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# UTHENTIC SELF

A PROGRAM FOR WOMEN



## Authentic Self /A Program for Women

Authentic Self is a 16-session program for women who have been or are engaged in abusive or conflicted relationships. The model acknowledges the long-term effects of such relationships on all family members. The program includes 16-weekly group sessions, Completed with an individual session with the course facilitator and presentation of Certificate of Completion.

Please call for further information, schedules and times.

## Program Curriculum and Learning Goals

1. What Is Domestic Violence Abuse Definition/ Power and Control Wheel- Turned In assignment
2. Safety Planning One On One Session
3. Effects of Domestic Violence On Kids identifying Emotions
4. How To Help Our Children's Dysfunctional Family Dynamic
5. Talking To Our Children About Domestic Violence Communication
6. Belief Systems Gender Roles, Children Expectations, Partner Expectations, Family Of Origin
7. Parenting When You Have Been A Victim Of DV Codependency, Cycle Of Violence
8. Respectful Parenting Boundaries
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10. Conflict Prevention, Conflict Resolution, Communications Skills, Handling Anger As A Parent; Anger Coping Skills
11. Respectful Limit Setting With Children, Healthy Families
12. Long Term Effects, Relationships Under Stress, Issues Of Child Neglect, Cycles Of Violence
13. Understanding Children's Development. Childhood Developmental Stages
14. Responsibility To Children
15. Strengthen Our Relationships With Children
16. Final Assignment

One On One Exit Interview And Certificate

Call ALTERNATIVES (360) 357-7986

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