Self esteem
- Power and Control
- Understanding and expressing feelings
- Crisis management
- Alcohol and other drug use, etc....

All clients are expected to bring in any issues which they feel might be relevant to the group/subject. All clients are responsible for changing their own behavior and seeing that they get any time needed to discuss issues which they feel might be important to them.

This course is offered in English and Spanish.

For more information or enrollment needs contact:

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