Last Four Weeks
Survivor’s emotions during Weeks 9-12 in the support group:
Excitement, Goal Orientation, Freedom, Feeling of Power, Relation, and Helpfulness

A Treatment Plan For Survivors of Domestic Violence

Survivor’s Support Group

All survivors/victims should continuously attend a survivor’s/victim’s relapse prevention program after completing the 12 week treatment program.

Kenn I. Hicks, LCSW
National Lecturer & Author
Licensed Clinical Social Worker
Domestic Violence Counselor
(818) 788-8667 / mjh384@aol.com
Website: domesticviolenceprevention.org
Psycho-Educational Treatment Program

Using a combination of therapy/counseling and education is effective. During the therapy/counseling segment of this session, the therapist, or counselor can deal with depression, post-traumatic stress disorder (PTSD) and relationship problems using Cognitive Behavior Therapy (CBT). The education segment can be used to teach the client’s specific skills in communication, assertion, self-care, safety, anger management, and other essential topics/elements in building a safe and meaningful relationship. Suggested topics include: Guidelines to Fair Fighting, Deescalating Anger, Handling Difficult Situations, Love Confusion, Stress Reduction, Building Self-Esteem, Identifying High Risk Situations, and Letting Go.

A twelve week treatment program for survivors has been very successful. Each session is divided into three important segments/phases that helps in the survivor’s recovery:

Beginning, Middle, and End

Segment 1/Beginning - Educational Segment
Relaxation/Meditation Exercise, Emotional Check-In, Safety Check for the Survivor & Children, Emergencies/Safety, Community Resources, Self-Care, Educational Material Provided and Discussed

Segment 2/Middle - Therapy/Counseling Segment
Survivor’s Abuse Discussion, Group Unity & Compatibility Experienced, Peer Counseling, Survivor Feedback, Problem Solving, Cognitive Behavioral Therapy (CBT) used by the Therapist

Segment 3/End - Recap/Review/Planning/Rehearsal
Using CBT, Safety Planning, Escape Plan & Protection Plan Discussed, Emergency Referrals & Community Services Reviewed, Self-Care, Diet, Exercise, Activities, Homework Issued

During the first two weeks of treatment, each survivor should have a psychiatric evaluation and medical evaluation. The survivor and children to be referred for individual and family therapy. Attend NA/CA/AA weekly meetings if the survivor uses or abuses drugs/alcohol.

First Four Weeks

Survivor's emotions during weeks 1-4 in the support group:
Anger, Disappointment, Male Hating, Depression, Sadness, Low-Self-Esteem, Tearfulness, Embarrassment, Hopelessness

Second Four Weeks

Survivor's emotions during weeks 5-8 in the support group:
Open, Confused, Concern, Communicative, Hopefulness, Compassion, Suspicious