

## **Batterers Prevention Incentive - Course Outline**

*This 15 week class will bring awareness about the effects of psychological and physical abuse to victims of batterers*

**Benefits:** *Client will learn from a variety of teaching tools including video, role plays, exercises and homework different aspects of batterers, (ie. verbal abuse.) Clients will understand Pennsylvania laws (ie. PFA orders.)*

### **Session 1:**

- Paradigm Shift - demonstrating how our cognitive behavior is influenced by how we view the world, explain what exactly a paradigm shift is

### **Session 2:**

- What is a batterer - group discussion followed by definition according to state laws

### **Session 3:**

- Making clients aware of controlling behaviors, role plays, group discussion.

### **Session 4:**

- Learning different personality styles

### **Session 5:**

- Communication styles & skills

### **Session 6:**

- Using "I" statements and listening to understand

### **Session 7:**

- Understanding the roots of anger

### **Session 8:**

- Diaries of a former batterer

### **Session 9:**

- Role reversal in the household structure

## **Batterers Prevention Incentive - Course Outline (Continued)**

### **Session 10:**

- Batterer Triggers

### **Session 11:**

- Mental health in batterers

### **Session 12:**

- Substance abuse and batterers

### **Session 13**

- Dealing with insecurities and conflict in the household

### **Session 14:**

- Post test on material covered previously

### **Session 15:**

- Graduation and signing of commitment papers, (ie. I will support my family, and not be a batterer).