SUGGESTED GENERAL NOTES FOR MEN’S DOMESTIC VIOLENCE GROUP

Fort Campbell

DV GROUP #1 – ORIENTATION, PRINCIPLES AND GOALS: GROUP MEMBER UNDERSTANDS THE EXPECTATIONS OF SUCCESSFUL COMPLETION OF DV GROUP INCLUDING GROUP RULES, CONFIDENTIALITY, WRITTEN WORK, HOME WORK ASSIGNMENTS AND PROGRESS EVALUATION. GROUP MEMBER SETS PERSONAL GOALS FOR CHANGE THROUGH GROUP INVOLVEMENT.

DV GROUP #2 – ARMY REGULATIONS, LAWS AND DEFINITIONS: GROUP MEMBER INTRODUCED TO AR 608-18; TN AND KY STATE LAWS, AND HELPS DEFINE TERMS OF DOMESTIC VIOLENCE. GROUP MEMBER IS ABLE TO APPLY APPROPRIATE TERMS TO HIS CIRCUMSTANCES IN WRITTEN ASSIGNMENT.

DV GROUP #3 – CHARACTERISTICS AND TYPES OF OFFENDERS: GROUP MEMBER IDENTIFIES TYPES OF OFFENDERS AND TRAITS OF EACH. GROUP MEMBER IS ABLE TO IDENTIFY SELF BY ACKNOWLEDGING PERSONAL BEHAVIORS. GROUP MEMBER COMPLETES WRITTEN ASSIGNMENT.

DV GROUP #4 – EFFECTS OF DRUGS AND ALCOHOL IN DOMESTIC VIOLENCE: GROUP MEMBERS LEARN ABOUT THE INCREASED IMPACT OF BEING UNDER THE INFLUENCE IN DV INCIDENTS AND APPROPRIATE RESOURCES AVAILABLE TO HIM. GROUP MEMBER COMPLETES WRITTEN ASSIGNMENT.

DV GROUP #5 – PERSONAL ACCOUNTABILITY AND TIME OUT STRATEGIES: GROUP MEMBER IS CHALLENGED TO SET HIGH LEVEL OF PERSONAL ACCOUNTABILITY FOR THE WORDS HE USES AND HIS BEHAVIOR TOWARD OTHERS.

DV GROUP #6 – POWER, CONTROL, AND COERCION IN DOMESTIC VIOLENCE: GROUP MEMBER LEARNS THAT DV INCIDENTS ARE ATTEMPTS TO HAVE
CONTROL AND POWER OVER ANOTHER PERSON. POWER AND CONTROL WHEEL IS USED TO IDENTIFY THE MANNER THAT HE MAY USE POWER AND CONTROL OVER SPOUSE OR PARTNER. GROUP MEMBER COMPLETES WRITTEN ASSIGNMENT. NEW SKILL SET “PERFORMANCE ENHANCEMENT” IS INTRODUCED AND WILL BE TRAINED IN THE NEXT 6 SESSIONS. A PROGRESS EVALUATION IS COMPLETED AND SHARED WITH GROUP MEMBER.

**DV GROUP #7 – CYCLE OF VIOLENCE - HOW TO STOP IT WITH PERSONAL CONTROL:** GROUP MEMBER LEARNS ABOUT THE THREE STAGES OF ESCALATION OF VIOLENCE IN RELATIONSHIPS. SKILLS AND TECHNIQUES TO INTERRUPT AND STOP ESCALATION AT EACH PHASE ARE DISCUSSED. GROUP MEMBERS LEARN THE FIRST PERFORMANCE SKILL “5- 4- 3- 2- 1” IN “PERFORMANCE ENHANCEMENT”

**DV GROUP #8 – STRESS AND ANXIETY: IDENTIFY AND CONTROL EFFECTIVELY:** GROUP MEMBER LEARNS ABOUT THE EFFECTS OF STRESS ON PHYSICAL, EMOTIONAL AND RELATIONAL SELF. STRESSORS ARE IDENTIFIED IN GROUP DISCUSSION. EDUCATIONAL FOUNDATION IS LAID FOR GROUP PARTICIPANTS TO UNDERSTAND THAT THE MIND CAN HELP THE BODY TO RELAX. THIS IS THE BEGINNING OF SKILL ACQUISITION OF THE PERFORMANCE RELAXATION RESPONSE.

**DV GROUP #9 – IRRATIONAL BELIEFS AND HOW TO REFUTE THEM:** GROUP MEMBER INTRODUCED TO IRRATIONAL BELIEFS AND SELF TALK THAT INCREASES RISK OF ESCALATION OF ABUSE OR VIOLENCE. CHALLENGING BELIEFS AND SELF TALK TO REFUTE AND THEN REFRAIN A MORE RATIONAL RESPONSE IS USED. NEXT PERFORMANCE RELAXATION SKILL IS EXPERIENCED AS GROUP MEMBER LEARNS THE PERFORMANCE RELAXATION PROCESS. HOMEWORK ASSIGNED TO PRACTICE “PERFORMANCE ENHANCEMENT SKILLS”.

**DV GROUP #10 – DEFENSE MECHANISMS THAT KEEP YOU STUCK:** GROUP MEMBER INTRODUCED TO DEFENSE MECHANISMS – PROS AND CONS FOR THOSE
WHICH OCCUR MOST OFTEN IN DV INCIDENTS WITH SPOUSE OR PARTNER. REINFORCE BENEFITS GAINED FROM “PERFORMANCE ENHANCEMENT SKILLS.” NEW SKILL TAUGHT FOR A 60 SECOND RESPONSE TIME IN GETTING INTO OPTIMAL PERFORMANCE ZONE, THUS REDUCING RISK OF NEGATIVE ACTION DURING DISTRESS. HOMEWORK ASSIGNED TO PRACTICE 60 SECOND SKILLS.

**DV GROUP #11 – IDENTIFY YOUR ANGER: BELIEFS, SELF TALK AND DEEDS:** GROUP MEMBER INTRODUCED TO THE CONCEPT OF “BELIEFS BELOW THE ANGER” THAT PREVENT PROBLEM RESOLUTION. ANGER CAN BE USED IN POSITIVE WAYS TO EFFECT NEEDED CHANGES. 60 SECOND “PERFORMANCE ENHANCEMENT” TECHNIQUE REVIEWED AND REINFORCED.

**DV GROUP #12 – SELF ESTEEM: HOW TO IMPROVE IT:** GROUP MEMBER INTRODUCED TO THE CONTINUUM OF SELF ESTEEM, FROM OVERBLOWN TO POOR. HE IS CHALLENGED TO IDENTIFY BENEFITS OF ESTEEM OF SELF THROUGH PERSONAL ACCOUNTABILITY AND CONTROL OF SELF. ALSO, DISCUSS HOW TO HELP OTHERS IMPROVE THEIR OWN ESTEEM. GROUP REVIEWS “PERFORMANCE ENHANCEMENT SKILLS” AND HOW TO USE FOR SELF IN FUTURE. HE RECEIVES PROGRESS EVALUATION.

**DV GROUP #13 – YOUR PERSONAL VALUES AND THE DYNAMICS IN YOUR MARRIAGE:** GROUP MEMBERS IDENTIFY PERSONAL VALUES THEY HAVE FOR MARRIAGE. GROUP DISCUSSION FOCUSES ON WHAT EACH BRINGS TO THE MARRIAGE, WHERE DIFFERENCES ARE AND HOW THAT IS EXHIBITED IN THEIR MARRIAGE. GROUP THEN WORKS ON REFRAMING CURRENT THOUGHTS AND EXPECTATIONS TO REFLECT REALISTIC VALUES AND PERSONAL RESPONSIBILITY. THIS INCLUDES THE MANNER IN WHICH HE SPEAKS AND BEHAVES TO ENHANCE RELATIONSHIP.

**DV GROUP #14 – COMMUNICATION BASICS: LISTEN AND UNDERSTAND:** GROUP MEMBERS INTRODUCED TO ACTIVE LISTENING, WHO HAS THE FLOOR AND LISTENING TECHNIQUES. GROUP MEMBER IS ACTIVE IN GROUP EXERCISE
FOR IMPROVING LISTENING SKILLS. ALSO, HE PRACTICES FEEDBACK SKILLS TO PROVIDE PROOF OF LISTENING FOR FACTS, FEELINGS, AND ACTIONS NEEDED.

**DV GROUP #15 – COMMUNICATION INTERMEDIATE: SPEAK ASSERTIVELY:**
GROUP MEMBER INTRODUCED TO SPEAKING FOR SELF AND VALUES OF ENCOURAGING THE SAME FOR SPOUSE OR PARTNER. RULES OF ASSERTIVE ENGAGEMENT ARE PRACTICED.

**DV GROUP #16 – CONFLICT RESOLUTION: WIN-WIN SOLUTION FORMAT:**
GROUP MEMBERS LEARN WHOSE PROBLEM IS IT MATRIX WHICH ALSO IDENTIFIES ROLE AND RESPONSIBILITIES IN SOLVING PROBLEMS WITH SPOUSE OR PARTNER.

**DV GROUP #17 – MARITAL DISCORD: THE REAL ISSUES:** GROUP MEMBERS ARE INTRODUCED TO THE SIX THEMES OF MARITAL DISAGREEMENTS. GROUP DISCUSSION HELPS TO CLARIFY HOW ONGOING DISAGREEMENTS CONTINUE WITHOUT RESOLUTION BECAUSE THE THEME HAS NOT BEEN ADDRESSED.

**DV GROUP #18 – FAMILY OF ORIGIN: EFFECTS ON YOUR RELATIONSHIP:**
GROUP MEMBER USE FAMILY GENOGRAM TO IDENTIFY UNRESOLVED ISSUES FROM HIS OWN FAMILY OF ORIGIN THAT SHOWS UP IN CURRENT RELATIONSHIP. USING KNOWLEDGE AND SKILLS FROM PREVIOUS SESSIONS, GROUP DISCUSSES POSSIBLE RESOLUTION TO DIMINISH NEGATIVE IMPACT ON HIS FAMILY. HE RECEIVES PROGRESS EVALUATION.

**DV GROUP #19 – PARENTING ISSUES IN VIOLENT FAMILIES:** GROUP MEMBER IDENTIFIES NEGATIVE EFFECT AND MODELING OF WITNESSING VIOLENCE. HE LEARNS THAT EFFECTIVE DISCIPLINE IS NOT ABUSIVE. GROUP DISCUSSES HOW TO USE POSITIVE REINFORCEMENT TO ENHANCE A CHILD'S DESIRABLE BEHAVIOR.
DV GROUP #20 – EFFECTS OF VIOLENCE ON VICTIMS AND WITNESSES: GROUP MEMBER DISCUSSES THE EMOTIONAL AND BEHAVIORAL RESULTS OF WITNESSING VIOLENCE. A WRITTEN ASSIGNMENT IS TO LIST THE NEGATIVE IMPACT HE HAS HAD ON OTHERS THROUGH ABUSIVE ACTS.

DV GROUP #21 – RESTITUTION: MAKING AMENDS: GROUP MEMBER INTRODUCED TO CONCEPTS AND MODELS OF APOLOGY, RESTITUTION AND AMENDS. HE Writes LIST OF PEOPLE AND INCIDENTS TO MAKE RESTITUTION TOWARD AND HOW HE WILL DO SO.

DV GROUP #22 – MOVING INTO TRANSITION: BEGIN RELAPSE PREVENTION: GROUP MEMBER IS INTRODUCED TO RELAPSE PREVENTION. AFTER DISCUSSION, HE BEGINS TO FILL OUT THE RELAPSE PLAN. HOMEWORK ASSIGNMENT IS TO COMPLETE RELAPSE PREVENTION PLAN.

DV GROUP #23 – PERSONAL RELAPSE PREVENTION PLAN OF ACTION AND RESOURCES: GROUP MEMBER SHARES RELAPSE PREVENTION PLAN WITH GROUP. HE RECEIVES FEEDBACK FROM GROUP MEMBERS. HE SUBMITS FINAL PLAN.

DV GROUP #24 – EVALUATION AND MAINTAINING YOUR GAINS: GROUP MEMBER SHARES WHAT HE HAS GAINED FROM GROUP PARTICIPATION AND RECEIVES LAST PROGRESS EVALUATION.