

# Alternatives Professional Counseling, Inc.

203 4<sup>th</sup> Avenue east, Suite 301, Olympia, WA 98501

Phone [360] 357-7986 Fax: (360) 534-9595

*State Certified Domestic Violence Programs  
Anger Management \* Parenting Therapy  
State Approved Chemical Dependency Services  
Individual Counseling*

## HELPING CHILDREN WHO EXPERIENCE DOMESTIC VIOLENCE: A PARENTING GUIDE FOR WOMEN

### Class Syllabus

#### Instructor:

Alternatives Staff / Agency Victim Advocate

#### Office Info:

The office is located on the corner of 4th and Washington in downtown Olympia, third floor: Mon- Fri 10am to 4pm. Office phone: (360) 357-7986

#### Class Info:

Class meets Friday afternoons from 3:30 to 5:00. And is 14 weeks long. This is an open group allowing members to begin at any time. Call Alternatives for class cost.. Those clients working with DSHS or CPS should contact their case manager for voucher information. *The class is designed for adult interaction. Children are unable to attend due to the age inappropriate discussions.*

#### Brief Overview:

Helping Children Who Experience Domestic Violence is designed to assist parents in understanding the effects of domestic violence on children. To learn ways to talk to and listen to their children's experience of domestic violence and understand how domestic violence affects parenting. This class also addresses how to work on safe nonviolent relationships with their child's father and to learn and practice new problem-solving techniques with children. In addition participants will learn how to find support and counseling for themselves and their children, if needed.

#### Recommended Text and Videos:

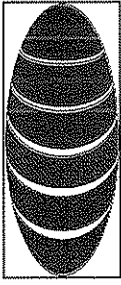
The Bureau for At-Risk Youth. *Children of Denial, Impact of Domestic Violence on Children, and Growing up with Domestic Violence*, Plainview, NY.

#### Required Text:

Crager, M and Anderson, L (1997). *Helping Children Who Experience Domestic Violence: A Guide For Parents* (Student Work book), Seattle, Wa. Class fee includes the cost of the book. The instructor provides these copies.

#### Confidentiality:

All information about class participants is confidential. Members are welcome to share their own experiences and knowledge from the class with friends and family



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members, but are not allowed to discuss their classmates' experiences or mention their names. The instructor is a mandated reporter and complies with all HIPPA regulations.

## **Completion Requirements:**

Group members must attend and complete all 12 sessions and required homework for each session.

## **Attendance:**

Non-attended class sessions must be completed during the next rotation of sessions. Group members are asked to arrive before the start of group as the doors close at 3:30 and session begins. Class topics maximize the time allotted and late arrivals disrupt the work that is being processed.

## **Group Rules:**

1. Speak respectfully to everyone that you interact with in the program.
2. Please give your full attention to whoever is talking. Do not interrupt people who are talking, or start private conversations with other participants.
3. Bring your workbook and a pen or pencil to each class.

## **Course Outline:**

- Session 1 what is domestic violence?
- Session 2 Effects of DV on children
- Session 3 How to help our children
- Session 4 Talking to children about DV
- Session 5 Safety planning for victims of DV
- Session 6 Parenting when you have been a victim of DV
- Session 7 Respectful parenting
- Session 8 Handling anger as a parent
- Session 9 Conflict prevention
- Session 10 Respectful limit setting with children
- Session 11 Understanding children's development
- Session 12 The impact of DV on teens and how to help
- Session 13 If your teen is abusive: for victims
- Session 14 Strengthening relationships with our children