

1st QUARTER:

1. Anger, Deny, Minimize, Blame, Tip of the iceberg, ANTS
2. Feelings/Thoughts
3. Positive Conflict Resolution called Check Yourself
4. Abuse/Equality Wheel the shelter feminist view
5. Cycle of Violence, Escalation of Abuse
6. Controlling Behaviors
7. Dysfunction communication
8. Fair Fighting Rules
9. Communication active listening, listening for understanding; feedback, “**Listen**” poem
10. Female Batterers “**Men Don’t Tell**” movie
11. Male Victims **YouTube Clips** Your experience’s
12. Group members “**Teach**” Check Yourself
13. Check Yourself “**Role Play**” presenting to partner
End of Options Probation

2nd QUARTER:

14. Discrimination types, brain storm, which god is right? Heterosexual Questionnaire
15. Discrimination movie **Blind Faith**
16. Red Flags, Limerence, Jealousy, Borderline Personality Organization
17. Partner Selection Exercise “**Picking A Partner**” Picking the other parent of your children
18. What you want in a partner specific example
19. What you bring to the relationship, specific examples
20. What experience of being hurt did you experience with each parent or guardians
21. How children are affected by domestic violence brain storming
22. Separated parents, What is most damaging to the child/children? What is best?
23. Parenting: Film **Early Years**, parenting types, positive parenting, “Kids Today” defense
24. Parenting: Respect the Child, Ages and Stages, Praise praise, Ignore negative, Don’t sweat the small stuff.
25. Parenting: Hitting Yelling, Spanking, Learning vs. Punishment, Time out Stool.
26. Parenting: Communication, Listening, You Check Yourself

3rd QUARTER

27. Alcohol and substance abuse, AA progression, **The Hole in the Street**
28. Movie: **Once Were Warriors**
29. Codependency: The toxic bond, Boundaries, Define selfish/self-care, Read **The Bridge and I Am Not**
30. Assertive, Aggressive, Passive Aggressive, Negative, Always/Never, bad/good, win/lose
31. Family roles and rules, the scapegoat, the distracter, the savior, the peacemaker,

the invisible

32. Group family feud

33. Emotional Intelligence

34. The Brain development, reptilian, limbic, executive functioning, fight, flight, freeze, fold.

35. Cinderella/Cowboy and the power of music on the brain and the messages we receive

36. Choice-existentialism, **The 3 C's**

37. Family of Origin: each group member genogram

38. Family of Origin: each group member genogram

39. Family of Origin: multi-generational transmission

4th QUARTER:

40. Male Socialization Read the "**Boy Who had Feelings**"

41. Female Socialization

42. Movie: **If Someone Had Known**

43. Fear-what things do you fear? Asking for Help?

44. How do you let others know you care about them?

45. More about substance abuse, Brainstorm addictions.

46. What is the role of the "Man" of the house? (Women's group "Woman?") Does anyone fear you?

47. What do you see your life like in 10 years?

48. What sort of "**Spontaneous Acts of Kindness**" could you do for your partner

49. What have you learned about the relationship with your partner, or the relationship in this DV Case?

50. What have you learned about yourself? What is self care? Caretaking? Caregiving?

51. Movie: **Fire Proof**

52. Exit Test/Group Feedback, Motivational wheel, Where are you? Precontemplation, Contemplations, Determination, Action, Maintenance/let others help, Termination/future plans.