

HBIU Domestic Violence Life Coach Training

Course Description

10 Weeks Training

Starting June 3rd 2021

Domestic violence, sometimes called domestic abuse, is reaching epidemic proportions and affects men, women and children of all races and social and economic levels. In order to stem the tide of domestic abuse we have to not only stop the abuse and protect the victims, we also have to understand what triggers the abuse so that the next generation of families can learn to live abuse-free.

Course topics will include:

- What is Domestic Violence?
- Who are the Victims?
- Recognizing the Signs of Domestic Violence
- Why Victims Stay with Abusers
- How You Can Help Victims of Domestic Abuse
- Legal Issues such as: PFA's and PRO's
- What the police and courts can and can't do
- Handling divorce and custody issues
- How to Keep Safe such as: Safety Measures for yourself and your children
- Escape plans in case you need to flee
- Understanding who to turn to in an emergency
- The After-Effects of Domestic Abuse
- Moving On: Relationships After Abuse
- The fall-out for families
- Steps to take for success
- Helping Domestic Abuse Survivors
- Stopping the Cycle of Abuse
- Stopping Abuse Forever
- Power and Conflict Wheel

Lesson 1. What is Domestic Violence?

Physical Abuse, Emotional Abuse, and Verbal Abuse. Who are the

★ Complete: Lesson 1 Assignment

★ Complete: Lesson 1 Exam: What is Domestic Violence? (essay)

Lesson 2. Recognizing the Signs of Domestic Violence

Physical Clues Emotional and Social Clues

★ Complete: Lesson 2 Assignment

★ Complete: Lesson 2 Exam: Recognizing the Signs of Domestic Violence (essay)

Lesson 3. Why Victims Stay with Abusers

Lack of self-esteem Fear of change Fear of reprisal No support



Review 2 Articles: Why Women Stay; Men Hurt Too

Take Poll: Why do victims stay?

★ Complete: Lesson 3 Assignment

★ Complete: Lesson 3 Exam: Why Victims Stay with Abusers (essay)

Lesson 4. How You Can Help Victims of Domestic Abuse

Emotional Support Resources Intervention

★ Complete: Lesson 4 Assignment

★ Complete: Lesson 4 Exam: How You Can Help Victims of Domestic Abuse (essay)

Lesson 5. Legal Issues

PFA's (Protection From Abuse) and PRO's (Permanent Restraining Order). What the police and courts can and cannot do. Handling divorce and custody



Take Poll: Protection Orders

★ Complete: Lesson 5 Assignment

★ Complete: Lesson 5 Exam: Legal Issues (essay)

Lesson 6. Keeping Safe

Safety measures for yourself and your children. Escape plans in case you need to flee. Understanding who to turn to in an emergency.



Review Article: resources to consider

★ Complete: Lesson 6 Assignment

★ Complete: Lesson 6 Exam: Keeping Safe (essay)

Lesson 7. The After-Effects of Domestic Abuse

The After-Effects of Domestic Abuse.



Review Practice Worksheet: domesticviolencelongtermeffects.pdf

★ Complete: Lesson 7 Assignment

★ Complete: Lesson 7 Exam: The After-Effects of Domestic Abuse (essay)

Lesson 8. Moving On, Relationships After Abuse

Relationships After Abuse. The fall-out for families. Steps to take for success.

★ Complete: Lesson 8 Assignment

★ Complete: Lesson 8 Exam: Moving On: Relationships After Abuse (essay)

Lesson 9. Helping Domestic Abuse Survivors

Counseling for the Abused. Counseling for the Abuser

★ Complete: Lesson 9 Assignment

★ Complete: Lesson 9 Exam: Helping Domestic Abuse Survivors

Lesson 10. Stopping the Cycle of Abuse

Recognizing the early signs of potential abuse. Getting over the "MYOB" mentality. Couples counseling. Learning how to communicate. Dealing with stress and frustration

★ Complete: Lesson 10 Assignment

★ Complete: Lesson 10 Exam: Stopping the Cycle of Abuse (essay)

Lesson 11. Stopping Abuse Forever

Educating the Next Generation. Premarital Counseling. Changing Society's Views.



Review Article: Love is Not Abuse

Take Poll: Stopping Abuse



Take Survey: Program Evaluation Follow-up Survey (End of Course)

★ Complete: Lesson 11 Assignment

★ Complete: Lesson 11 Exam: Stopping Abuse Forever

★ Complete: The Final Exam (essay)