

Contents

Introduction	ix
Program Operation	xi
✦ Evidence-Based Tiered Treatment	
✦ Program Structure	
✦ Attendance Policy	
✦ Enrollment Requirements	
✦ Session Format	
✦ Completion Criteria	
✦ Relapse Prevention	
✦ Why Not Anger Management?	
✦ Clinical Treatment Issues	
✦ Group Rules	

SECTION I - FACILITATOR GUIDE

Facilitator Guide	
✦ Chapter 1 Overview	FG-3
✦ Chapter 2 Overview	FG-4
✦ Chapter 3 Overview	FG-5
✦ Chapter 4 Overview	FG-6
✦ Chapter 5 Overview	FG-7
✦ Chapter 6 Overview	FG-9
✦ Chapter 7 Overview	FG-10
✦ Chapter 8 Overview	FG-11
✦ Chapter 9 Overview	FG-12
✦ Chapter 10 Overview	FG-13
✦ Chapter 11 Overview	FG-15
✦ Chapter 12 Overview	FG-16
✦ Chapter 13 Overview	FG-17
✦ Chapter 14 Overview	FG-18
✦ Chapter 15 Overview	FG-19
✦ Chapter 16 Overview	FG-20
✦ Chapter 17 Overview	FG-21
✦ Chapter 18 Overview	FG-22
✦ Chapter 19 Overview	FG-23
✦ Chapter 20 Overview	FG-24
✦ Chapter 21 Overview	FG-25
✦ Chapter 22 Overview	FG-27
✦ Chapter 23 Overview	FG-28
✦ Chapter 24 Overview	FG-29
✦ Chapter 25 Overview	FG-30
✦ Chapter 26 Overview	FG-31
✦ Chapter 27 Overview	FG-32
✦ Chapter 28 Overview	FG-33

SECTION II - PARTICIPANT WORKBOOK

Chapter 1 Mindfulness Training	3
✦ Fact vs. Fiction	
✦ Video: “Dr. Dispenza: How Your Thoughts Are Connected to Your Future.”	
✦ Video: “Shawn Achor: The Happy Secret to Better Work.”	
✦ Note to Your Future Self	

Contents

Chapter 2 Deconstructing Abuse	13
✦ Video: “Chiara Lisowski: Survivor Domestic Abuse Speaks Up - I Left on a Tuesday.”	
✦ Defining Abuse	
✦ Video: “Andrew Pain: Domestic Abuse: Not a Gender Issue.”	
✦ Physical, Verbal, Emotional, Psychological, Sexual, Animal, and Financial Abuse	
Chapter 3 Cycle of Abuse	19
✦ Video: “14 Signs of Emotional Abuse in Relationships.”	
✦ Video: “Mark’d Award Winning Emotional Abuse Short Film.”	
✦ Video: “Eggshells: A Short Film About Domestic Abuse.”	
✦ Tension, Explosion, Post-Explosion Stages	
✦ Video: “Telling Amy’s Story.”	
Chapter 4 Identifying Warning Signs	25
✦ BELIEVE Model	
✦ Video: “Caged In - Award Winning Domestic Violence Short Film.”	
✦ Video: “6 Differences Between Healthy and Unhealthy Love.”	
✦ Red Flags: Physical, Feeling, Behavior, Thoughts, Set-Ups	
✦ Video: “Katrina Blom: You Don’t Find Happiness, You Create It.”	
Chapter 5 Coping with Anger	33
✦ Key Concepts for Anger Regulation	
✦ Video: “Kolts: Anger, Compassion, and What It Means To Be Strong.”	
✦ STAR: Building the Anger Fire	
✦ Video: “Ryan Martin: Why We Get Mad and Why it’s Healthy.”	
✦ Three Steps to Regulate Emotions	
Chapter 6 Creating Safety Plans	41
✦ Stages of Anger	
✦ Video: “Juna Mustad: Anger is Your Ally: A Mindful Approach to Anger.”	
✦ Anger Control Plan	
✦ Pause Practice	
✦ Video: “Lucy Hone: The Three Secrets of Resilient People.”	
✦ De-Escalation Plan	
Chapter 7 Problem Patterns	49
✦ Video: “Judson Brewer: A Simple Way to Break a Bad Habit.”	
✦ Autopilot: Trigger - Behavior - Reward	
✦ Video: “Lauren Weinstein: Don’t believe everything you think.”	
✦ Video: “Peter Sage: How to be Your Best When Life Gives You It’s Worst.”	
Chapter 8 Protective Shield	57
✦ Harmful Coping Strategies	
✦ Video: “Brene Brown on Blame.”	
✦ Deconstructing Distortions and Defenses	
✦ Video: “Joe Dispenza: Learn How to Control Your Mind.”	
✦ Video: “Isaac Linsky: What Reality Are You Creating for Yourself?”	
Chapter 9 Family History Exercise	63
✦ Video: “Shirzad Chamine: Know Your Inner Saboteurs.”	
✦ Superpower Family Drawing/Discussion	
Chapter 10 Trauma Recovery	67
✦ Video: “Daniel Beaty: Knock, Knock on Def Jam Poetry.”	
✦ Unresolved Trauma	
✦ Three-Stage Trauma Recovery: Face It - Feel It - Heal It	
✦ Video: “Azim Khamisa/Ples Felix: What Comes After Tragedy? Forgiveness.”	
✦ Video: “Matt Brown: The Barbershop Where Men Go to Heal.”	
✦ Healing Visualization	
✦ Video: “Debi Silber: Do You Have Post Betrayal Syndrome?”	
Chapter 11 Substance Use and Shame	75
✦ Video: “Sue Bryce: Changing Perspective from Shame to Self-Worth.”	
✦ Video: “Johann Hari: Everything You Think You Know about Addiction Is Wrong.”	

Contents

Chapter 12 Understanding Emotional Intelligence	79
✦ Video: “Amy Morin: The Secret of Becoming Mentally Strong.”	
✦ High EQ Characteristics	
✦ Video: “Joan Rosenberg: The Gifted Wisdom of Unpleasant Feelings.”	
Chapter 13 Building Emotional Intelligence	85
✦ Video: “Kelly McGonigal: How to Make Stress Your Friend.”	
✦ Reframing Emotions	
✦ STAR Triangle	
✦ Video: “Barrett: You Aren’t at the Mercy of Your Emotions - Your Brain Creates Them.”	
✦ Mind-Body Connection	
Chapter 14 Mindful Breathing and Relaxation	95
✦ Video: “Andy Poddicombe: All It Takes Is 10 Mindful Minutes.”	
✦ Video: “Andy Puddicombe: Guided Meditation in Himalayan Forest.”	
✦ Video: “Andy Puddicombe: Guided 10-Minute Meditation.”	
✦ Video: “Brett Larkin: 20-Minute Guided Meditation for Higher-Self (for beginners).”	
Chapter 15 Gaining Self-Esteem through Accountability	99
✦ Accountability Meter	
✦ Video: “Shaka Senghor: Writing My Wrongs.”	
✦ Accountability Diagram	
✦ Video: “Jahan Kalantar: A Perfect Apology in Three Steps.”	
Chapter 16 Accountability Letter	107
✦ Video: “Darryll Stinson: Overcoming Rejection, When People Hurt You and Life isn’t Fair.”	
✦ Video: “Billy Johnson: Rediscovering Hope Through Self-Forgiveness.”	
Chapter 17 Effects on Children	113
✦ Video: “First Impressions...Exposure to Violence and A Child’s Developing Brain.”	
✦ Video: “UK Trauma Council: Childhood Trauma and the Brain.”	
✦ Problem Parenting Styles	
✦ Video: “Five Parenting Styles and Their Effects on Life.”	
✦ Deconstructing Shame and Helicopter Parenting	
Chapter 18 Effective Parenting Skills Training	121
✦ Video: “Lael Stone: How to Raise Emotionally Intelligent Children.”	
✦ Video: “Attachment Theory: How Childhood Affects Life.”	
✦ Natural/Logical Consequence	
✦ Pick Your Battles, Shaping, Modeling, Consistency	
✦ Video: “Gabor Mate: How Not to Screw Up Your Kids.”	
✦ Video: “Molly Wright: How Every Child Can Thrive by Five.”	
✦ Video: “Shaka Senghor and Ebony Roberts: Co-Parenting as Allies, Not Adversaries.”	
Chapter 19 Assertiveness Training	129
✦ Communication Styles: Passive/Aggressive/Assertive	
✦ Video: “Frederik Imbo: How Not to Take Things Personally?”	
✦ Accept/Assert Rule	
Chapter 20 Effective Communication Skills Training	137
✦ Video: “Celeste Headlee: 10 Ways to Have a Better Conversation.”	
✦ Personal Agency: “I” Messages	
✦ Video: “Empathic Listening - Inside Out 2015.”	
✦ Mirroring Feelings Before Fix	
Chapter 21 Defining Healthy Relationships	143
✦ Video: “Katie Hood: The Difference Between Healthy and Unhealthy Love.”	
✦ Healthy Boundaries: Stay in Your Lane	
✦ Video: “Prince Ea: Love Yourself Before You Get into a Relationship. Please.”	
✦ Cake Equation	
Chapter 22 Divorce Predictors	149
✦ Video: “Gottman Institute: Four Horsemen of the Apocalypse.”	
✦ Four Horseman of the Apocalypse	
✦ Harsh Start-up, Repair Attempts, Bad Memories	
✦ Video: “Gottman Institute: “The Easiest Way to Improve Your Relationship.”	
✦ Four Strategies to Improve Your Marriage	
✦ Video: “School of Life: Why You Will Marry the Wrong Person.”	

Contents

Chapter 23 Attachment Security	155
✦ Video: “The Four Attachment Styles of Love.”	
✦ Attachment Styles: Cave, Tornado, Rollercoaster, Anchor	
✦ Video: “Ashley Harvey: Put on Your Attachment Hat Change Your Attachment Style.”	
✦ Video: “School of Life: What is Your Attachment Style?”	
✦ Video: “Gottman Institute: Invest in Your Relationship/The Emotional Bank Account.”	
✦ Video: “Five Ways to Work with Your Partner’s Love Language.”	
✦ Daily Investment Practice/Relationship Maintenance	
✦ Video: “Maya Diamond: The Surprising Key to Building a Healthy Relationship that Lasts.”	
Chapter 24 Empathy and Acceptance	163
✦ Video: “Robert Waldinger: What Makes a Good Life? Lessons from the Longest Study on Happiness.”	
✦ Video: “Brene Brown on Empathy.”	
✦ Empathy Formula: Feelings Before Fix	
✦ Video: “Jason Headley: It’s Not About the Nail.”	
✦ Judgment Blocks Empathy: Defeat Baggage with Acceptance	
Chapter 25 Empathy Essay	169
✦ Video: “Terry Crews: I Wanted to Save My Mother.”	
Chapter 26 Contentment	175
✦ Video: “Emily Esfahani Smith: There’s more to life than being happy.”	
✦ Acceptance, Gratitude, Compassion, Present Moment	
✦ Video: “Molly Counterme: Life isn’t Supposed to be Good... All the Time.”	
Chapter 27 Core Values and Goals	181
✦ Video: “MercyMe: Dear Younger Me.”	
✦ Video: “Mel Robbins: The Five Second Rule.”	
✦ Road Maps	
Chapter 28 Self-Compassion	185
✦ Video: “Lori Gottlieb: How Changing Your Story Can Change Your Life.”	
✦ Video: “Dr. Gabor Mate: The Most Eye-Opening Ten Minutes of Your Life.”	
✦ Video: “Joe Dispenza: Do this for Seven Days You Will See Incredible Results.”	
Recommended Videos by Chapter	191
References	193
<hr/>	
Appendix - Enrollment Documents	
✦ Example Service Agreement	197
✦ Example HIPAA Notice of Privacy	199
✦ Example Release of Information	202
✦ Example Autopay Authorization	203
✦ Example Sliding Fee Scale	204
✦ Example Group Rules	205
✦ Example Pretest	207
✦ Example Pretest Scoring	209
✦ Example Intake Questionnaire	210
✦ Example Clinical Interview Outline	214
✦ Example Relapse Prevention Plan	217

Introduction

The *Mindful Workbook for Women Facilitator Guide* is the clinician's manual companion for the *Mindful Workbook for Women 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 *Mindful Workbook for Women 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.

Mindful Workbook for Women 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*