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Introduction

The *EMAP Facilitator Guide* is the clinician's manual companion for the *EMAP Participant Workbook*. This guide provides facilitators with all the tools essential for running an effective domestic abuse intervention program, from intake documents to chapter overviews and implementation strategies. *Section I* gives the operational guidelines and teaching aids by chapter to help facilitators utilize the material effectively. Facilitators who send weekly homework emails promote participant progress between sessions; email guides are available for each chapter. *Section II* is the complete *Participant Workbook* with correlating page numbers, plus added facilitator notes printed in *SignPainter font*. The *Appendix* provides reproducible enrollment forms, intake documents, a clinical interview outline, and an example assessment evaluation.

Working with a court-ordered population is a gift because the majority are receiving mental health care for the first time in their lives. This aspect provides a unique opportunity to witness an abundance of lightbulb moments. These moments are subtle awakenings when the dots connect, and clarity opens new pathways toward self-awareness, acceptance, and change. During treatment, most participants will say things like, "I wish I learned this in school because if I had, my life would be very different today." As facilitators, we are given a short window to work with people desperately needing help. If we can provide the highest quality of care, the impact on family and community safety is monumental.

EMAP teaching methods are broad and varied to meet the needs of a diverse population with expansive clinical issues. A one-size-fits-all approach will fall short, and facilitators who incorporate didactic instruction, educational videos, group process time, and experiential learning will serve the needs of the greater good. Group therapy is not individual therapy; facilitators must be savvy when managing session time. During intake, some participants will approach treatment with hostility and resentment, some with gratitude and relief, and others feel traumatized and afraid. The diversity of clinical challenges and treatment issues is invigorating, and facilitators who approach with motivation and curiosity will have the greatest overall success.

Regardless of the participant's initial presentation, facilitators must approach each individual knowing they are showing their protective shield—the more guarded or hostile, the greater the pain and fear beneath. The need to be seen and heard is universal, and facilitators who approach each individual with compassion and curiosity will excel in this field. Participants will heal and recover when they gain accountability, insight, and personal agency, but that will not happen on day one. Some of our most successful program graduates are those who began treatment presenting with resistance and hostility. Working with each client, not against them, is the key to success. One of the many challenges facilitators face is balancing group safety with patience. Providing space for individuals to express themselves openly while considering the impact on others takes diligence. Treatment providers who specialize in domestic abuse will quickly become seasoned, adaptable, assertive, and skilled clinicians.

Fight for the things you care about, but do it in a way
that will lead others to join you.

~ *Ruth Bader Ginsburg*